

SJCCA DANCE

Welcome to St. Johns County Center for the Arts!

Handbook 2019-2020

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Hello everyone, and welcome to the SJCCA Dance Department at St. Augustine High School! We are very excited that you decided to learn and/or expand your knowledge of the art and sport of dance. The performing arts world is an inspiring, invigorating, and amazing place. You will soon learn; if you have not already, that every day you dance, you enhance your craft by challenging yourself and those around you, while simultaneously supporting your classmates and instructors.

This handbook is designed to inform you about my general expectations as well as the expectations of the performing arts department, as a whole. After reading through this packet, please do not hesitate to contact me with any remaining questions or concerns. The best way to reach me is via email.

Our Mission: Here at Saint Augustine High School, we offer a variety of performing arts courses. In the dance department, our goal is to expose students to many styles of dance by ways of technique, terminology, history, and choreography. We will be exploring the foundations of many genres of dance throughout the entire school year while simultaneously preparing for our 2-3 performances per year. Dance students will get the opportunity to create their own work, constructively critique themselves as well as others, and perform in front of live audiences. The students will receive a wide range of dance knowledge by keeping up with current events in the world of dance, watching clips to grasp movement concepts of professionals, learning from guest artists, as well as visiting dance groups in our community.

My Philosophy: My method of teaching dance is centered on confidence. I want to harness my dancers' potential and improve on their self-worth by the relationships I form with my students and the environment I create in each of their classes. It is then that dancers step out of their comfort zone and explore parts of their practice that they have never discovered before. When a dancer learns "the basics" of dance and proper technique for each genre, they can learn to try anything and find out what they are truly capable of.

Styles of Dance Practiced Regularly:

- Ballet Technique
- Lyrical/Contemporary/Modern
- Jazz
- Hip-Hop

Styles of Dance Practiced Occasionally:

- Tap
- Musical Theatre

What to Expect: Day-to-Day

Daily Requirements:

Dance students must participate in all class activities, bring their supplies and wear the proper attire every single day. Dancers must also maintain a proper attitude.

Dressing Out/ Preparation Policy:

When a student is unprepared for the day (does not have their clothes, incorrect clothing/shoes, composition notebook/folder), the consequences listed below will take place.

Non-Participation Procedure:

If a student is unable to dress out or participate for the day, they will complete a reading and writing assignment. The student will then earn half credit (50 points) for participation for the day.

Consequences (per quarter):

1st time Unprepared or Non-Participation= "0" for the day and a verbal warning

2nd time= "0" for the day and a phone call home

3rd time= "0" for the day, a second call home with a warning for a referral.

4th or more time= "0" for the day and written referral.

Everyday after the 4th time Unprepared or Non-participation, the students will receive a "0" for the day and a written referral will occur. Disciplinary action is then at the administration level

Participation Points:

Each student has the opportunity to gain 100 points each week. Participation includes:

- Punctuality
- Attire
- Effort
- Engagement and focus in lessons
- Attitude and Respect (which is included in the national dance standards)

The Logistics

Grading Policy:

The school-wide weighting for formative and summative assessments for SAHS is 75% Summative Assessments, 25% Formative Assessments. All students should have at a minimum 3 (three) summative assessments per quarter and at a minimum 1 (one) formative assessment per week entered into eSchoolPlus and published for parent review in Home Access Center. Per district policy, semester grades will be Quarter 1/3: 45%, Quarter 2/4: 45% Midterm/Final: 10%.

- Examples of Formative Assessments: (participation, composition book checks, written assignments, small choreography projects)
- Examples of Summative Assessments: (performances, exams, technique assessments, large choreography projects)

Injuries/Illness:

All injuries or illnesses must be reported to the instructor along with a signed note from a parent. After the third day of non-participation, a doctor's note is necessary. If your child does not have a valid note, they are **not** excused from participating and will only receive half credit for their reading and writing assignment. If non-participation exceeds seven days, a make-up assignment will be given to receive credit for time missed.

Tardiness:

Students who are not in the room by the late bell are tardy and will be marked as so. Students who enter the room after the late bell must receive a printed pass from a dean or other administrator. Students are given five minutes after the late bell rings to change into their clothes and begin stretching or their assigned bell work.

If a student takes longer than 5 minutes to get into dance clothes, they will be asked to get a tardy pass.

Dress Code

NOTE: When you have all of your dance attire, make sure to label it with your name. Do not forget this!

NOT PERMITTED in dance: Food or drink (other than water), gum, street shoes, socks

All of the following must be purchased by the dancer and ready to wear at the instructor's discretion based on the dance schedule. Unless the class is ballet, jazz, or otherwise specified; basketball shorts, yoga pants, full-coverage spandex shorts, form-fitting t-shirts and tanks will be permitted. All dance clothes must cover the midriff, obliques, glutes, and chest. Hair must always be worn up and out of the dancers' face. Socks are never permitted unless specifically required for a dance (this is a safety issue).

Items you will need for the following dance classes:

Jazz /Leaps and Turns/Across the Floor

- **Black** jazz shoes (*Split*-sole jazz shoes are preferred)

Females: -solid color leotard

- flesh-colored convertible tights (optional)

- leggings or shorts

Males: -solid color t-shirt or tank

-Black dance pants/sweats

Ballet

Females: -black leotard (short sleeved or tank)

-2 pairs of pink convertible tights

-Pink ballet slippers (canvas or leather, split-sole is preferred)

Males: -2 solid white t-shirts

-2 pairs of black dance pants/sweats

-Black ballet shoes (canvas or leather, split-sole is preferred)

Hair: must be in a high, tightly-secured bun (read below for more specifics on hair)

Hip-Hop/Jazz Funk

-Hip Hop Sneakers (can be dance sneakers, Vans, Nikes, Converse)

***Hip Hop sneakers **MUST** only be used for dance class. No street shoes will be allowed in class.

-Basketball shorts, sweatpants, leggings

-Loose-fitting t-shirt, tank tops

Additional items needed:

Females: -several bobby pins, safety pins, hair elastics

-Flesh-toned sports bra

-Flesh-toned camisole leotard

Males: -flesh-toned dance belt

All dancers: -small dance duffel bag

-Marble composition notebook (for class critiques and feedback)

-A dance folder (to keep syllabus and handouts) with pockets

-1 package of #2 pencils

-Elastic headband (as needed)

-Flash/zip drive (optional)

-Character heels (optional)

-Black tap shoes (optional)

NOTE: Undergarments **MAY NOT** be worn underneath dance clothing. EVER.

Dress code items can be purchased online and/or in local stores. If you are unfamiliar with the locations of dance stores, give these places a try:

Discountdance.com

Dancewearsolutions.com

Amazon.com

Danzar Boutique

590 Market Street

Saint Augustine, FL

Danskin Outlet

5080 International Drive

Orlando, FL

Dance N' Stuff Boutique

8011 Merrill Rd.

Jacksonville, FL

HAIR

For all dance classes, hair must be out of the dancers face and secured with hair elastics so it does not fall out frequently during movement. If a female has short hair that will not go up and out of her face, she must wear a thick elastic headband while dancing. If a male has hair that is long and falls into his eyes but cannot be secured with a hair elastic, he must also wear a thick elastic headband while dancing.

Ballet buns: must be at the crown of the head or the nape of the neck and tightly secured with bobby pins and/or hair-colored netting. All fly-aways must be combed back with gel or hairspray. You may use youtube.com as a guide to research the many ways to secure your hair in a ballet bun whether you use the classical technique or a bun formation ("sock bun"). Bun formations can be purchased at many places including: Walmart, CVS, or Sally's Beauty Supplies.

Braids:

- Dancers with braids must keep them to a medium thickness
- The braids must be a length that can easily be put into a secured bun without falling out. Also, no braid can be left outside of the bun
- Cornrows, twists, Afros are permitted as long as they remain neat and tended to. All styles must have every lock in a bun for ballet and performances.

Workout Wednesdays: Most Wednesdays, because of shortened class periods, we will practice a variety of different workouts to promote life-long health and wellness. This may include, but is not limited to: aerobics, dance conditioning, Pilates, and yoga. I encourage students to bring in their own methods of exercising to lead certain parts of the class. We will wear sneakers/tennis shoes and workout clothes. Hair must be pulled back in accordance to our dress code.

Dance Fair Share: See attached form for more information.

Thank you so much in advance, for your participation and support!

Sincerely,
Kaila Schippani
SJCCA Dance Director
Saint Augustine High School

"You have to love dancing to stick to it. It gives you nothing back, no manuscripts to store away, no paintings to show on walls and maybe hang in museums, no poems to be printed and sold, nothing but that single fleeting moment when you feel alive."

-Merce Cunningham