“Dance is the hidden language of the soul” - Martha Graham

“To touch, to move, to inspire. This is the true gift of dance” - Aubrey Lynch
Imagine Dance Team Rules and Requirements

Introduction
Downers Grove Park District strives to offer high quality & developmentally appropriate dance classes to teach techniques in a safe, creative, and athletically stimulating environment. Dance classes within the program will work with your child’s individual talents and help them grow artistically and physically.

Imagine Dance Team focuses on ballet and jazz technique. Ballet is the foundation of all dance, and a strong foundation makes for a stronger dancer. We highly recommend all dancers take ballet classes to supplement their dance team practice. Imagine Dance Team Citrine will perform approximately 4 times a year, and attend one Workshop/Convention per year. By joining Imagine Dance Team you agree to abide by all information detailed within this document.

Requirements for Imagine Dance Team Members

- Attend Friday Dance Team practices throughout the year. Excessive tardiness or absences may be grounds for dismissal (see absence policy)
- Must participate in both the Winter Recital and Spring Recital. Failure to participate in a recital may result in removal from upcoming events without refund, or removal from the team
- Must take one additional dance class during the Fall and Winter-Spring sessions. Summer classes are not required, but are encouraged
- Have appropriate attire for additional classes, and be on time for additional classes. As dance team members, other students look up to you – be sure to set a good example and represent the team well
- Must take one specialty class (Leaps & Turns OR Strength & Stretch) during both Fall and Winter-Spring
- Must have one pair of black jazz shoes. Additional classes may require additional specific shoes

Specific dates, times, and fees for practices, specialty classes and additional dance classes are listed in the seasonal Park District program guides.
Fees and Costs

Fees for Imagine Dance Team are collected seasonally: Fall (Sept-Dec), Winter-Spring (Jan-May) and Summer (June-Aug). Payment plans can be set up at the parent/guardian’s request. Fees for Imagine Dance Team Citrine include:

- Friday practices
- Team apparel (tank top and warm-up jacket), to be worn when not in costume at all events and performances
- Fall and Winter-Spring Dance Team fees cover the cost of one specialty class/season: Leaps & Turns OR Stretch & Strength
- One costume
- Additional supplies (tights, shoes) may be provided at times but are not guaranteed

Costs not included in Dance Team fees:
- Costs for required additional dance class (min. 1 Fall class, 1 Winter-Spring class)
- Cost for any other additional dance classes – Summer classes, extra specialty classes, private lessons, etc.
- Workshop registration costs

2019-2020 Performance and Workshop Dates

Though Citrine is a non-competition team, competition dates are listed here – we highly encourage Citrine members to try to attend at least one competition throughout the season (Sept-May) to cheer on their teammates and see what competitions are like. There is no fee to attend competitions as a spectator.

- Fall Workshop*: November 15th-17th, 2019
- Winter Recital: December 15th, 2019
- Winter Competition: March 13th-15th, 2020
- Spring Competition: April 24th-26th, 2020
- Spring Recital: May 16th, 2020
- Rotary GroveFest: June 25th-28th, 2020 (one day only – TBD)
- Imagine Dance Team Showcase: Summer 2020 - date TBD

Dance Team members will also have the opportunity to represent the team by walking in the Downers Grove 4th of July Parade. Additional information regarding specific fees, dates and times will be communicated throughout the year.

*The Fall Workshop also includes a competition – typically, the workshop portion is Saturday afternoon-Sunday, with group dances competing Saturday morning. Arriving early for the workshop makes for a great opportunity to watch and support your fellow teammates!
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Absence Policy
The experience of being part of Citrine is geared towards helping you grow as a dancer, potentially landing a spot on a competition-level team through auditions. As part of Citrine, you will also perform approximately 4 times a year. To perform and audition well, attendance at practices, classes, and other events is critical. For both practices and classes, excessive and/or unexcused absences are not acceptable; excessive tardiness and/or early departures is also unacceptable. Failure to adhere to this absence policy may result in removal from the team and/or upcoming competitions, without refunds.

- **Recitals**: Participation in both the Winter and Spring Park District Dance Recitals is required
- **Team Practices**: Each team member is allowed a maximum of 3 excused absences for the Fall session and 5 excused absences for the Winter-Spring session
  - We understand that summer can be very busy with vacations and other commitments. There is not a set maximum of absences allowable for summer, however, team members’ attendance at practices is still very important, as there are performances that will take place during summer
- **Dance Classes**: Each team member is allowed a maximum of 3 excused absences for the Fall and a maximum of 5 excused absences for the Winter-Spring session

Code of Conduct:
A positive attitude and self-discipline are important aspects in training. Cooperation with the coach and abidance of rules is necessary for a positive and safe dance experience.

- Arrive on time to practice with a positive attitude and ready to work
- Have proper attire for practice:
  - Clothing must allow for all lines of the body to be seen so technique can be corrected. Suggestions include leotards or form fitted tops with shorts or capri leggings
  - Jazz shoes
  - Hair should be pulled back and off the face
  - Remove all jewelry
  - Do not bring gum, candy, or food into the dance room
  - All electronics (iPads, cell phones, etc.) must remain in your bag at all times. The only exception is if you need to record your routine so you can practice at home
- Warm up with the team:
  - Pay attention during warm ups. Doing warm ups and stretches properly will help avoid injury
  - If you arrive late, do the entire warm up properly on your own
  - Be aware of your surroundings and respect the space of your other teammates
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- Pay attention to your coach’s demonstrations, instructions and feedback
- Report any injuries to your coach immediately

- Do not leave the dance room without permission:
  - Once you arrive, you are not to leave the dance room until practice has ended
  - If you need to leave early, you must notify your coach for permission

- Have respect for your coach, teammates, and the facility:
  - Respect your coach and any teaching assistants; do not argue or talk back
  - Respect your teammates. Verbal or physical fighting, profanity, disrespectful language, attitude or body language is not acceptable
  - Respect your teammate’s belongings. Do not touch or use anyone’s personal belongings without permission
  - Remember to take all of your belongings at the end of practice

- Friends and siblings are not allowed in the dance room without permission from your coach

The Downers Grove Park District reserves the right to dismiss a participant whose behavior endangers the safety of him/herself or others. A positive approach will be used regarding correcting behavior, involving and notifying parents when necessary. If an unsuitable behavior occurs, staff will use age-appropriate rules and consequences specific to each situation. Staff will be forced to evaluate the enrollment of any member whose behavior is continually inappropriate. Poor sportsmanship or failure to abide by the code of conduct may result in removal from the team.

Workshop/Convention Code of Conduct

- Arrive on time
- Check in with your coach when you arrive and before departing
- Stay in the appropriate area whether it is a class room, dressing room, or staging area. If you have to leave your dance area, notify your coach before doing so
- Stay with the coach and team for the duration of the workshops/convention. Members must wait until dismissed by the coach
- Wear your Imagine Dance Team warm-up jacket or top
- Bring a water bottle. A healthy snack is encouraged
- Behave appropriately during workshops and classes:
  - Maintain a positive attitude and participate to the best of your ability
  - Show respect for other teams and coaches
  - Refrain from horseplay before, during, or after workshops
  - Use of profanity will result in removal from the workshop
- Keep all your belongings in the designated team area during and after the workshops. Help clean up if needed
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If watching competitions or awards, remember to show good sportsmanship - cheer for your teammates and be respectful of other dancers, coaches and teams.

Parent Code of Conduct
It is equally important for parents to set an example for good sportsmanship and respect for the discipline.

- Bring your dancer on time to practice every week, and plan for them to stay the entire length of practice
- If we email information, please be sure to respond to confirm it was received
- During the competition season (September-May), your dancer is not permitted to dance at any other locations
- If you are hosting a team event, the entire team must be invited. The event must be cleared with the coach prior to announcing to the team
- Abide by the coach’s routines and methods. Do not teach or modify routines with your dancer
- Parents are not allowed to watch practice in the dance room, except on designated parent observation days
- Good sportsmanship and respect must be displayed at all time to teammates, coaches, other parents, judges, and opposing teams
- Friends and siblings are not allowed in the dance room without permission from the coach
- Please come up to dance room either when dropping off or when picking up your dancer from practice, so that the coach can share information or other notes with you

Audition and Placement Guidelines
Each dancer is continually evaluated during the year in their regular classes and during all rehearsal and performance opportunities, as well as their audition. Every dancer matures at a different rate and the primary reason for placing students in different groups is to bring together dancers who form a cohesive group with similar dancing maturity. Each individual is considered on their own merits, and all decisions by the coach & supervisor are final and must be respected.

The following are basic requirements for both levels of competitive team, so that you and your dancer understand what to work towards and what will be looked for at auditions:
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Garnet
- Technique requirements:
  - Right or left and center splits
  - Double pirouette
  - Leaps: right or left grand jeté
  - Pas de bourrée
  - Leg grab hold
- Intangible requirements:
  - Highly motivated
  - Passionate and driven
  - Stage presence, including but not limited to: facial expressions and energy

Garnet team members will be cast in no less than 1 large group piece

Topaz
- Technique requirements:
  - Right, left, center splits
  - Leaps and Jumps:
    - Calypso leap
    - Switch leap
    - Reverse leap
    - Right and left grand jeté
    - Tilt jump
  - Triple pirouette
  - Turns in second
  - Leg grab turn
  - Extension
  - Illusion
- Intangible requirements:
  - Highly motivated
  - Passionate and driven
  - Stage presence, including but not limited to: use of the stage, facial expressions, energy, ability to tell a story through movement/emotional expression

Topaz team members will be cast in no less than 3 pieces