

The Academy for Performing and Visual Arts
Heritage High School



DANCE HANDBOOK
2017-2018

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Dance Director

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<http://www.heritagehighschooldance.weebly.com>

Welcome to the HHS Dance Department!

The Dance Department of the Academy for Performing and Visual Arts at Heritage High School offers a rigorous high school dance education. The Dance program at Heritage provides students with the opportunity to acquire a comprehensive knowledge of dance as an art form. Students learn and refine dance skills and techniques in class and in performance, study the historical and cultural significance of dance and its evolution as an art form, and evaluate personal work and the work of others.

Academy dance students have opportunities to perform in two major dance concerts during the year, as well as other small performance opportunities with the HHS Dance Repertory Company. Students also receive the chance to go on field trips to experience performances by professional caliber dance companies, such as the Atlanta Ballet, Alvin Ailey American Dance Theatre, the Georgia Ballet, and many others.

The dance department of the Academy for Performing and Visual Arts at Heritage High School is geared to prepare the students in not only the technical aspects of dance, but also to become more creative and intellectually engaged students, committed to the enrichment of society.

DANCE EDUCATION OVERVIEW

In our standards based dance classes, students will learn through the methodologies of:

1. Dance Technique

- Ballet
- Modern
- Jazz
- Theater Dance

2. Dance Scholarship and Research

- Dance Anatomy and Kinesiology
- Dance History

3. Dance Performance

- Choreography and dance composition
- Fall, winter and spring dance concerts
- HHS Dance Repertory Ensemble
- Field trips

DANCE DEPARTMENT COURSES

Ballet I (B2)

This is an introductory course to classical ballet technique. The class follows the traditional structure of barre warm-up exercises, center barre and across the floor combinations, with more emphasis on body posture and barre work. Students can expect to learn and perfect the basic stance, foot positions, basic port de bras, and many barre exercises. Center work is composed of port de bras and simple adagio, preparation for turns, preparation for waltzes, fundamental petit allegro and reverence. Students perform in the Winter and Spring dance concerts.

Ballet II (B1)

This intermediate level ballet class continues to refine classical ballet technique through barre, center work, and across the floor combinations. Dancers refine ballet fundamentals such as proper turn out, placement, and alignment. During center barre students focus on adagio and petit allegro, in order to build strength, flexibility, coordination and improved musicality. Epaulement is introduced. The class emphasizes dancing and performing with rhythm and poise. Students perform in the Winter and Spring dance concerts.

Ballet III (A1)

This advanced ballet class focuses on artistic movements, musical interpretation, strength, coordination, and precision in movement. All ballet fundamentals such as proper turnout, placement, alignment, and epaulement are further refined, and students work on adagio, petit allegro and grand allegro. Attention is paid to the proper extension of the legs and shape of the feet, use of the head and upper body, and fluidity of port de bras. Students perform in the Winter and Spring dance concerts.

Modern Dance (B4)

This Modern dance class focuses on the study of basic movement principles, the elements of dance: space, time, and energy, and the refined fundamentals of modern dance, as well as dance composition. Modern dance history, the concepts and codified modern techniques of modern dance pioneers such as Duncan, Graham, Horton, Limon and Humphrey, along with the nuances and intricacies of each codified technique are also explored. Students in this course are permitted to audition for the winter and spring concerts.

Jazz Dance (A3)

This Jazz dance class will focus on learning proper jazz dance technique such as isolations, leaps, and turns. Class exercises are based on traditional jazz movement layered with ballet technique and includes a proper warm-up, stretches, isolations, across-the-floor progressions, and combinations. In addition to developing fundamental jazz dance skills, students will explore Jazz Dance history. As the class progresses, students will focus on improving performance quality as they are exposed to various styles of jazz dance such as Lyrical, Street and Contemporary.

Theatre Dance (A4)

Students will explore the fundamentals of musical theatre dance. Through the use of jazz, modern, and tap dance, along with elements of ballet, students will learn Broadway style choreography for the Fall and Spring musical productions. The skill of dancing while singing and acting will be developed. All theatre dance students may participate in the fall and spring theatre productions of the musical theatre class, for which all additional after school rehearsals, activities, fees and performances will be mandatory. This course is co-taught with the chorus and theatre directors.

DANCE CURRICULUM

The curriculum focuses on the following genres of dance: Ballet, Modern, Jazz, and Theater Dance. Our Dance curriculum is spiral in nature, so that there is a progression and mastery throughout the students' years in the program.

Where students of varying abilities are enrolled in a class, the workload will be modified to meet the needs and abilities of the individual student. All classes will promote a high level of rigor within the curriculum. All students will be expected to conduct themselves with the same professionalism and work ethic as professional dancers.

CONSERVATORY DANCE TRACK

The Conservatory track is for dance academy students who are serious about studying the art of dance and are preparing for entrance into a collegiate dance program, conservatory program, or who are training for a professional career in dance. Typically, during their third year, students are placed in classes identified as conservatory classes once they complete all introductory and/or regular dance courses. Conservatory students are those students that have indicated that they wish to pursue the arts after high school and have demonstrated the talent and skill sets required to be in a conservatory class. To that end, conservatory classes have a higher rigor and demand on the student and require a serious commitment.

Conservatory classes may be taken by any Dance Academy student at the discretion of the Director.

Conservatory Courses

Advanced Ballet (A2)

Course Description: A study of beginning pointe techniques in classical ballet for students with a strong technical ballet base. Classical ballet variations with appropriate technique, theory, and history will also be learned. Students perform in the Fall, Winter and Spring dance concerts.

Modern II: Intermediate-Advanced Level/Contemporary technique (B3)

Course Description: This intermediate modern dance class continues with the fundamental modern dance skills learned in the previous level and introduces more advanced contemporary techniques. This course includes floor work, inversion and improvisation, as well as rhythmic, isolated and expressive movement. Classwork will deepen students' alignment, strength, flexibility, coordination, rhythm, dynamics and spatial awareness. The concepts of ballet and codified classical modern dance are explored, along with somatic awareness, efficient athleticism, and creative voice. Students perform in the Fall, Winter and Spring dance concerts.

DANCE DEPARTMENT POLICIES AND PROCEDURES

CARE OF THE DANCE STUDIO

NO FOOD OR NON-WATER DRINKS are ever permitted in the dance studio. Consume edibles in the hallway prior to entering the room. DO NOT be tardy to class because you are purchasing or finishing a snack in the hallway. Students may consume water in suitable containers during rehearsal. Chewing gum is never allowed in the dance studio and must be discarded before entering.

CUBBYS: Leave all books, purses, & backpacks in a cubby against the wall in the dance studio.

CONDUCT

Academy Dance students show respect for fellow dancers, the director, and guest teachers and artists at all times. Inappropriate behavior in class will affect weekly grades. Points will be deducted for disrespect, misbehavior, cell phone usage, chewing gum, not having proper dance attire, and failing to adhere to the policies and procedures outlined in this handbook. All students are also expected to adhere to the HHS and Rockdale County Discipline Policy.

STEP 1: Verbal warning

STEP 2: Parent phone call or email/1st Write-up

STEP 3: Final Write-up/Behavior Referral

Major or repeated offenses may result in Administrative action including, ISS/In school Suspension or OSS/Home Suspension. *Please refer to the HHS Student Handbook and Discipline Policy.*

PARTICIPATION

All dancers are expected to fully participate in class every day. If a student feels ill to the point of being unable to dance, he or she should strongly consider checking out of school. If the student remains at school, the problem must be addressed with the director **prior** to the start of class.

If a student is unable to participate in class due to illness or injury, the student must have a note from a parent explaining the situation in order to sit out. If a student does not have parental excuse, a Dance Department form will be given to have signed and returned the following day in order to avoid grading penalties. If a student is unable to dress out and dance for more than 3 consecutive days, a written excuse from a physician must be given to the director. Even if unable to dance, students are expected to observe and/or take notes during class, or an alternative written assignment will be given to complete for a makeup grade.

DANCE DRESS CODE

Academy dance students are **REQUIRED** to dress out each day. All students are to dress out in the appropriate attire with no exceptions.

BALLET

GIRLS: Solid black leotard, pink or flesh-tone FOOTED tights, pink or flesh-tone ballet slippers, *black dance shorts or dance skirts are permitted at discretion of teacher*

BOYS: Plain white or black fitted t-shirt, black leggings, compression pants or black tights, plain black socks, black ballet shoes, dance belt.

MODERN AND JAZZ DANCE

GIRLS: Solid black leotard, black FOOTLESS tights or black leggings, black dance shorts over leotard are permitted, bare feet for modern, black jazz shoes for jazz

BOYS: Plain white or black fitted t-shirt, black leggings, tights or fitted black dance pants or compression pants, bare feet for modern, black jazz shoes for jazz

THEATRE DANCE

Comfortable clothing that the student can move in, character shoes for girls, black jazz shoes for guys

DANCE ATTIRE ETIQUETTE

No baggy pants or tops. *This is so that proper alignment of the body can be assessed. Baggy clothing hinders the ability to see student movement.*

Hair must be pulled back, away from face, into a bun or secured ponytail.

No socks, sweaters, jackets, or jewelry in class

Under garments must NOT show (If tank tops are worn, the straps must cover undergarments.)

All tops and bottoms must fully cover. Midriffs or shorts that show the bare stomach or buttocks areas are not allowed.

Students are not allowed to leave the dance wing in uniform without a cover-up and street shoes.

Students may be given a grace period at the beginning of the school year, where they may wear black leggings and a fitted black tank top or t-shirt as an alternative until dance uniforms are purchased.

DANCE CLASS ETIQUETTE

Be on time.

Enter the dance room quietly and orderly.

No talking and/or socializing during class. Pay attention during the teacher's demonstration.

No cell phone usage in class. Keep cell phones put away at all times.

Show respect to your teacher, guest artists and fellow students.

Have consideration for the other students around you and be mindful of space.

Do not run across the dance room, horse play or wrestle with other students.

Line up quickly and orderly.

Do not modify technique or movement of the teacher or guest artist unless given direction to do so.

Always thank guest artists, teachers, and accompaniment.

Be respectful and attentive during your fellow students' demonstration, performance or presentation.

No gum chewing. No food or drink.

DANCE NOTEBOOKS

All Academy dance students are required to have a dance notebook in the form of a 1 to 2 inch 3 ring binder, with paper and tabs. All dance academia work will be kept in dance notebooks.

CONCERTS AND REHEARSALS POLICY

Performances and rehearsals are an integral part of a basic dance education and are crucial to student success. There is a level of after school and weekend commitment required of dance students who are participating in productions and performance ensembles. Students are expected to be present at such activities as scheduled. There will always be at least two weeks' notice before extra rehearsals/performances are scheduled. Submit to the director, in writing, the nature of any conflict at least ONE week prior to the performance or rehearsal.

PRODUCTION FEES

There is a dance production fee of \$50 per production. This fee is mandatory for participation in the Fall, Winter and Spring dance concerts. Payments can be made by cash or check. Please make checks payable to "HHS DANCE BOOSTERS" and be sure to put "dance fee" and student name in the memo.

TACTILE TEACHING

It is sometimes necessary for the instructor to use physical contact in order to show a correction or adjust alignment.

PHOTOGRAPHY/AUDIO AND VIDEO RECORDING

As a part of the dance department, students may be periodically photographed, audio, or video recorded.

DANCE PERFORMANCE STANDARDS

The Georgia Performance Standards for Dance and National Core Arts Standards for Dance will guide the instruction in this course. The standards are divided into the following categories:

- Foundations: Fundamental concepts, principles and skills related to dance
- Creating: Expression of ideas, experiences, feelings, and images through dance
- Response: Reflection, analysis, and evaluation of dance
- Connections: Exchanging and relating ideas, experiences, and meanings of dance

Reporting Topic	Measurement	Associated GPS Standards	Associated Assignments
Technical Skill and Performance	Execution of Ballet, Modern, and Jazz dance technique	Foundations Students will identify and demonstrate movement elements, skills, and terminology in dance.	Daily class exercises, Weekly rehearsal, Skills tests, Terminology quizzes, Winter and Spring Concerts
Creation: Dance Composition and Choreography	Execution of choreography and repertory, Improvisation, Composition of dance phrases within specified guidelines	Creating Students will demonstrate an understanding of creative/choreographic principles, processes, and structures.	Choreography projects, Winter and Spring concerts
Critique and Evaluation: Dance Analysis and Criticism	Observation and critique of the quality of dance performance using specified criteria and appropriate dance terminology	Response Students will demonstrate critical and creative thinking in all aspects of dance.	Peer observations, Concert performance reviews
Historical Context: Dance History	Research, readings, written projects	Connections Students will demonstrate and understand dance in various cultures and historical periods, as well as demonstrate and understand dance as it relates to other areas of knowledge.	Unit tests, Quizzes, Dancer and choreographer profiles

GRADING & ASSESSMENT

Formative/Progressive Assessment 65%

Classwork/Participation: Dress out and following dress code, following class etiquette and procedures, as well as participating fully is all assessed as a part of the weekly participation grade. Points are deducted if a student does not comply or participate. Participation grades are calculated weekly.

Journal: May be graded every month or quarterly

Quizzes: Students will be quizzed on dance terminology, dance history content and other topics explored in class. Quizzes can be announced or unannounced.

Projects/Assignments: May include written work, oral and/or visual presentations or assignments that require research

Summative Assessment 35%

Technique Skills Tests

Unit Tests (may cover dance terminology, dance history, and other content related to dance)

Performances (dance concerts)

GUIDELINES AND GRADES FOR OBSERVING CLASS

Present and takes class notes with doctor's excuse=10 points

- Effective only for absences incurred after the instructor has received the note.
- If an injury prevents a student from taking class for more than 2 weeks, alternate work may be given.
- If an injury prevents a student from fully participating in class for an extended period of time, staff and parents will meet to form a plan of action and/or suggest a course change.

Present and takes notes with parent's excuse=8 points

- If an injury prevents a student from taking class for more than 2 weeks, alternate work may be given.
- If an injury prevents a student from fully participating in class for an extended period of time, staff and parents will meet to form a plan of action and/or suggest a course change.

Present and take class notes without excuse note=5 points

Present, no class notes, and no excuse note=0 points

GUIDELINES FOR GRADING ABSENCES

With official excused absence from the office:

- Students may exempt up to three excused absences per semester including school activities
- Beginning with the fourth excused absence the student must complete the following:

An official excused absence notes from the office stapled to a hand written, one-full page summary of an article from Dance Magazine, Pointe Magazine, Dance Spirit Magazine, Dance Teacher Magazine or other article as assigned by the Dance Instructor. No typed copies will be accepted. Unsatisfactory work will not receive full points. Students will have two class blocks to complete and return the assignment and excuse note. Failure to complete the assignment in the allotted time will result in a zero. One article due per class missed.

- If a student accumulates excessive excused absences, staff and parents will meet to form a plan of action. Unexcused absence=0 pts.

HHS Dance Important Dates 2017-2018

<u>Event</u>	<u>Location</u>	<u>Date</u>	<u>Time</u>
1 st Day of School		Monday, July 31 st	
1 st Official movement class/Dress out begins		Monday, August 7 th	
Fine Arts Academy Meeting	HHS Theater/Dance Studio	Thursday, August 17 th	7pm
Dance Uniform Final Deadline		Monday, August 21 st	
Fall Dance Production Fee Deadline		Friday, September 1 st	
Fall/Winter Photo Shoot	HHS Dance Studio	Saturday, October 28 th	11-2pm
Fall Dance Masquerade Party	HHS Dance Studio	Tuesday, October 31 st	3-5pm
Fall Concert Tech Week Begins	HHS Theater	Monday, Nov 27 th	3-9pm
Fall Concert Tech Rehearsal	HHS Theater	Tuesday, Nov 28 th	3-9pm
Fall Concert Dress Rehearsal	HHS Theater	Wednesday, Nov 29 th	3-9pm
Fall Concert Rehearsal	HHS Theater	Thursday, Nov 30 th	3-9pm
<i>Fall Dance Concert Performance</i>	HHS Theater	Friday, December 1 st Saturday, December 2 nd	7:00pm 3:00pm
*Winter Ballet Production Fee Deadline		Friday, December 8 th	
Holiday Dance Soiree & Social	HHS Dance Studio	Friday, December 8 th	3-5pm
**Senior Choreography Submission Deadline		Friday, January 26 th	
*Winter Ballet Tech Week Begins	HHS Theater	Monday, Jan 29 th	3-9pm
*Winter Ballet Tech Rehearsal	HHS Theater	Tuesday, Jan 30 th	3-9pm
*Winter Ballet Dress Rehearsal	HHS Theater	Wednesday, Jan 31 st	3-9pm
*Winter Ballet Rehearsal	HHS Theater	Thursday, Feb 1 st	3-9pm
* <i>Winter Ballet Performance</i>	HHS Theater	Friday, February 2 nd Saturday, February 3 rd	7:00pm 7:00pm
Spring Dance Production Fee Deadline		Friday, February 9th	
**First Senior Choreography In-class Draft Due		Wed & Thurs, February 14 th & 15 th	
Spring Photo Shoot	HHS Dance Studio	Saturday, March 1 st	11-2pm
**Final Senior Choreography In-class Draft Due		Wed & Thurs, March 7 th & 8 th	
**Senior Concert Tech Rehearsal	HHS Theater	Monday, April 9 th	3-9pm
**Senior Concert Rehearsal	HHS Theater	Tuesday, April 10 th	3-5pm
**Senior Concert Dress Rehearsal	HHS Theater	Wed, April 11 th	3-9pm
**Senior Concert Rehearsal	HHS Theater	Thursday, April 12 th	3-5pm

<i>**Senior Choreography Concert</i>	HHS Theater	Friday, April 13 th	7:00pm
Spring Concert Rehearsal	HHS Theater	Monday, May 7th	3-9pm
Spring Concert Tech Rehearsal	HHS Theater	Tuesday, May 8th	3-9pm
Spring Concert Dress Rehearsal	HHS Theater	Wednesday, May 9th	3-9pm
Spring Concert Rehearsal	HHS Theater	Thursday, May 10th	3-5pm
<i>Spring Dance Concert Performance</i>	HHS Theater	Friday, May 11 th	7:00pm
		Saturday, May 12 th	3:00pm
Dance Awards Banquet (following concert)	HHS Theater	Saturday, May 12th	4:00pm
Academy Awards	HHS Theater	Tuesday, May 22 nd	7:00pm
**Graduation (Seniors Only)	HHS Stadium	TBA	TBA
Last Day of School		Friday, May 25 th	

*All events designated in **bold** are **required** for **all** dance students*
*All events denoted with an asterisk * are by audition only and are not required of all dance students*
*All events denoted with a double asterisk ** are for Seniors only*

Dance Handbook Acknowledgement & Agreement

We have read the 2017-18 HHS Dance Handbook and agree to all rules and policies. We have been given a copy or access to the class syllabus for each dance class enrolled in and will understand all details and information outlined in each class syllabus. We agree to make note of the dates listed on the dance calendar and will adjust our family schedules accordingly. We will keep a copy of the Dance Handbook so that we may revisit the information as necessary throughout the year.

Student Signature _____ Date _____

Parent Signature _____ Date _____

Student Information Form

Each year, dance students are required to fill out the Dance Student Information Form. Dance Student Information forms are available and accessible on the HHS Dance Website. Please acknowledge one of the following by initialing below:

_____ Yes, we have filled out the paper Dance Student Information Form. It has been completed, signed and returned to Mrs. Sykes.

_____ Yes, we have gone to the HHS Dance website and electronically filled out the online Dance Student Information Form.

_____ No, we have not completed the paper Dance Student Information form. We will do so immediately and return by August 18th.

_____ No, we have not gone to the HHS Dance website and electronically filled out the Dance Student Information form. We will do so immediately and return by August 18th.

Forms found at:

www.heritagehighschooldance.weebly.com

The Academy for Performing and Visual Arts at Heritage High School
Dance Student Agreement

The following guidelines have been developed as expectations that should be held for all participating dance students. Please review the following expectations and discuss them with your student. If you and your student are in agreement that these expectations are appropriate, please sign the form and return to me as soon as possible. If you have any questions or concerns, please feel free to contact me.

Thank you,

Mrs. Sykes

tsykes@rockdale.k12.ga.us 770-483-5428 ext. 27218

1. We agree that I, the student will come to class prepared, fully and properly dressed out. We understand the items that are needed daily are dance uniform, dance notebook, laptop, and writing utensil.
2. We agree that I, the student will be ready for a challenge and give 100% effort in class. We understand that positive attitudes and consistent effort are vital to the success of all dance courses.
3. We agree that I, the student, will not talk or socialize during instruction or while dancing. We understand that this will allow us to get the most from the instruction given in class.
4. We agree that I, the student will do my best in all of my academic classes and I will work to maintain passing grades in all academic areas, as well as set an example for other students in my classes with hard work and good behavior. We understand that all probation rules apply for all dance academy students as outlined in the fine arts contract.
5. We agree that I, the student will attend school regularly, and only miss days that are absolutely necessary, as well as monitor my behavior to avoid ITI/ISS/OSS so that I can be in class for dance instruction each day.
6. We understand that this class is a yearlong commitment, and includes mandatory performance in the fall and spring dance concerts. We agree that I must attend all required rehearsals as scheduled.

Student Signature _____ Date _____

Parent Signature _____ Date _____



The Academy for Performing and Visual Arts at Heritage High School

Dance Department

MEDIA RELEASE

PERMISSION TO PARTICIPATE IN MEDIA

I, _____, the parent/guardian of _____, hereby grant permission for my child’s photograph and classroom work and videos to be published on the Academy for Performing and Visual Arts at Heritage High School website, the Heritage High School Dance Department website, and all associated social media sites of Heritage High School Dance.

I understand certain risks are associated with this activity. I hereby agree to assume any and all risks surrounding my child’s participation in this class and hereby release the Rockdale County Public Schools, its Board of Trustees, it’s officers, the school’s employees, agents and volunteers in both their official and individual capacities from any and all liability, claims, or causes of action connected with my child’s photograph or classroom work being published on the HHS Dance web and social media sites.

Having read this Media Release form, I agree to the terms and conditions expressed herein.

Signed this _____ day of _____, 2016.

Parent or Legal Guardian’s Signature

Home Phone/Work Phone

Student Print Name

Student Signature

OR

_____ I do **NOT** grant permission for my child’s photograph and classroom work and videos to be published on the Academy for Performing and Visual Arts at Heritage High School website, the Heritage High School Dance Department website, and all associated social media sites of HHS Dance.

Student Name

Parent or Legal Guardian’s Signature

Date