



# DANCER HANDBOOK

STARS COMPETITION TEAM



Dance Theatre  
NORTHWEST

DTNW  
EXPECTATIONS

DTNW  
ETIQUETTE

DTNW  
STANDARDS



# WELCOME

to DTNW COMP TEAM

Congratulations! We are so excited to have you a part of the DTNW Family and our award winning Competition Team.

This is a huge honor and with that comes a large responsibility to the studio and your team. This booklet will be your guide throughout the season, as well as a reminder of the program expectations.

We are so proud of your hard work, dedication and talent. Keep up the great work. #dtnwfamily #dtnwstars

*the bigger*  
the dream, the more  
important the team.

## ZERO DRAMA

DTNW has zero tolerance for drama. Every competitive sports team is subject to drama, but we hold ourselves to a higher standard and expect that dancers do the same.

Inside and outside of the studio, each dancer is expected to uphold our zero tolerance for drama or gossip.

## TEAM FIRST

Competitive Dance is a TEAM SPORT. We ask that dancers have good sportsmanship and always put the team first. It is important to remember we are one big family and all teams are treated equally.

Dancers compete with a group first and foremost.

## BE KIND

Be kind and respectful to your teammates and everyone at DTNW.

Thank your instructors, congratulate other dancers (from DTNW and other studios) and remain gracious in winning and losing.

## TRUST DTNW

Every relationship is built on trust, including ours. We are open and honest with you and expect the same back.

We have a highly professional staff that is trained and educated in the dance industry. Please trust their judgement, as they only have your best interest at heart and know what is best for you.

## BE COMMITTED

Being a DTNW dancer requires 100% commitment and dedication to the team and the studio. Dancers are responsible to know choreography and meet all training requirements. Because commitment is so important, Comp Dancers must be prepared to sometimes sacrifice other activities or opportunities in favor of their DTNW obligations. Parents and students will sign a contract each year agreeing to the rules and regulations of the competition teams listed.

# TEACHER "TOP 5"

Please follow your instructor's expectations in the classroom and during training.

## START OF CLASS

Dancers are expected to be ON-TIME. They must follow the "start of class" protocol and be both mentally and physically prepared. Start class off on the right foot by not talking to friends, but instead coming in quietly and ready to focus and learn!

## 5-SECOND RULE

Dancers are expected to listen, react and move quickly through the class structure. Expectations are set for how dancers will work across the floor, in center and during choreography. Moving quickly to the next position creates a more effective and efficient classroom. As always, no talking during transitions.

## NO EXCUSES PHILOSOPHY

Instructors will expect students to be resourceful and encourage "no excuses" in the dance classroom. Because this is a team sport, everyone needs to be trying their best at all times. If a dancer is sick, they should be at home resting. If a dancer becomes injured, the instructor will send them home. Bathroom breaks and quick snacks need to happen before and after classes - not during class.

If a dancer is injured outside of class and cannot fully participate, a physician's note detailing necessary modifications is required. When a dancer is cleared to dance a physician's note is required.

## FOCUS & FULLOUT

Dancers are asked to be 100% focused and dance 100% full out the entire class. Everyone is here to become a better dancer and the way to reach that goal is to listen very carefully in class and try your hardest at all times. The expectation is that all dancers are attentive and dancing to their fullest potential each class.

## SKILLS & TRAINING

Dancers are expected to master skills for their level and follow the DTNW structure guide for each class. Dancers are required to take ballet, plus a technique class in each genre they compete in. Practicing and stretching at home is also expected and will help a dancer accelerate their abilities and see quicker results.



TOP 5



# STUDIO RULES

## Treat DTNW as your second home.

1. No food or drink allowed in the studio.
2. Please keep the lobby and studio clean. Be considerate - clean up after yourself and encourage others to do the same.
3. No running, climbing or standing on furniture, walls or railings - no horseplay.
5. Respect other dancer's property, including personal belongings. Do not touch what is not yours without permission.
6. No changing in the bathrooms, please use the dressing room.

**You're on camera! Please note that DTNW has security cameras on-site.**

## IN-STUDIO

1. Dancers must BE ON TIME to class - ready to start.  
Arrive 5 minutes before class to prepare both mentally and physically.

2. Dancers must adhere to the DTNW Dress Code:  
During company rehearsal blocks and/or Junior and Senior Excel classes, dancers may choose to wear appropriate, form fitting athletic wear.

If a dancer is not in dress code, does not have the appropriate shoes or hair - they will be asked to leave until they are ready for class. No taps = no dancing.

3. Do not touch music, fans, lights, props or mats without instruction from your teacher.



## TUITION & FEES

Company tuition fees are due annually or you may choose to pay in 11 tuition installments (August-June). All tuition installments are due the first of each month; all members of DTNW must register for auto pay. Tuition will be deducted via a card or check that customer puts on file with DTNW.

### Included In Your Tuition:

\*Weekly Rehearsal Block \*Saturday Rehearsals \*Music Editing and Licensing \*Company Administration  
**NEW** Juniors and Seniors bi-weekly excel class  
**NEW** Juniors and Seniors 1 hour Saturday Studio Time by reservation

### Additional Costs

- Choreography Camp fees are due August 1.
- Junior & Senior Costumes, Accessory and Prop fees can be split using our "Costume Easy Pay" option (August-December). Mini Costume Fees are due August 1.
- Required DTNW Warmups and bags, make up pallets, performance earrings and extra competition tights are required to purchase. These fees are due September 15.
- Competition Fees are due August 1, October 1, December 1 and February 1.
- A Showcase fee is required.

\*All fees, costumes and tuition are non-refundable

\*All "Costume Easy Pay" and "Easy Pay" for Competition Fees are due on the 1st of each month.

\*Company tuition is billed for the complete season and is never pro-rated.

# COMMUNICATION

DTNW strives to keep a consistent path of communication with our students and parents. Our main form of communication is email. We must have a current email on file with all parents in our system. We also have our DTNW App, a company Facebook group and a google calendar with all events in it.

# CONVENTIONS/CAMPS

All competition students are required to attend our very own DTNW "Inspire" convention to be held in November and DTNW's "Get Ready to Perform Camp" in October in conjunction with October's Saturday rehearsal. DTNW offers guest master teachers that travel to our studio. Competitive Dancers will also be required to DTNW's week long Choreography Camp in August.

# CLASS REQUIREMENTS & SUPPLEMENTAL CLASSES

The continued technical growth of our students is of the utmost importance to our staff. Therefore our studio follows a graded curriculum system with all of our technique classes. Dancers are placed in these levels based on skill level and will be moved based on assessment results.

**Senior Team:** Ballet Class, Jazz Class, & **NEW** Bi-Weekly rehearsal block with Senior Excel class

**Junior Team:** Ballet Class and Bi-Weekly Junior Excel Class & rehearsal block

**Mini Team:** 1 weekly technique class that includes ballet or jazz and set Mini Company Class

**NEW Senior and Junior Teams will have set 1.5 hour blocks each week where dancers will rehearse and participate in either Junior or Senior Excel.**

**\*Style Specific Requirements:** There will be times that dancers are selected for routines that require additional technical work to continue growth of these specific skills. If your child is placed in one of these routines they will be automatically enrolled in the corresponding technique class. These classes are also optional add on classes for dancers wishing to work on more skills. Contemporary, Hip Hop, Tap, and Acro are just some examples of the extra classes that may be required.

# REHEARSALS & SHOWCASE

Rehearsals are dedicated to perfecting the company routines. DTNW's August week-long choreography week focuses on learning and finalizing choreography. September- January rehearsal blocks staff focus on cleaning choreography. February-May staff focuses on competing and applying feedback from previous competitions.

Junior & Senior Dancers will be required to attend 5 additional Saturdays (3 for Minis); 1 in October and 1 on the Saturday before each competition.

**DTNW SHOWCASE:** The perfect way to get ready for competition. Dancers will get to perfect their stage presence and dances in our STARS Showcase at the CDA KROC Center. This will take place in January or February and is required for all competition team dancers.

# COMPETITIONS

Why do we dance? Because we are **passionate** about it! Because it's fun! Because we love to be on stage! We do not dance to collect trophies and crowns. We do not dance to feel let down or disappointed. Dance is a happy place and should remain a positive environment even outside of the studio walls.

**Competitions can be what we make of them** - if we keep a great attitude, our heads held high, and cheer on and encourage other teams, we can celebrate knowing that we did our best and tried our hardest!

We need to remember that the judges are different people at every competition and each and every person has their own (different) opinions. We will use all competitions as **learning experiences** and for **motivation** to become better dancers.

Dancers are required to wear the DTNW warm-up jackets and pants to all competition award ceremonies. You must sit with the **entire studio** on stage and follow the rules of the competition. Cheer on all teams & studios to congratulate all! Leave cell phones in the audience. Everyone is expected to be at every competition cheering their entire team on, even if they are not dancing.

Keep behavior at competitions in check - **you are representing DTNW**. Dancers should not be goofing off, being negative or causing drama. Follow your teacher's instructions at all times. Competitions are a serious event where all dancers need to be **focused** - warming up on your own, practicing dances (full out) before stage, and making sure you are stage ready (all costume pieces SECURE, hair & make-up done & accessories SECURE). Be ready to be **YOUR BEST!**

**CONTACT WITH COMPETITION COMPANIES:** Parents are prohibited to contact any competition company or personnel of the competition company for any reason. All DTNW students are entered into competition through the DTNW competition director only. Students are not allowed to enter a competition as an Independent unless authorized through the DTNW personnel.

**COMPETITIONS:** Junior and Senior Company Dancers will attend 4 local competitions. Mini Company will attend 2 local competitions. Junior and Senior Company will have the option of competing at a traveling competition.

## REMEMBER THE WHY

It is our goal as instructors and a studio to instill a **passion for performing** rather than merely a desire to win. It is our hope that through competing with DTNW Stars Company our dancers gain an appreciation for other dancers and dance studios/schools. We are NOT out to beat anyone else; instead, we aim for **progress and growth**.

We hope to motivate and expose our dancers to the highest caliber of talent we can. Competition is an education in dance. In addition, these performance opportunities build valuable skills including self-confidence, flexibility/adaptability, teamwork, leadership, and interpersonal skills.

Remember that goals end, but progress is forever. We compare ourselves not to others, but to who we were yesterday!

# ATTENDANCE

Every dancer plays an important part on the TEAM, and classes are most productive when the entire team is present.

Every class that you take contributes to your success as a dancer, and missing classes will have a negative effect on your progress and on your team. Come to class, be on time, work hard!

- All Saturday rehearsals and performances are **mandatory**.
- If dancers miss more than 2 weekly company rehearsals, a private lesson is required.
- Dancer's must maintain 80% or higher attendance in their DTNW classes.
- If rehearsal is missed the class before competition or an event, participation is at the competition director's discretion.



# SOCIAL MEDIA

Always use the T.H.I.N.K motto when texting or using social media. Is what you are posting or talking about **TRUE? HELPFUL? INSPIRING? NECESSARY? KIND?**

Do not use social media to compare yourself or your team. Remember that every dancer's situation is unique to them.

Watch other dancers to get inspired and learn from them. Set goals for yourself and remember that no one can dance exactly the way you do. Keep the focus on you.

Be kind and inclusive of your teammates when it comes to using social media.

# SETTING GOALS

Do you push yourself to be better or do better? Do you drive yourself to start or to finish? Do you strive achieve your goals and your potential and purpose?

Remember that only YOU can push yourself to your fullest potential. It is your responsibility in class to push yourself and always strive for more. You only have 30 weeks of class... so you want to make the best of every, single class!

**THINK**  
BEFORE YOU SPEAK

**T** is it **TRUE?**  
**H** is it **HELPFUL?**  
**I** is it **INSPIRING?**  
**N** is it **NECESSARY?**  
**K** is it **KIND?**

Be confident.

Too many days are wasted comparing ourselves to others and wishing to be something we aren't.

Everybody has their own strengths and weaknesses, and it is only when you accept everything you are - and aren't - that you will truly succeed.

Choose to  
Shine



# DTNW FAMILY

We are one big DTNW Family! As much as we love teamwork and team bonding, we need to remember we are one COMP FAMILY, not individual teams. We all work together towards the same goals. In our family we trust, support and help one another.

1. Show your support at competitions - stay and cheer on another team
2. Introduce yourself to a dancer you don't know yet
3. Be inclusive to everyone at DTNW.
4. Show your DTNW Pride!
5. Treat other members of the DTNW family how you want to be treated.



# DANCER'S AFFIRMATION

1. There are those who have danced for many years who will never reach the level I have.
- 2. There are those who have danced for fewer years who will reach the level before I will.**
3. I must not compare myself to those who are stronger than I am, but look at how far I have come and what I can still achieve.
- 4. I must compete with myself to get better, and not others out of envy.**
5. I must encourage and applaud others who share my dreams and goals.
- 6. I must fix the skills that need to be improved and practice those corrections.**
7. I must remember that the road to accomplishment is a long road with many detours, but commitment and perseverance will keep me heading in the right direction.
- 8. I must put my heart and passion into all I do, and remember that my talent is a gift to be nurtured, developed and shared**
9. Most of all, I must take pride in what I do and BELIEVE in myself!



# PARENTS

Parents, by supporting your dancer in becoming a member of DTNW STARS Company Competitive Teams, you entrust us with your dancer's education, a role that each instructor at DTNW takes very seriously. We ask that you respect our decisions as dance professionals and experts in our field when placing your dancer in his/her classes. As teachers we promise that each dancer will be given our best instruction, energy and experience we can give! We thank you for allowing us to be a part of YOUR dancer's life.

As parents of our competitive dancers you are representing DTNW at competitions as well as at the studio. If you choose to not follow or support the requirements of a competition that DTNW attends you may be asked to gracefully bow out from the Team immediately.

All competition questions or concerns must be directed to DTNW, please do not contact competitions individually. This is DTNW's job - you get to focus on having fun!



# DANCER'S CODE

**It is important to understand and follow the dancer's Code of Conduct for the good of everyone on the team. \*Dancers, please speak to your instructor if there is some reason that you are not able to fully participate in class! We understand that everyone has days that they do not feel well or have difficult life situations.**

- I accept responsibility for my behavior. I understand that what I do and say affects my teammates, studio, and other people either positively or negatively.
- I live with integrity. I encourage others to live with character by leading by example in what I say and do.
- I act with respect toward myself and the people and things around me including my parents, my instructors, my teammates, other dancers from DTNW and other studios and the audiences at performances.
- I do not look down on others because of their abilities. I do not act more important than the other dancers at the studio because I am on the performance team.
- I act with empathy. I try to understand what is going on in the hearts and minds of others and what is causing those feelings so that I can be supportive and encouraging. I ask, "How can I help you?"
- I serve as a role model at all times by talking politely and acting courteously towards instructors, teammates, parents, and DTNW staff. I understand that it is a privilege to represent my family, studio, and community as a DTNW STARS Dancer.
- I give 100% effort to practices, performances, and events. I understand that effort demonstrates my commitment to the performance company and my respect for my instructors and teammates.
- I commit to showing up for classes each week in the proper attire for each class and my hair neatly in a bun. I show respect for the professional atmosphere I am training in and for the art of dance by always by always wearing the Dance Theatre Northwest's dress code,
- I will commit to leaving drama at the door. When I come to class I am focused on giving my best effort. I understand that my attitude affect's my teammates and instructors. I understand that being a part of the DTNW STARS team requires my best effort at all times.
- I will refrain from gossip. I will discuss any situations with the individual directly or with my parents and work to resolve the conflict. Gossip is destructive to teams and tears relationships apart.
- I will speak with my instructors directly about any issues I have with the classes or any concerns I have.
- I display good sportsmanship. I acknowledge and applaud the efforts of others. I encourage my teammates with positive statements. I refrain from boasting to my teammates and 'trash-talking' other members of the studio

# NOTES:

# NOTES:



**#DTNW**   
**FAMILY**