

NDS Competition Troupe Handbook

2022-2023

**** One front split completely down with hands on hips is required to be allowed to audition for NDSCT - preferably 2, any dancer planning to return 2023-2024 will be required to have both front splits completely to the ground with hands on hips**

*** Auditions fees are \$10 per dancer and must be turned in with their audition paperwork before they can enter**

★ Summer practices

- **Monday** - Stretching, Strengthening, and Conditioning
- **Tuesday** - Turns, leaps, and extensions
- **Wednesday** - Traditional Ballet
- **Thursday** - Acrobats and how to implement it into dances

***** At minimum, HALF OF ALL SUMMER PRACTICES ARE MANDATORY - and must be split evenly between days/styles of dance trained**

- There is a good possibility we will be having a summer clinic for a few days/night this summer - this will be decided immediately following auditions and will be used to teach choreography

★ Convention

- A day of learning all styles of dance from master teachers (usually falls in October or November)
- NDS will continue to attend the KAR dance convention for as long as they continue to tour here
- Attending and trying all styles throughout the day is MANDATORY, dancers will be given matching leotards that will be worn with tan tights, as well as use their troupe bags and water bottles
- parents do not attend convention, but are asked to stay reachable through the day in case of emergencies

★ How Are Dances Chosen?

- All NDSCT dancers first dance will be a group dance - small group, large, group, line, or production
- The number of dances allowed, style of dance, size of group, and music of all dances will be decided by NDS staff - all of which will happen after auditions and may change at any time for any reason
- If you have any questions about how or why a decision has been made regarding a dance please ask Miss Brielle and Miss Nikki directly

★ Costumes, Accessories, Props, Alterations

- All of the above is decided by NDS
- Costumes are included in troupe fees
- alterations, additional accessories (including rhinestones), and props are not included
- ALL props will travel to and from the studio and competitions with the dancer
- shoes are not included but are ordered through NDS unless told otherwise, dancer may need 2 pairs of competition shoes as to keep 1 stage ready or be able to practice appropriately at home - this is all at the discretion of Miss Brielle and Miss Nikki
- Troupe dancers are given special bags, leotards, jackets, and water bottles
 - These will be expected to be worn/used at all troupe activities
 - If lost/stolen/ruined all items must be repurchased at your own expense

★ Troupe Classes

- Begin after labor day - generally on Sundays, Tuesdays, or Thursdays, depending on the studios recreational class schedule
- Classes specifically for learning and cleaning the competitive routines
- All troupe classes are separate yet just as important as our technique classes
- All competitive dancers must still take their combo technique class during the week - any add on classes are half price for troupe and HIGHLY recommended
- **** 10 practices per dance
- All practices are closed unless explicitly told otherwise by Miss Brielle
- This could be different from dance to dance as each dancer excels in different situations
- **** Potential Conflicts or Missed Classes
- All recurring Sunday conflicts, such as church, will be taken into account for scheduling if turned in to Miss Brielle June 1st
- If if a conflict arises causing your dancer to miss their scheduled solo/duet/trio class it is expected for you to switch with another time or find someone to use your scheduled time - Miss Brielle must be notified of the change at least 24 hours before the scheduled practice
- *** each dancer will get 1 excused absence before fees will be implemented - this does not mean your dancer gets a makeup day, but you get 1 missed practice before fees will begin

★ Dress Rehearsals

- Will always have at least 1 final dress rehearsal, with full hair, makeup, as well as to practice any changes
- Depending on venue and number of dances, there may be parents allowed to watch or family
- All decisions of who can watch and how dress rehearsals are scheduled is up to the discretion of NDS staff

★ Preparation for Events & Event Day Expectations

- Limit activities the day before and day of all events
- Early bedtimes are expected for dancers of all ages
- The attitude that you take into the day is the attitude your dancer will have for the day and it will affect their dancing, focus, and what they truly get out of practices/performances/competitions and how much they enjoy their time at these things
- How parents handle this will be noted and taken into account when your dancer auditions the next year
- All dancers must have at least 1 parent at necessary events OR make arrangements with another parent or family member to be responsible for them for the duration that they are there - NDS will not provide travel or chaperone at troupe activities unless specified otherwise

★ Competitions

- Our average competition season runs February-April
- All competitions are TBD - Starquest, Rainbow, and Starz have become the NDS all studio competitions; this can change at any time for any reason
- Any and all additional competitions will be optional and at an additional price
- Competitions run Thursdays - Sundays and our dancers could dance any or all of these days at any time throughout the day

*** **We do not know the DAY or TIME that your dancer will perform until the monday before competition**

- All NDS dancers compete in the novice/recreational level unless we feel a dancer or dance needs to be challenged more
- NDS competes for the purpose of our adjudications/scores more than to “win” or get an overall award - we are looking for improvement from competition to competition and year to year

- It is expected of all dancers, parents, families, and friends that attend any events with NDS to be respectful of all dancers and dances within our studio as well as other studios

- We want to continue be the studio that is remembered in a positive light - as we have been awarded sportsmanship awards in the past and that is our proudest accomplishment as a studio

- Laughter or inappropriate comments or behavior will not be tolerated at conventions, competitions, or at the studio — if this becomes an issue, with either parents or dancers, your dancer will be asked to no longer compete with NDS

★ Performances

- If performance opportunities arise the competition dancers will be given the choice to perform; any fees for performances will be at the dance families own expense

- Performances are not a top priority but rather an extra fun thing so they will change from year to year depending on the studios schedule

- In the past we have performed at: skinny bones, Iowa Wild Professional Hockey, and Omaha Beef semi-pro football

★ Band App

- Band is not optional, at least one parent must be on band and checking often to stay up to date with all info - especially during competition season

- All schedules and updates will go through Band and will be posted as soon as we have the info

- It is asked that you always interact with a post from Miss Brielle or Miss Nikki or RSVP in one way or another if requested to do so; this is so staff can plan appropriately

★ Dress Code

* Classes and Convention

- No Jewelry of any kind will be worn and all hair must be completely pulled back and presentable

- Tights and leotards must be worn at all times - any shorts or spandex must be form fitting

- NO loose fitting shorts, pants, or shirts are allowed - long sleeve leotards, a dance sweater, and leg warmers are great alternatives

- Required shoes must be worn for every class and **MUST BE PURCHASED THROUGH NDS** to ensure proper fit, color, and style needed - unless otherwise specified by and NDS staff member

* Competition

- While at competition you are representing NDS and we ask that you always remember that

- Dancers should always be in the correct costumes with accessories and shoes

- For awards - will wear pure black leggings, troupe leotard, and either dance shoes or red tennis shoes or bloch booties (we ask that your dancer does not wear their dance shoes all day at competition as the floor can be dirty - and dance shoes should NEVER be worn outside)