



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

THRIVE

A YMCA Dance Team



A YMCA Dance Team

Dear Parents,

Thank you for choosing THRIVE as the dance team for your dancer. We look forward to a great season of dance events, competitions and instruction. We strive to bring the best to you and your dancer, and are very much looking forward to the year ahead.

As our YMCA dance program continues to grow, so does the demand for choreography, technique and dance fundamentals. With your support, we believe we can build strong teams through commitment, encouragement and dedication. We have set high goals and expectations, not only for our dancers, but for our staff as well. We take our training seriously, and want to help your dancer be the best they can be inside and outside of the dance studio.

Our goal is to provide a positive environment for our dancers and parents. We want to make sure our dancers are improving their skills while keeping their love for dance. We hope our dancers will continue their training outside of classes by introducing other types of physical activity and exercise into their routines. It is important for them to gain strength and flexibility while they grow.

THRIVE is a unique dance company. Our main focus is the dancers. We value our dance families, and strive to make the best decisions possible for our dancers and the future of our program. We also strive to keep our costs low and affordable, which is a big benefit to being a part of our team.

The following manual was created to help you understand what we expect at THRIVE. Please take the time to read through the packet.

Thank you again for choosing THRIVE and the YMCA as your dance team! We are so excited to welcome you to the THRIVE family. Good luck this season!

-THRIVE Dance Staff

AUDITION PROCESS

Dancers will be able to audition for any level they choose. THRIVE staff reserves the right to place dancers in appropriate groups based on a variety of skills and where we feel is the best fit for them to be successful.

Here is an idea of what we look for when placing our dancers:

- Attitude and moral character- Is your dancer respectful, responsible, caring and honest?
- Punctuality/Commitment- Is your dancer willing to make a commitment to the team, be at practices and performances?
- Rhythm/ Musicality- Does your dancer hear a beat? Can they count beats, identify breaks, pauses or changes?
- Coordination- Does your dancer understand how his/her arms and body work together in certain movements? Can they execute this?
- Memory- Can your dancer memorize choreography/formations quickly and effectively?
- Execution- Does your dancer "feel" the choreography or do they just "go through the motions?"
- Showmanship/Performance- Can your dancer give appropriate facial expressions and improvise?
- Technique/Body Placement- Does your dancer show great posture, balance, toe point, turn out, and body control through each movement?
- Flexibility- Does your dancer show strain while stretching?

During auditions, dancers will be asked to do specific movements and skills, along with a small choreography segment. Dancers will be placed based on how well they execute each movement, skill set and the choreography segment. We will also take into consideration a dancer's past performances, experience and evaluations.

COMPETITION AND ELITE TEAMS:

Dancers who audition for our Elite teams will need to demonstrate exemplary skills, as well as perform a 60 second solo. Dancers will be able to choose their own music and style of dance for auditions. Dancers are required to practice, perform and commit on a higher level. They are also highly encouraged to participate in any additional dance classes or workshops, some of which may be mandatory.

Competition season generally runs from February to August. We will always have a competition schedule available ahead of time with a detailed list of additional costs and dates. Dancers are required to attend all competitions. It is the responsibility of parents and dancers to be present at any practices in the two weeks prior to a competition. If excessive absence is a problem, your dancer may be switched out of a dance or may not be eligible to dance with our Elite Team. These are difficult situations, and decisions will be made at the instructor's discretion and in the best interest of the overall team.

Dancers from any level may be invited to participate in a specialty dance (solo, duo, trio or group). If a dancer is invited, the parents must choose to make a commitment to the competition schedule, additional practices and additional costs.

Building a clean and presentable routine takes time. Attendance is a top priority for dancers at this level. Please remember that your dancer has chosen to make a commitment to our program. Families may need to make arrangements accordingly when it comes to vacations and/or other activities in instances of scheduling conflicts.

DANCE TEAM INFORMATION

Explanation of Levels:

Bronze Level: Ideal for dancers who are new or have little experience.

Skills to Master:

- Dancers must be able to demonstrate basic form and technique of First and Second Positions with arms and proper posture
- Dancers must have basic knowledge of barre and floor work, i.e.: Plie', Tendu, Chasse' Barre- Retire', Chasse', Saute', Echappe', Releve' and Temp Lie'
- Dancers must understand spatial directions, i.e.: circle, straight line and diagonal
- Dancers must be aware of spacing relative to other students
- Dancers must be able to perform movements to a defined musical phrase
- Dancers must be able to dance musically and rhythmically

Pre-Requisites: The successful completion of the required skills for Pre-Ballet or Beginner Ballet.

Silver Level: Ideal for dancers who have 1-3 years of experience and have successfully completed required skills of Bronze Level.

Skills to Master:

- Dancers must be able to demonstrate proper execution of Positions First, Second, Third, Fourth and Fifth with arms
- Dancers must have a firm grasp on a variety of barre skills, including: Plie', Tendu, Pas de Cheval and Degage. Dancers must also have a firm grasp on floor skills, including: Chasse', Pas de Bourree', Pirouette, Chaine' Turns, Jete', Barre-Pique', Releve', Retire', Sur Le cou-de-pied, Rond de Jamb a' Terre, Floor-Saute', Changement, Echappe', Temp Leve' and Pas de Basque
- Dancers must show average flexibility, control and balance, and have memorization skills for learning choreography

Pre-Requisites: Ballet and Jazz or Tap and the successful completion of the required skills of the Bronze Level.

Gold Level: Ideal for dancers who have 3-5 years of dance experience and have successfully completed required skills of Bronze and Silver Levels.

Skills to Master:

- Dancers must be able to demonstrate proper execution of Positions First through Fifth En Bas with arms, Sous-Sus, Coupe' (front/ side) and Passe'
- Dancers must have a firm grasp on a variety of barre skills, including: Plie', Tendu, Pas de Cheval, Degage', Battement, Tendu with weight transfer, Degage' in Fifth Position, Pique in quick tempo, Fondu on flat, Releve' with Sur Le cou-de-pied and Simple Port De Bras. Dancers must also have a firm grasp on a variety of floor skills, including: First and Second Arabesque, soubresaut, Pas De Chat, Glissade De Cote', Devant, Chasse', Pas de Bourree' (jazz/ballet), Pirouette (jazz/ ballet), Chaine' Turns, Jete', Pique' Turns and Soutenu Turns, Floor-Derriere, Assemble', Balance' De Cote', Echappe' Double' and Changement
- Dancers must show above average flexibility, control, balance and strength. Dancers must also be able to memorize multiple levels of choreography.

Pre-Requisites: Ballet, Jazz, Hip-Hop technique classes and the successful completion of the required skills of the Bronze and Silver Levels.

Platinum Level: Ideal for dancers who have 5+ years of experience and have successfully completed required skills for Bronze, Silver and Gold levels.

Skills to Master:

- Dancers must be able to properly execute Positions First through Fifth En Bas with arms, Sous-Sus, Coupe' (front/ side/back), Passe' and Arabesque (in Releve')
- Dancers must have a firm grasp on a variety of barre skills, including: Plie', Tendu, Pas de Cheval, Degage' and Battement (front/side/back). Dancers must also have a firm grasp on floor skills, including: Chasse', Pas de Bourree'(jazz/ballet), Pirouette(jazz/ ballet), Multiple Pirouette, Chainé Turns, Jete', Pique' Turns, Soutenu Turns, Saut de Chat, Switch Leaps(scissor), Barre- Developee'/Enveloppe', Rond De Jamb en L'air, Frappe', Fondu in Releve', Attitude, Fouette. Floor- Attitude Turns, Failli', Entrechat, Temp De Cuisse, Sissone, Ballone' and Saut De Basque
- Dancers must show superior flexibility, control, balance and strength. Dancers must also be able to memorize multiple levels of choreography

Pre-Requisites: Technique in Ballet and Jazz, Tap, Contemporary or Lyrical, Hip-Hop and the successful completion of the required skills of the Bronze, Silver and Gold levels.

COMPETITION TEAM LEVELS

Explanation of Levels:

Elite: Ideal for dancers who have 5+ years of experience and have successfully completed required skills for Bronze, Silver, Gold and Platinum levels.

Skills to Master:

- Must demonstrate proper execution of Positions First through Fifth En Bas with arms, Sous-Sus, Coupe' (front/ side/back), Passe', Arabesque (in Releve')
- Dancers must have great execution on a variety of barre skills, including: Plie', Tendu, Pas de Cheval, Degage', Battement (front/side/back). Dancers must also have great execution on floor skills, including: Chasse', Pas de Bourree'(jazz/ballet), Pirouette(jazz/ ballet), Multiple Pirouette, Chainé Turns, Jete', Pique' Turns, Soutenu Turns, Saut de Chat and Switch Leaps (scissor)
- Dancers must show superior flexibility, control, balance and strength. Dancers must also be able to memorize multiple levels of choreography

Pre-Requisites: Technique in Ballet, Jazz, Tap, Contemporary or Lyrical, Hip-Hop and the successful completion of the required skills of the Bronze, Silver and Gold levels.

Diamond Elite: Ideal for dancers who have 5+ years of experience and have successfully completed required skills for Bronze, Silver, Gold and Platinum Levels. Dancers must demonstrate excellent poise, attitude, flexibility, control, skills, balance and strength.

Skills to Master:

- Must be able to properly execute Positions First-Fifth En Bas with arms, Sous-Sus, Coupe' (front/ side/back), Passe', Arabesque (in Releve'). Dancers must have great execution on barre skills, including: Plie', Tendu, Pas de Cheval, Degage', Battement (front/side/back). Dancers must also have great execution on floor skills, including: Chasse', Pas de Bourree' (jazz/ballet), Pirouette(jazz/ ballet), Multiple Pirouette, Chainé Turns, Jete', Pique' Turns, Soutenu Turns, Saut de Chat, Pas de Chat, Switch Leaps (scissor) and Tour Jete
- Dancers must show superior flexibility, control, balance and strength
- Dancers must be able to memorize multiple levels of choreography
- Dancers must be able to show emotion and connect with the dance, as well as implement personal choreography

Pre-Requisites: Technique in Ballet, Jazz, Tap, Contemporary or Lyrical, Hip-Hop, private coaching lessons and the successful completion of the required skills of the Bronze, Silver, Gold and Elite levels.

Crossover Dancers:

Some dancers may be asked to join multiple teams. Crossover dancers will most likely be used to fill spots that are open on other teams. If your dancer is asked to crossover, and you accept the invitation, you may incur additional costs.

Important:

Some dancers may not meet the minimum skill set requirements to make a certain team but excel on other areas or styles. We reserve the right to place your dancer where we feel most appropriate. Exceptions can be made if a dancer excels in certain areas such as: Jumps, Turns, Leaps, Performance, etc.

Dancers are required to maintain the skills and techniques displayed at their audition. Dancers make teams based on skills, performance, technique, attitude and commitment. Dancers' skills will continue to be evaluated throughout the season. Dancers who work hard and demonstrate abilities may be promoted during the season. Placement adjustments can and will also be made if dancers do not maintain skill sets throughout the season.

*Please note that no dancer has a guaranteed spot on any level team. Our instructors reserve the right to make changes to teams at any time. We will attempt to make any changes as infrequently as possible and will notify any parties involved as soon as possible.

ATTENDANCE

Attendance is vital to the program as a whole. Dancers are expected to attend all ballet classes and Thrive rehearsals. If you must miss a class please contact the Dance Coordinator so Thrive instructors can be notified. If a dancer misses numerous classes and/or rehearsals the instructor/choreographer of that class/dance may remove that dancer from that specific dance.

Open Enrollment and Cancellations

Thrive will accept new dancers until December 31 of the current dance season. Any new dancers must audition and will be placed in a level based on skill, experience and technique.

Any dancer choosing to withdraw/drop participation in Thrive may do so within 30 days of the audition and receive total refund of costume fee. Withdrawal 30 days after audition requires written notice 10 days prior to draft date. If 10 days notice is not given, draft will stop the following month. **No costume refund will be given for cancellation more than 30 days after auditions.**

FINANCIAL OBLIGATIONS

Dance is a demanding activity. To be the best team we can be, we ask for 100% commitment from all of our dancers.

We understand that competitive dance can be costly, so THRIVE and the YMCA strives to keep costs affordable for all of our families. Here is a summary of expenses for our Thrive dancers:

Payments will be done monthly via EFT (Electronic Funds Transfer) over 10 months (Sept.-June) or can be paid in full. This can be done with your membership account on file or a credit card. All Thrive participants must be full members of the C.W. Avery Family YMCA.

Bronze Level: \$725

Monthly Bank Draft: \$77.50/mo for 10 months (September- June)

Includes: 1 choreography day and a new Thrive T-shirt

Time Commitment: Approx 60 minutes per week

Bronze level dancers can have the option to have Ballet included at the following cost:

Bronze Level with Ballet: \$1,175

Monthly Bank Draft: \$117.50/mo for 10 months (September-Jun

Time Commitment: Approx 2 hours per week

Silver-Platinum Level: \$1,275

Monthly Bank Draft: 127.50/mo for 10 months (September-June)

Includes: 1 ballet class per week, 1 choreography day per week and a new Thrive T shirt

Time Commitment: Approx 2.5-3 hours per week

Elite-Diamond Elite: \$1,450 (plus competition fees)

Monthly Bank Draft: \$145/mo for 10 months (September- June)

Includes: 1 ballet class, 2 choreography days, additional practices nearing competitions, and a new Thrive T-Shirt

Time Commitment: Approx 3.5-5.0 hours per week, (depending on competition season)

- Monthly draft dates can be on the 1st, 15th or 28th of each month.
- Drafts are automatically done on the date in which you choose. It is your responsibility to keep the YMCA informed of any changes to your account information. Any changes must be received 10 days prior to your bank draft date.
- Program fees are divided into monthly installments. It does not represent days or classes participated in for that particular month. It also does not include any additional classes.
- If you should have an NSF (non-sufficient funds) return on your account, your draft will be redrafted up to a maximum of 2 times within 30 days and you will be charged a \$25 return fee.
- If any accrued fees have not been collected after 30 days, your fees must be paid at the C.W. Avery Family YMCA.
- If fees are not paid, participation in the program can be suspended or terminated.

Competition Fees:

Fees will vary depending on competitions. Generally you can expect a flat fee for your dancer's entry for each dance performed. Additional costs may include a music fee, solo or small group fee as well hotel and food cost depending on location of event. There are no refunds on competition fees.

Uniform/ Costume Fees:

All dancers are required to wear appropriate and acceptable dancewear to class. These may include: jazz pants, leotards and tights, a unitard, ballet skirts and dance shorts. All dancers must also have appropriate footwear, which includes: ballet shoes, jazz shoes or lyrical half soles. Athletic shoes may be used as well during conditioning workouts. We ask that dancers refrain from wearing jeans, baggy shirts or pants, jewelry or short shorts.

All dancers will be required to have an official THRIVE t-shirt, which will be provided. Any additional shirts can be purchased for \$15. Additional team apparel will be optional.

T-Shirt: \$15

Sweatshirt: Cotton: \$25 Performance: \$35

Warm Up Jacket: \$38

Warm Up Pants: \$38

Yoga Pants: \$24 Shorts: \$18

All dancers are required to pay a costume rental fee that includes a refundable deposit, provided costumes are returned in good condition.

Bronze, Silver, Gold and Platinum Female Dancers- \$150

Bronze, Silver, Gold and Platinum Male Dancers- \$100

Elite and Diamond Elite Dancers - \$200

Costume fee will not be refunded for cancellation 30 days after audition.

At the end of the dance season, a maximum of \$50 is refundable based on costume return and condition.

Dancers may be required to make additional purchases throughout the year for costumes, new dancewear, etc. Some standard items that are used regularly include:

- White plain camisole top
- Black plain camisole top
- Black leggings
- White leggings
- Nude undergarments (tights, leotards)
- Nude tights
- Ballet pink tights

Additional Dance Classes and Private Sessions:

Although specific classes are included in the cost of our program, it may be in your dancer's best interest to enroll in additional classes or have private instruction. THRIVE and the YMCA offers a variety of both. Classes will vary in cost due to session length.

Private lesson fees are as follows:

60 Minute private lesson = \$60

30 Minute private lesson = \$40

Package of 4; 60 Minute private lessons = \$160

Package of 4; 30 Minute private lessons = \$120

Package of 8; 60 Minute private lessons = \$280

Package of 8; 30 Minute private lessons = \$200

Package of 4; 60 Minute semi-private lessons = \$120/dancer

Package of 8; 60 Minute semi-private lessons = \$200/dancer

Practice Information:

Dancers will be practicing 1–3 times per week, based on level, with THRIVE. Any additional classes will be of benefit to your dancer. Classes may vary with sessions. We will keep parents informed of any changes to schedules, removal of classes or additions. The YMCA's program guide will have class information listed as well as session dates.

Additional practices may be held prior to shows or competitions. Again, we will keep families informed as to when these practices will take place. If additional practices are scheduled, attendance will be mandatory.

Dance Camps/Summer Training:

Throughout the season and into the summer, dance camps are a great way for your dancer to continue their growth and work on specific training needs. Although these camps are optional, we strongly encourage attendance. Camps will run for 1–3 days during the summer months and on school breaks. Camps will focus on helping dancers to develop specific trainings, technique, skills, etc.

Summer classes are designed for your dancer to improve his/her skill set, get stronger and have fun! Please be aware of any vacations you may be taking and be sure to notify the instructor. Summer Ballet classes have been included in your fees.

Fundraising:

Fundraising options may be available to help THRIVE families offset program costs.

Choreography:

All music, choreography, dances and costume ideas that are presented or taught during practices are to remain confidential and should not be taught outside of our program. Because our instructors work very hard to create our routines, we ask that dancers and their families refrain from posting choreography, routines, etc. on any websites or social media networks without permission from Thrive or the YMCA.

THRIVE EXPECTATIONS:

In order to have the most efficient practices, we ask that all dancers work to meet the following expectations:

- Attendance is highly encouraged. Absences of any kind can potentially be detrimental to your dancer's learning process.
- Dancers should plan to arrive **5-10 minutes** early to allow time for bathroom, getting shoes on, etc.
- No cell phones are allowed during class. No exceptions.
- Please do not wear jewelry during class. Instructors are not responsible for any jewelry given to them. The YMCA is not responsible for any lost or stolen items.
- Proper dancewear is required at every class, unless otherwise specified. Please make sure hair is pulled back and is out of your dancer's face.
- Choreography decisions are made by our instructors in the best interest of all of our dancers. If you or your dancer have questions, please speak with your instructor outside of class time.
- We ask that all of our dancers and families demonstrate respect for others and refrain from behaviors that are detrimental to the success of THRIVE.
- During practice times, dancers and instructors are the only people allowed in the studio. We ask that parents do not enter the room unless you are called upon.
- Only water is allowed inside the dance rooms. Please no snacks, gum, or colored juices or pop.
- If you have concerns and would like to speak with your dancer's instructor, we ask that you do so outside of class time.
- Please be respectful to the YMCA, THRIVE and all of our dance families by refraining from posting inappropriate pictures or language on the internet, social media or elsewhere.
- Please be sure to check your e-mail frequently for team updates and schedules. All e-mail will be sent to your "preferred" e-mail address.

Dancer Expectations:

- Dancers should understand that it is a privilege to be in the THRIVE program.
- Each dancer and their parents should be aware of the commitment and responsibilities involved in THRIVE.
- Dancers must be respectful to our instructors and THRIVE volunteers.
- Dancers must act appropriately in the program, at events and elsewhere. It does have an effect on us as a team.
- Each dancer must be willing to work hard, stay positive and strive for the best.
- Dancers must be on time to any events scheduled.
- Dancers should have personal goals, team goals, and be willing to work hard to reach them.
- Dancers are expected to maintain skills viewed at tryouts. We reserve the right to make changes if skills are not maintained.

Parent Obligations and Guidelines:

- We ask that all families are respectful to THRIVE staff and instructors. Any negative behavior towards a THRIVE member, the THRIVE program, or staff member in any way can result in the dismissal of you and your dancer from our program.
- We ask that parents inform the YMCA, your dancer's instructor, or THRIVE program director of any absences at least 2 hours prior to class. Notifications may be made via phone or e-mail.
- We ask that all THRIVE families fulfill financial obligations on time.
- We ask that parents encourage their dancers and other dancers within the THRIVE program.
- The safety of our dancers is our top priority. Although we do our best to prevent injuries, accidents do happen. We ask that our families be understanding during these times.
- Parents are expected to set an example for the dancers and for other parents. Please do not let your actions interfere with your responsibilities as a THRIVE participant.
- We ask that our parents support all of our THRIVE dancers at events, not just their own. Please remember to cheer and clap for everyone in our program.

Competition Etiquette:

- Parents supporting THRIVE members are encouraged to wear supporting team gear: t-shirts, sweatshirts, etc.
- Please refrain from booing, making negative remarks, or laughing at other teams.
- Please do not approach a judge or official at any event.
- Parents are encouraged to sit together, if possible, to cheer on any THRIVE team present.
- At competitions, dancers should have their hair and make-up done by an instructor or assigned parent.
- THRIVE dancers should cheer on other teams "waiting in the wings."
- Dancers should wear their THRIVE uniform while waiting for awards presentations. No sweatpants, backpacks, bags, phones, sandals, etc. should be worn during awards presentations.
- Regardless of our placement, we expect our dancers and parents to cheer when we are handed an award. We hope our dancers always stand and clap for the team who receives first place, even if it's not us!

C.W. AVERY FAMILY YMCA

15120 Wallin Drive
Plainfield, IL 60544

(815) 267-8600
www.jolietymca.org

