

NDS Competition Troupe Handbook

2023-2024

**** one front split completely down with hands on hips is required to audition, with the second leg down by June 1st**

**** \$10 audition fee per dancer must be turned in on audition day before being allowed to audition**

**** All competitive dancers must still take their combo technique class**

1. Auditions - April 2nd, exact times TBA, plan afternoon and early evening
 - a. Audition times will be broken down by age group - approx. ages of 1st-3rd grade, 4th-6th grade, 7th grade and up
 - b. All dancers must audition in person and at the appropriate time
 - i. Day one - full team auditions and signing (production)
 - ii. Day two - invite only, ensemble auditions and signing (large & small groups) - Tuesday, April, 25th; time TBA
 - iii. Day three - invite only, solo auditions and signing - Wednesday, April 26th; time TBA
 1. Will also be production main character audition day, all dancers are welcome to audition for a main character piece but are not guaranteed one
 - c. All parents will be added to an audition Band for the online audition application and the audition dance to be uploaded to
2. Production - 2023 theme of Alice in Wonderland
 - a. Full troupe dance of about 8 minutes that highlights many different dancers and utilizes large props while telling a story
 - b. Placement throughout is chosen by NDS staff and will be different from dancer to dancer as well as throughout the age groups
 - c. Every NDSCT dancer must do production to be allowed to do any further dances
 - d. Style, level, and theme of dance is at the discretion of NDS and may change at any time for any reason
3. Ensemble
 - a. Can be a small or large group dance, anywhere from 4-19 dancers
 - b. Placement within a certain group, level, and style of dance is chosen by NDS and may change at any time if necessary
 - c. Every NDSCT dancer must do both production and ensemble to be eligible for invitation to audition in any further dances; such as, duets, trios, and solos
 - d. Style, level, and theme of dance is at the discretion of NDS and may change at any time for any reason
4. Duets, Trios, or Solos
 - a. Trios include 3 dancers, Duets include 2 dancers, and solos are 1 single dancer
 - b. Allowance and placement of duets, trios, and solos are solely at the discretion of NDS staff and should be seen as a privilege
 - c. Style, level, and theme of dance is at the discretion of NDS and may change at any time
5. Costumes, Props, Accessories, Makeup, Alterations, & Uniform
 - a. All of the above are chosen by NDS and may change for any reason at any time
 - b. All solo props must travel to and from the studio for practices, and to and from the competition with the dancer - we cannot house most props due to space (exceptions can be made when necessary)
 - i. Props are chosen at the discretion of NDS and are at the expense of each dance family
 - c. Makeup is non-negotiable as stage makeup is standard

- i. NDS will make all decisions regarding hair and makeup and WILL NOT tolerate hearing any grumbles - if you have a true concern or disagreement with choices, bring it to Miss Brielle or Miss Nikki immediately
 - d. Alterations, additional accessories, rhinestones, etc. are at the discretion of NDS and at the expense of each dance family
 - e. All Shoes must be purchased through NDS unless otherwise specified
 - i. Dance shoes should NEVER be worn outside
 - ii. Bloch makes booties meant to go directly over dance shoes and these are amazing for long competition days, we ask that they are red, silver, white, or black
 - f. Not included within your fees are your troupe bag and jacket - each dancer MUST have these but do not need to purchase new each year
 - i. Bag - \$150
 - ii. Jacket - \$50
 - g. If any uniform or costumes pieces are lost/stolen/ruined all items must be repurchased at your own expense
- 6. Summer
 - a. Classes - 50% of all summer classes are mandatory and must be divided equally between the styles below - approximately 13 classes
 - 1. **Monday** - Strength & conditioning with an emphasis on Musical Theatre
 - 2. **Tuesday** - Turns and Leaps
 - 3. **Wednesday** - Ballet & Tap
 - 4. **Thursday** - Acrobats
 - b. Ensemble Choreography week - June 26th-29th
 - i. Do not have exact times and dates but will update ASAP
 - ii. Will be bringing in guest choreographers for some so every dancer must be present at their designated time
 - iii. Each dancer must take the videos from this day and practice at home, dances should not need to be taught again when classes begin
 - c. Bootcamp - July 11th-14th
 - i. Plan for all day of each day, will for sure go into the evening - exact times will be given ASAP, all depends on number of dancers and production planning
 - ii. These days will be used to learn and set the entire production so all dancers must be present at all times
 - iii. Dancers will also volunteer and give back to the community this week doing the following:
 - 1. Collect donations of womens and children products to donate to the women's shelter
 - 2. Volunteer and spend some time doing crafts and performances with Autumn Pointe (the local nursing home)
 - iv. Parent and dancer involvement will be needed for the following, with exact times and info will be given ASAP (but plan for evening):
 - 1. Sports psychologist coming to speak with everyone and talk about how to handle different situations as well as work with the dancers on stage fright and confidence
 - 2. Dietician/Nutritionist coming to speak with everyone about how to better fuel our bodies appropriately during long convention days and competition weekends

- v. Also hoping to do some potlucks, rhinestone parties, splash pad fun, and ending the week Friday night with a full team (dancers and their families!) game of fugitive- a game like cops and robbers

7. Troupe Classes

- a. Every Thursday evening with times TBA, approximately 5:30-7:30 or 8:30pm
- b. Pre-paid for within the original troupe price, and dancers will get out of it what they put into it
 - i. If needing to miss for activities just communicate with NDS as we understand kids are busy
- c. Used for Acrobats, Musical Theatre, Turns, Leaps, and lots of other technique aspects to raise the overall level of our competitive dancers

8. Convention

- a. Is a full day of learning many different styles from master teachers from around the US
- b. We attend the KAR convention every year - October 8th, 2024
- c. Attending and trying all styles throughout the day is MANDATORY, dancers will wear their troupe leotard & tights - they may also bring with to wear on top: skirt for ballet, shirt and sweatpants for hip hop, spandex shorts
- d. Parents do not attend this convention but are asked to stay reachable throughout the day in case of emergency

9. Troupe Rehearsals

- a. All rehearsals are closed unless explicitly told otherwise, this could differ from dance to dance as each dancer excels in different situations
- b. Production & Ensemble rehearsals begin August 27th and will run every other Sunday afternoon
 - i. 5, 1 hour rehearsals are included with troupe fees for all ensemble dances
 - ii. Reach out to Miss Brielle to find out what other teachers are available for additional practices or individual privates
 - iii. Some dancers may need additional one on one privates with Miss Brielle or another NDS staff member
 - 1. This will be at an additional cost, take advantage of this as your dancer will not be allowed to compete a dance they do not know
 - iv. All rehearsal times are set and must be planned around, your dancer may not attend their ensemble rehearsal if the production rehearsal is missed on the same day
- c. Solo Practices begin August 20th and will be available to sign up for on Dance Studio Pro
 - i. 5, half hour rehearsals are included with troupe fees
 - ii. Privates DO NOT begin with your dancer until all fees are up to date with NDS
 - iii. If your soloist needs additional privates with either Miss Brielle or another NDS staff member this would be at an additional cost and can be signed up for on Dance Studio Pro
 - 1. Privates MUST be paid directly to the teacher in cash before it may begin
 - iv. If your dancer misses their scheduled private it will count towards their included privates or must be paid to the teacher before another can be scheduled
 - v. Parents are allowed in for the final 5 minutes of their scheduled solo privates with Miss Brielle to record their dance and ask any questions, as to not interrupt others practice time

10. Dress Rehearsal - December 15th & 16th at Marion High School

- a. Full costume, hair, and makeup must be done for all dances
- b. Parents and family members are welcome and encouraged to attend
- c. Friday December 15th will be our Competitive Showcase
- d. Saturday December 16th will be our NEW Holiday Spectacular Performance!

- i. All dancers of NDS are invited to perform in the holiday spectacular but for NDSCT it is mandatory
 - 1. This is a great opportunity for our dancers to get on stage and perform, allowing them to get used to stage anxiety and how to overcome it prior to competition season
- ii. More information will be given out as this gets closer, as several ideas are in the works and we will be needing assistance

11. Competitions

- a. Our average competition season runs end of January-March and all competitions are mandatory
- b. Competitions run Thursdays-Sundays and our dancers could dance at anytime throughout, meaning absences from school may occur
- c. All competitions are TBD as of right now and tentatively will be Starquest, Rainbow, and Showstopper - this can change at any time for any reason
- d. Any and all additional competitions will be optional and at an additional cost
- e. All NDS dancers compete in the novice/recreational level unless decided differently by NDS - we do not dance for the "win" we dance to grow and nourish amazing humans
- f. All dancers, parents, families, and friends that attend any events with NDS are expected to be respectful off all dancers, families, and staff members within our studio, other studios, and all competitions and conventions - laughter or inappropriate comments will lead to the dismissal of your dancer from the NDS troupe
- g. **WE DO NOT KNOW THE DAY OR TIME THAT YOUR DANCER WILL COMPETE UNTIL THE MONDAY THE WEEK OF COMPETITION**

12. Event Preparation & Event Day Expectations

- a. Limit activities the day/evening before and the day of all events
- b. Early bedtimes are expected of dancers of all ages as to be well rested for all conventions, competitions, practices, and performances
- c. The attitude you take into the day is the attitude your dancer will have all day
 - i. This affects their dancing and focus
 - ii. Changes what they get out of practices, performances, conventions, competitions and how much these are all enjoyed
 - iii. Parents attitudes and handling of event days will be taken into account when your dancer auditions the next season
 - 1. We cannot allow parents to bring in negative energy so please do not do so or it could hinder your dancer
- d. All dancers must have at least 1 parent/guardian at necessary events OR have made arrangements with another adult to do their duties
 - i. NDS must be made aware of these arrangements
 - ii. NDS is will not provide travel or chaperones at troupe activities unless otherwise specified

13. BAND APP & DANCE STUDIO PRO

- a. Band is NOT optional, at least one parent must be on band and consistently checking it
 - i. If you do not understand how to navigate band please ask for assistance
- b. All schedules and updates will go on band and will be posted as soon as possible
- c. Please interact with all posts and be sure to RSVP so NDS can plan appropriately for all events

14. Performances

- a. The hope for this upcoming season is to perform at the below:
 - i. Autumn Pointe assisted living home
 - ii. Stormchasers Game

- iii. Omaha Beef Game
- iv. Iowa Wild Game
- v. Skinny Bones
- vi. Fort Calhoun Christmas Tree lighting
- vii. **If you or a family member knows of other performance opportunities please feel free to let Miss Brielle know**

- b. These can change from year to year and there will always be less performance opportunities on years that NDS takes large trips such as Disney and New York
- c. Travel, tickets, and any additional costs will be at each dance family's own expense
- d. Performance opportunities are optional but EXTREMELY helpful as the more they perform the less nervous they become doing so
- e. To perform for the season is \$50 to NDS and due in addition to troupe fees on team signing day
 - i. this is for shoes and to rent the dresses used to perform

15. Parent Expectations

- a. Parents must be a part of a minimum of one of the below:
 - i. Prop committee (building, painting, unloading, loading, etc.)
 - ii. Costume committee (rhinestoning and inspecting costume, hairpiece, earrings, and all accessories for ensemble at each competition prior to warm up)
 - iii. Hair & Makeup committee (prepping, helping, and making sure all hair and makeup is the same for ensemble)
 - iv. Fundraising Committee (organizing and planning all troupe fundraisers)
 - v. Team Mom (will be 1 team mom for each ensemble that will communicate with all members as well as send reminders for events and be sure everyone has all information needed)
 - vi. To opt out of volunteering to one of the above is \$200 and is due at contract signing

16. Attitude and Behavior

- a. Any disruptive, negative, or harmful speech or behavior is NOT TOLERATED by any means
 - i. This can be towards parents, dancers, family members, NDS staff, competition/convention staff, as well as our competitors and other dancers
 - ii. We have a no tolerance policy, if these expectations are not upheld you and your dancer(s) will be removed from the NDS program effective immediately with no refunds given
 - iii. All allegations made will be investigated and handled directly by NDS

MANDATORY

- half of summer classes
- Ensemble Choreography
- Bootcamp week
- Convention
- Rehearsals
- Troupe & Recreational Pictures
- Dress Rehearsal
- Holiday Spectacular
- 3 full team competitions

OPTIONAL

- Revel

- This season NDS will also be allowing soloists to compete at revel - to do so you MUST do the convention (this is Revels rules)
- Usually falls in November, as soon as the date is posted it will be added to Band
- Titans of Dance
 - Convention put on by all So You Think You Can Dance prior competitors
 - Usually falls in November, as soon as the date is posted it will be added to Band
- 1 dress rehearsal style competition
 - This will be our first competition of the season and is completely optional
 - May be Celebration again but will be added to Band as soon as decided due to dates and scheduling