

2024



PERFORMANCE TEAMS

2024 Information Pack

A guide to The Reflections Academy of Dance Performance Team Program, designed to accelerate the development of dancers that have a strong work ethic, are passionate about dance and foresee a possible future in the industry.

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REFLECTIONS ACADEMY OF DANCE

Performance Team Program

What does it mean to be in our Performance Team?

Our Performance Team Program is guaranteed to develop the fundamental performance skills to enhance a budding dancer. The program is designed to accelerate the development of each dancer that has a strong work ethic, passionate about dance and foresees a possible future in the industry. The program will include like minded students who hope to develop their dancing in a fun and safe environment.

Develop
fundamental
performance skills.

The program is designed to accelerate the development of each dancer that has a strong work ethic, passionate about dance and foresees a possible future in the industry



Our Performance Team Program



Versatility

This program is designed to be over 2 nights and a maximum of 3 nights allowing students plenty of nights at home for homework and other activities. Students are expected to attend 80% of all classes for the year and the mutual dedication to dance and other activities is expected.



Professional yet supportive

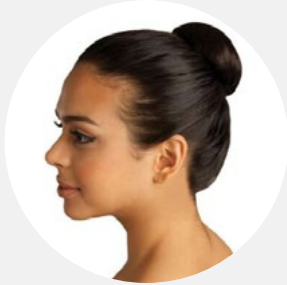
We train our students in a professional manner guiding them to develop artistry and skills that will help them in the future. We believe in the whole child and our team always consider the child emotionally throughout their dance experience with us. Our students are often recognised for their professionalism, support and team spirit.



Opportunities

Students can undertake solos, duos and trios as an extension on their training. Students are able to take up performance opportunities at fundraisers, stage shows & local events. We also attend a Disney Dance Tour every 3 years which is an excellent life changing experience for any dancer.

2024 CLASS REQUIREMENTS



Hair

Where possible, dancers should wear a bun to ALL classes with the exception of Hip Hop. Hair must always be off the face and off of the students back. This helps the teacher see the students posture which further help them in their technique. Hair in a bun: On damp hair, thoroughly apply some gel or hairspray to slick the hair back and make it workable. Secure a high ponytail on crown of head with hair elastics. Twist the ponytail method is easiest to create a neat and tidy bun, ensure bobby pins are used (bun pins are the best!) as well as a hair net to hold the bun in place with no loose hair.



Uniform

Performance team dancers are expected to ALWAYS wear class uniform which includes:

- Leotard/ballet skirt (if required) - in correct class colours.
- All class footwear - ballet shoes, jazz shoes, tap shoes, lyrical shoes, hip hop sneakers etc.
- Tights - tan and theatrical pink to suit style.

Students must wear Reflections uniform which can be purchased from the studio or via our website shop.

Whilst attending events/ competitions, dancers MUST wear & bring the following to maintain professionalism:

- RAD tracksuit
- RAD Uniform (when necessary)
- Clear costume bags with labels
- Correct tights and shoes for each performance

Handy extras for your dancer to bring:

- Bun kit
- Dream Duffel Bag



ATTENDANCE

Students are expected to attend no less than 80% of classes for the entire year. Students who show less than 80% attendance may fall behind or hold back the class and therefore will be removed from upcoming performances and competitions. Students who are continually absent will be removed from the program entirely. If a child is absent from class during the term for holidays, illness or school camps there is no discount or deduction from term fees.

2024 CLASS REQUIREMENTS



SHOE REQUIREMENTS (PER STYLE)

JAZZ - TAN SLIP ON JAZZ SHOES (ENERGETIKS, MDM, CAPEZIO OR BLOCH)
BALLET - PINK BALLET SHOES (ENERGETIKS, MDM, CAPEZIO OR BLOCH)
LYRICAL/CONTEMPORARY - TAN LYRICAL SHOES or LYRICAL SHOES (TBA)
HIP HOP - BLACK HIGH TOPS (PLAIN BLACK - NO COLOUR OR LOGOS)
TAP - TAN TAP SHOES (ENERGETIKS, MDM, CAPEZIO OR BLOCH)
OTHER SHOES (EG. POINTE) WILL BE ADVISED



JOIN THE FACEBOOK GROUP

STAY CONNECTED!

Make sure you are in our Performance Team Facebook Group!

<https://www.facebook.com/groups/983563969170347>

Cecchetti Ballet Examinations

Benefits of studying Cecchetti

1. The syllabus maintains solid foundations of ballet training
2. Gives each student a goal to work towards and allows them to achieve it, at their own pace
3. Develops discipline to study theory and practical components
4. Students work harder in class to reach the technical requirements for each grade level
5. Students are surrounded by like-minded dancers
6. Creates confidence in their ability through training hard and achieving results/goals
7. Achieving goals heightens self-esteem by allowing the dancer to graduate to the next level upon successful completion of grad
8. The benefits of using a method which builds from one level to the next is important in developing a well-trained dancer
9. Developing listening skills as they must retain terminology, combinations and corrections
10. A world-renowned syllabus which leads to a pathway for a professional career
11. Taking examinations prior to VCE helps with management of nerves and anxiousness
12. Opportunities to attend masterclasses and learn from professional dancers

2024 Class Information

Examinations begin late May and go through until late August. Dates of examinations will be provided when Cecchetti notify us. **NOT ALL STUDENTS WILL SIT THEIR EXAMINATION**, this is at the discretion of the class teacher. It is quite common to spend 18 months - 2 years to complete an examination level and teachers will have the final decision upon when a dancer is ready to take the next level. Cecchetti Assessments begin from \$75.00 per student, and Formal Examinations begin from \$140.00 per student. Students will also be required to wear Cecchetti uniform (grade specific-separate to RAD uniform) during their assessments, examinations, masterclasses and conventions.

Cecchetti Convention is usually held on Sundays in May & Cecchetti Masterclass is usually late October.

Cecchetti provides the best ballet education that inspires students to achieve their full potential. Students should take this opportunity to excel their training and foster a love for ballet through these classes.



DanceStep

Student Teacher Program



**Annual
Program
Fee \$50**
Levels 1 - 4

Prices and certification to
increase from Level 5

Special Student Teacher Bonuses!

1. All student teachers will receive a Student Teacher T-shirt.
2. Students aged over 11 will receive their DanceStep training books (valued at \$39 per book) and access the online portal for DanceStep.
3. Workshops each term covering different subjects and workshopping projects for the studio community.

What are the benefits of Dance Step training?

In 2018 we commenced our very first year with the DanceStep Student Teacher training program. It was an excellent insight into the development of young leaders and a fantastic program!

When accepted into this program students receive specialised training in leadership, role-modelling, safe dance principles and anatomy!

We firmly believe that students benefit in many ways from participating in the DanceStep program including empowering students to take care of others and guides them to be leaders and role models. It encourages them to contribute to their dance studio community in a positive way.

Our training program linked with the DanceStep program includes practical and theory components and together covers assistant teaching skills such as behaviour management, different learning needs and styles and much more!

Whether students are considering a career in dance teaching or otherwise, the DanceStep program is great preparation for many aspects of life. Past students of our programs have experienced increased levels of confidence and have learnt patience, empathy, communication skills and how to take initiative in different situations.

Student Teacher Application: <https://www.reflectionsacademyofdance.com.au/student-teacher-application/>

2024 DANCE COMPETITIONS

Our favourite dance competitions will be returning to Australian shores in 2024, as well as local performances, events, our RAD Mid-Year show and training technique workshops.

Just like in 2023 we may enter a competition later in the year, but this will be decided once groups are working together in class. Some classes will enter competitions, but we will await further details from our local dance competitions with dates to provide updates throughout the year. We have listed some of our favourite competitions below as an insight for our new families!



Rainbow Dance Competition May/June

Dates above are a guide only and usually we are given an exact date and time of performance once entries are closed (usually advised 2 weeks before event). Performance Team students are expected to be available on all dates until advised!

Cost: \$55 registration fee per dancer (or \$65 per family if siblings) which includes all performance videos and photos.

PLUS fee per routine, depending on how many routines your child will perform in. It is expected to cost between \$80 - \$110 per student.

There are no spectator fees for these competitions (included in performer fee) so it is FREE to watch for as many guests as you wish.

Location: TBA - usually held at St Bernards College, Essendon



Diamond Dance Competition September/October

Dates above are a guide only and usually we are given an exact date and time of performance once entries are closed (usually advised 2 weeks before event). Elite Performance Team students are expected to be available on all dates until advised! Cost: \$35 registration fee per dancer.

There are no spectator fees for these competitions (included in performer fee) so it is FREE to watch for as many guests as you wish.

Location: TBA - usually held at Ken Thompson Theatre, Gladstone Park



Kar Dance Competition October

Dates above are a guide only and usually we are given an exact date and time of performance once entries are closed (usually advised 2 weeks before event). Performance Team students are expected to be available on all dates until advised!

Cost: \$55 registration fee per dancer (or \$65 per family if siblings) which includes all performance videos and photos.

PLUS fee per routine, depending on how many routines your child will perform in. It is expected to cost between \$80 - \$110 per student.

There are no spectator fees for these competitions (included in performer fee) so it is FREE to watch for as many guests as you wish.

Location: TBA - usually held at Rivergum Theatre, Hampton Park

IMPORTANT NOTE!!

Competitions are subject to change based on troupe readiness, competition age breakdowns or changes, suitability to our routines etc. There will be NO DISCUSSION as to why troupes will/will not attend and this is at the discretion solely of teachers and RAD management. Costumes will also be required for dance competitions and these will be used all year at competitions and showcase. Where possible, costumes will be recycled annually to reduce costs to families.

Solo/Duo/Trio Training

A Special Opportunity

At RAD the chance to represent the studio at local dance competitions is a special opportunity! Students are selected by our teaching faculty annually but students can also apply to be considered.

Solo/duo/trio performers are expected to undertake lessons regularly and understand the commitment to this extension.



Requirements

- Students **MUST** attend minimum fortnightly private lessons
- Students **MUST** attend minimum 2 solo dance competitions per year
- Students & parents **MUST** uphold our studio values, code of conduct and have full regular class attendance all year
- Students are not to replace training classes with solo/duo/trio lesson. **TECHNIQUE** takes priority!
- All choreography remains the property of RAD and cannot be performed upon cancellation or termination of enrolment.
- Solo/duo/trio costumes are designed by the teachers and management. Parents can choose to source themselves or order direct through RAD suppliers.

Application Form - Solo/Duo/Trio

<https://www.reflectionsacademyofdance.com.au/solo-duo-trio-application/>

Private Lesson Fees

Fees for private lessons can vary depending on teacher, length of time required and when split between duo/trio members. Lessons can vary between 10 mins (once solo completed) and up to 60 mins. It is best to discuss with management what the cost will be for your child's private lessons prior to committing.

Opportunities for PT Dancers

Students within Performance Teams are often invited to participate in additional events throughout the year. Exciting opportunities may include performing at the Royal Melbourne Show, Reflections Mid-Year Display, local Christmas Carols, Disneyland Dance Tours and more! These invitations will be advised through-out the year as we receive details from event organisers, and are a great opportunity for students to represent Reflections in a fun and exciting way outside of their regular performances.



Royal Melbourne Show

Performing on the main stage at the Melbourne Showground, students may be offered the opportunity to showcase their troupe, solo, duo and trio dances. Families are encouraged to watch their dancer onstage, and welcomed to stay and enjoy the Showgrounds once the performance is complete. A great family day out!



Reflections Mid-Year Display

The Mid-Year Display is a relaxed performance in a theatre setting to showcase what students have been learning and preparing. It is a great way for family and friends to see our dancers in action from their classwork in Term 1 & 2. Our little dancers also love to watch the 'big kids' perform- and this is a perfect opportunity to inspire the next generation!



Disneyland Dance Tour

A once-in-a-lifetime performance opportunity for RAD dancers! Disneyland Dance Tours provide the opportunity for our students to fly over to the US with their family to participate in a Dance Parade down the Main Street of Disneyland! Students will also undertake workshops with Disney industry professionals- as well as having plenty of free time to explore the theme parks! This is offered to all RAD dancers, however PT students with extra stage experience are always great group leaders as they perform down Main Street.

2024 TERMS & CONDITIONS



CORONA VIRUS / COVID19

Reflections Academy Of Dance Pty Ltd or any other public place cannot guarantee that you or your child(ren) will not become exposed and if exposed, that you or your child will not be infected with COVID-19. I acknowledge the contagious nature of COVID-19 and voluntarily assume the risk that my child(ren) and I may be exposed to or infected by COVID-19 by attending Reflections Academy Of Dance Pty Ltd. I voluntarily agree to assume all of the foregoing risks and accept sole responsibility for any exposure or infection to my child(ren) or myself may experience or incur in connection with my child(ren)'s attendance at Reflections Academy Of Dance Pty Ltd. I hereby release covenant not to sue, discharge and hold harmless Reflections Academy Of Dance or its staff. I agree to notify Reflections Academy Of Dance Pty Ltd, if my child(ren) or any member of our household contracts COVID-19 or has come into contact with someone who has tested positive for COVID-19. I understand that should there be new restrictions put in place Reflections Academy Of Dance Pty Ltd will move back to online classes and all term fees will cover access to those continued classes. No refunds are available for fees as long as the Academy is able to continue offering online classes under any Victorian Government Restrictions.



ATTENDANCE POLICY

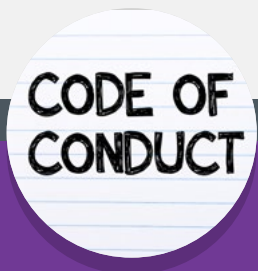
Students are expected to attend no less than 80% of classes for the entire year. Students who show less than 80% attendance may fall behind or hold back the class and therefore will be removed from upcoming performances and competitions. Students who are continually absent will be removed from the program entirely. If a child is absent from class during the term for holidays, illness or school camps there is no discount or deduction from term fees.



CLASS POLICIES

All participants must wear correct Uniform and Shoes to all classes and performances. All items must be from the approved list provided by Reflections Academy Of Dance. Students with incorrect Uniform/Costume/Stockings and Shoes will not be able to participate in class or performances. No refunds will be given for missed classes. Schedules are subject to change. Reflections Academy Of Dance reserves the right to provide a substitute instructors if the regularly scheduled instructor is ill or otherwise unable to instruct the classes. Joining our classes means you agree to all terms and conditions.

2024 TERMS & CONDITIONS



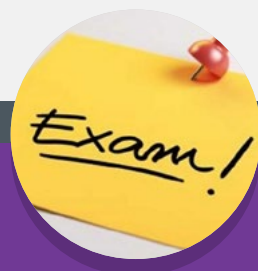
BULLYING/BEHAVIOUR CONDUCT

Reflections Academy Of Dance, does not under any circumstances tolerate swearing, disrespectful or indecent behaviour, language or defamatory comments by students, parents/guardians, family members or visitors at any time. Respect and care must be shown to all equipment, facilities and property. Reflections Academy Of Dance will not tolerate in person, via email, text messaging, via the internet, any verbal or physical abuse, humiliating, harassing, sarcasm, criticism or insulting a person. This behaviour includes at the premises, or outside the premises, social media or on the internet. Any form of negative behaviour, not complying with the Terms and Conditions, will result in the forfeit of their position at Reflections Academy Of Dance. Student's, parents/family members involved, position will be withdrawn immediately from Reflections Academy Of Dance and will not be entitled to a refund. All terms fees will remain due and payable.



INSRUCTOR FEEDBACK AND CORRECTION

I understand that in the instruction of dance the instructor may need to physically manipulate the participant when assisting the participant in the proper alignment and execution of the movements. I hereby authorize the instructors to physically manipulate the participant solely in order to assist in the proper alignment and execution of the movements.



EXAMINATION POLICY

Participants selected to complete exams must agree to pay the examination fee and purchase the required uniform to complete. It is the teacher's discretion as to when a student is ready to do their exam and in most circumstances this can take up to 2 years per level. All children develop at different times and there is no race to complete. In fact, the more time spent on mastering the technique will result in a better technical result for the student long term. Exams are not compulsory and students can do Cecchetti levels and move up at the teacher's discretion if they do not feel confident or prefer to just take class over yearly examinations.



2024 TERMS & CONDITIONS

PRIVATE LESSONS

PRIVATE LESSON FEE POLICY

Private lesson fees must be paid before the lesson is taken. If fees are on direct debit they will be deducted on the invoice date. No private lesson will be done without full payment prior. Cancellation of a private with less than 24 hours notice will still be charged due to the late notice for the teacher employed. Parents must provide minimum 48 hours notice to change or cancel a private lesson.



DRAMA FREE ZONE!

Community over competition! We will always strive to make sure our studio does not have competitiveness or nastiness when it comes to performance teams. Our values include positivity, community, confidence, family and growth. We will ensure these values are instilled in our performance team members and their families when they are enrolled at our studio.

NO DANCE MUM ZONE!! Here at RAD, we have zero tolerance for dance mums (or even dance dads/grandmas etc)! Dance is an art and whilst it would be nice to win everything, be accepted into everything - well this is not life! We believe students should foster their own love and passion for dance, we will never push or ask you to push a dancer to win competitions. Please love and support your dancer in all forms and phases of their dancing journey. Trust us when we say, your support and love is much more helpful to keep a dancer going for years! Please don't engage in gossip or nastiness towards other parents, teachers or other dance studios! Let's keep this community free of drama and a nice POSITIVE one!





Get in touch

Please do not hesitate to get in touch with any questions. Our friendly team look forward to assisting you with any enquiries.

REFLECTIONS ACADEMY OF DANCE

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