



***Our Competitive Dance Team***  
***“The Untouchables”***

**Qualifications:**

- Students need to be in regular class, Dance Company, and solo to be considered eligible for the competition teams. The head coach assigns their level, and all skills must be mastered before they are eligible to compete. Students must have a journal with them at their solo class.
- By invitation only
- Students take all year around
- Your RSVP to this program and the intention of competing is requested in June for the upcoming fall and spring seasons (we can make a few exceptions to this, but would need some advanced notice).

**Equipment needed:**

- Studio Warm Up
- Competition Outfits – one per number
- Competitors normally use shoes they already have access to and use on a weekly basis. Equipment and costume update will be given out by the end of October each year for our spring/summer competition schedule. (We do not compete in the fall).

**Attendance:**

- This is a year around event, students are expected to take thru the summer as well. If the student plans on taking any time off, there is a mandatory 30 day written notice.
- Students are not allowed to miss. All competitors should eat and snack appropriately (whole – fresh foods – fruits, veggies (5 – 8 per day), eggs and whole grains (not cold cereal)), 8 – 12 glasses of water, absolutely no pop or flavored drinks, stretch legs and backs on a daily basis and condition their abs for maximum outcome. **ALL COMPETITORS SHOULD RUN THEIR SOLO ROUTINE AT LEAST THREE TIMES A DAY.**
- If our recommended schedule is altered in any way, please know it will directly affect the progress of your student. The program is set up specifically to progress and develop your child, if you choose to alter it, we understand, but YOU are also choosing to alter their level and development. In the case of dance competition team, we may not be allowed to let this happen as you affect other members in your group.
- We compete in approximately 3 dance competitions a year, and a National Final. Students are required to attend all competitions chosen, dates and competition fee totals are given ahead of time.
- **YOU MUST NEVER MISS THE PRACTICE BEFORE COMPETITION!**

**Competition locations / fees / sign up / times:**

- The competitions we attend are on the eastern half of the state.
- Parents, family members or friends are barred from being on the competition services, questioning directors or judges at competition sites – see your head coach if you need assistance.
- We attend one National Competition, if your student qualifies for this meet, this will also be an option for them
- Competition fees range in \$75 - \$85 for solo / \$35 - \$45 for group

- Competition sign up forms are either emailed out or posted right on our web site for downloading. Payment is due in our office by the requested date or there are heavy late fees that the host club charges, or you may not be able to compete. Any extra entries – ie photogenic and titles must be documented on your competition registration form.
- The address of the Competition site is always on the original sign up form when ever available. So you will know the address and be able to map out distance and location before you commit to the competition.
- Competition times are distributed as soon as we receive them. Many times it is the weekend or two before competition.
- Parents are responsible to have their competitor: Arrive on time to the designated site and report as directed on time, dressed and ready for competition, with a nutritional breakfast (eggs, toast and fruit – no doughnuts, pancakes, waffles, sugar cereal), no finger nail or toe nail polish, no earrings or jewelry except what is designated by the head coach, hair secure and professionally placed, and happy!!!
- We try to place students where they will excel and do well. It is important that parents influence the “correct competitive atmosphere”. It is inappropriate to be a gossip or complainer, as you are labeling yourself for utter disrespect, and at times, contempt from others. It is “the golden parent” who can love and respect their competitor and others at every moment – not just when they receive first place. We expect all parents to be “golden parents” at every moment.

Austin, Our Son,

When he was in high school football, lost a game once, that was overwhelming one sided, and a huge loss..... when the game was over, I came back to the office and emailed his coach – and thanked him.....

“..... I know Austin can handle himself when he is on top – first string – the best – number one – and getting straight A’s..... but, when he is not there – I want to know he can not only handle himself, but do what is appropriate to bring himself back up --- and face what is in front of him..... I want to know he will succeed even when he is feeling defeated.....if I can do this ---- I know he will graduate college --- find a wonderful mate AND MAKE IT WORK --- and raise successful children.....

..... but it is truly how we handle our small trials, confrontations, and how we rise above the small stuff rather than dwelling on it – that will bare our character as individuals, as competitors, as adults and..... as parents.....

Love All Moments of growth.....

.. be a “golden person ---- be a golden parent!!!!”

Sincerely,  
Miss Dee and Mr. D