



INNER RHYTHMS DANCE COMPANY

2008-2009 Handbook

INNER RHYTHMS DANCE

Dear Company Member;

Congratulations and Welcome to Inner Rhythms Dance!

Inner Rhythms involves lots of fun and excitement, and also involves commitment and responsibility on the part of the members and their parents. This is a very competitive environment; therefore certain rules must be followed. Many things will not be tolerated.

This handbook explains, in detail, what is expected of each Company member, and what being a part of Inner Rhythms entails.

The Company consists of students that are chosen, based on talent, maturity, showmanship, and ability to dance well with others and a commitment to hard work.

FALL CLASS SCHEDULE

Petite Company: Monday 4:00-5:30 and Tuesday 4:00-5:30

Junior Company: Monday 5:30-7:30 and Tuesday 5:30-7:30

Senior Company: Monday 7:30-9:30 and Tuesday 7:30-9:30

ATTENDANCE

All Company members are expected to be at class every week except in cases of illness or emergency. You will be allowed 2 unexcused absences per month. If you exceed this you will be given a warning, after 3 warnings you will be dismissed from the company. Your commitment to the Company and each other is important and should come before all other extra-curricular activities. Each member is expected to be on time for class. Tardiness will not be tolerated and students will not be allowed to participate in class if they are late. Students should be there well enough in advance to begin warming up. You will be notified of all rehearsals and performance commitments well in advance. This should eliminate any scheduling conflicts. Before the benefit concert in January, each competition, and performance opportunities extra rehearsals will be scheduled. All members must attend these rehearsals.

CLASS BEHAVIOR / DRESS CODE

Proper attire is required and will be strictly enforced. Please refer to the dress code below.

Tap/Jazz Rehearsal and Class

Girls: Any color leotard with any of the following: black, tan or pink tights, bikertards/unitards, bike shorts, or jazz pants. (T-shirts, sweatshirts, boxer shorts, etc. are not acceptable)

Boys: Any color t-shirt with any of the following: gym shorts or jazz pants. (No Jeans or jean shorts).

Shoes: (both girls and boys): Black tap jazz oxfords and black jazz shoes. No Jazz sneakers are allowed.

Ballet/Lyrical Rehearsal and Class

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Girls: Any color leotard and pink tights only!!! Ballet skirts and dance shorts are acceptable, however, camisoles, tank tops, t-shirts, sweatshirts, boxer shorts, bike shorts, jazz pants, bikertards are not acceptable. Hair must be in a bun, completely off the face. Ponytails are not acceptable for ballet class.

Boys: White fitted t-shirt and black jazz pants.

Shoes: Girls- Pink ballet slippers, lyrical-bare feet

Boys:- Black ballet slippers, lyrical-bare feet

COMPETITION GUIDELINES & BEHAVIOR

Dance is as much of a sport as soccer or baseball. You will find it to be very competitive; however, you must take in every event as a learning experience. Each girl is expected to be on her best behavior at all competitions. Please remember that you are part of a team representing Inner Rhythms, something for which you should be very proud.

The Guidelines listed below are stringent and are expected to be followed as these rules will help keep the Company organized and all accounted for. It is important for your chaperone to know your location at all times as it can be difficult to keep track of all members, all the schedules, costumes, props, etc.

All company members will be required to check into the hotel the evening prior to each competition. **It is the responsibility of the member to make his or her own reservation.** Hotel fees are not included in your individual accounts. You will receive all of the hotel information needed to receive the competition rate. In the event of a two-day competition, all members will be required to stay both nights, **regardless of their performance schedule.** Each group is expected to be there when our other groups are performing. This may require an additional night stay during two-day competitions while other competition members perform.

All groups need to warm up prior to competing and will remain in the competition area until after competing. Once you are warmed-up and back stage waiting to go on, there is to be absolutely no talking. Inner Rhythms warm up suits are to be worn at all times in the hotel and during the awards ceremony.

Please schedule your meals around our groups performing, when possible. For this reason, it is a good idea to carry light snacks and drinks (water!) in your dance bag. It is very important that we support each other. Bad attitudes between company members will not be tolerated. You must learn to work together and respect each other's ways.

NEVER BOO! If you dislike a performance, you do not have to applaud, just sit quietly. Remember, the judges watch the "side-lines". Any animosity towards your competitors should be withheld until you are in the privacy of your own room.

Everyone's hair should be parted on the left side and put in a low bun with all hair off of the face; no bangs. Please wear a hair net over the bun and tightly secure it with bobby pins.

I am always very proud of the Company at competitions. We strive for professionalism and it shows. I hear nothing but good comments from my peers and I look forward to another exciting and rewarding year.

COSTUMES

Measurements for costumes will be taken and costumes will be ordered. It is the responsibility of each member to take care of their costumes, as they will need to last the entire year. Please make sure all

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costumes are presentable for each competition and performance. Repairs are to be made by each member. Costumes must be kept on hangers unless otherwise directed. Please do not put any costumes on the floor for they are likely to be damaged. It is very important to label all of your costumes, tights and shoes.

FEES & FUND-RAISERS

In addition to monthly tuition, there will be entry fees for each competition, costume fees and January concert fees. There will be several fund-raisers to enable you to earn credit toward the fees related to competitions, activities, costumes, and warm up suits. Each family will have their own account in which the incentive from each fund-raiser will be tracked. A balance sheet will be provided for each member, monthly. Participation in fundraising is optional, but it is possible to earn all of your Inner Rhythms expenses through fundraising.

Please Note: The fundraising program is structured to efficiently handle the Inner Rhythms members' accounts and to aid you in preparing for the expense of the season. The following are the Inner Rhythms Fees:

\$350.00 Costumes (\$70.00 per costume includes accessories and tights)

\$250.00 Competition group entry fees (Based on \$25.00 per person/per group dance, if this should change you will be notified well in advance.

This does not cover solo/duet entry fees and related expenses for competitions

\$100.00 January Concert

Accounting/Payment Schedule

\$175.00 is required to be in each account by September 23rd to cover ½ costume costs.

\$100.00 is required to be in each account by October 1st to cover running suit fee (new ones only)

\$175.00 is required to be in each account by October 13th to cover the remaining costume costs.

\$100.00 is required to be in each account by December 9th to cover Benefit Dance Concert.

\$125.00 is required to be in each account by January 27th to cover ½ competition fees.

\$125.00 is required to be in each account by March 3rd to cover the remaining competition fees.

Any member that does not have his or her fees paid in full when they are due will not be allowed to participate in the upcoming event. The company does not maintain a bank account that can cover the cost for dancers until they are able to pay their dues and if we do not have our money in on time it could forfeit the chance for the entire company to participate.

In the event that a dancer does not return for a consecutive year to the company or is terminated and there is a balance remaining in their account, the balance is automatically transferred to the general fund. The general fund is used to offset any costs we may have for business related expenses, i.e.: mailings, office expenses, activity down payments, etc.

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Please note: There will be optional events that will take place and are not included in these fees. Memos will be passed out well in advance to inform of these events. Any fees for these extra events will be able to be taken out of your account.

COMPANY WARM UP SUITS

Inner Rhythms warm up suits will be ordered at the beginning of the season for the new members . An order form will be sent home in September. **The cost is \$100.00.** The warm-ups balance can be added to your fundraising account balance. **Money can be fundraised and is due by October 2nd.** The running suit is a team jacket and pants that is to be worn at all company functions.

SCHEDULE FOR 2008-2009 SEASON

Please note all of these dates are tentative and as soon as they are confirmed you will be notified.

October TBA	Junior and Senior Company Trip to Broadway Dance Center	
January 9	Dress Rehearsal 5:00-11:00	Samuels Theatre; Cedar Crest College
January 10, 11	Benefit Dance Concert (3 perf..)	Samuels Theatre; Cedar Crest College
March TBA	Barbaran Stars of the Future	Fogelsville, PA *
April or May TBA	Talent Explosion Awards Competition	Harrisburg, PA *
Spring	Company Trip to NYC	

*hotel information and details distributed upon receipt

**Please note there may be performances added throughout the year, but you will be notified well in advance with details.

***Dates are subject to change, you will be notified well in advance if this should occur.

A NOTE TO PARENTS

Moms and Dads are important to our group. We need you to support our fund-raisers and attend our competitions. We also need parents to help by providing transportation to and from competitions and moms to chaperone at competitions when we need to stay overnight.

If you have any questions regarding Inner Rhythms please contact me at the studio. The biggest problem we've encountered with Inner Rhythms is parents making their own assumptions. Please do not allow yourself to get caught up in this situation, as it only tends to have a negative impact on the company as a whole.

If you need to reach a staff member, please, you can leave a message at the studio or you can e-mail the studio and receive a prompt response. The studio e-mail address is stepsintime@verizon.net.

We are looking forward to a wonderful season. Thank you for all your support and cooperation!!!!

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