



X'Pressions Dance Company

Overview & Contract

Goals & Motto

The goal of competitive dancing at Starlite Express Dance Academy is:

- Develop full dance potential for each individual dancer in perfecting technique, style, timing, showmanship, energy and professionalism!
- Learn how to dance as a team and be as one!
- Build self-esteem, self-confidence and self assurance on and off the stage.
- Prepare dancers for auditions for high school dance activities such as drill team, cheerleading, and other dance-related opportunities.
- Develop a team attitude by building relationships with team members, building life-long friendships and memories to last a lifetime.
- Prepare serious students for college dance scholarships, high school sterling scholarships and other post-graduate professional dance opportunities.
- Learn how to win and lose graciously.
- Incorporate constructive criticism and work towards becoming “Gold” in our performance ability!
- X'Pressions Company Motto: *I Can Be The Greatest Dancer!*

Member Responsibilities

The X'Pressions Dance Company must have the following attributes:

- Professionalism
- Work Ethic
- Dedication
- Dependability
- Positive Attitude
- Adheres To Dress Code
- Supportive Parents
- Attendance – Those missing rehearsals are required to learn new or changed choreography by next rehearsal or they will not compete. It is student's responsibility to learn missed choreography not the teacher's or academy's job. Those with three absences in their individual team classes from January through competition season will not compete.
- Prompt
- Showmanship
- Desire To Be The Greatest Dancer!

If a company member drops off the team after accepting to be a company team member, he/she will not be selected for the team the following year. Dancers not living up to the above standards will not be selected for the team the following year and may be excused from the team for the current year.

Selection Process & Orientation

X'Pressions Dance Company selection is based on set criteria for each level (see attached criteria). Team auditions will be held in May following the recital to be announced. All team members must audition each season and will be placed according to skill level. Those missing auditions must contact the dance academy for a private audition. Teams will be finalized June 30th. Team make-up is up to the discretion of the X'Pressions teachers and director. If you are unable to meet the minimum requirements set by the audition and attached criteria, you should postpone your interest in becoming a member of the company until you are ready. Candidates must have a minimum one year of dance experience and be between the ages of six and seventeen. A sign-up sheet is available in April at the academy for those interested in being a part of this competitive dance company. X'Pressettes must be a current or past member of a high school drill or dance team.

Team Make-Up

- **Twinkle Stars (6-8 years)**
- **Rising Stars (9-17 years) – Beginning Level**
- **Dazzle Stars (10-17 years) – Intermediate Level**
- **Elite Stars (10-17 years) – Advanced Level**
- **XPressettes (14 years & up) – High School Drill & Dance Team Members Only**

Minimum Team Requirements

Dancers must meet the minimum requirements below in order to be considered for the team. If dancer does not meet minimum requirements, they should wait until they have successfully mastered the skills before expressing interest. Current dancers will progress to next level when required skills are mastered. Twinkle Star team candidates must have one-year dance experience before auditions.

Beginning Level – Rising Stars

- One-year ballet, jazz or hip-hop experience
- Single classical and jazz pirouette – right & left
- Single grand jete – right & left
- Chaine turns – right & left
- Right, left or middle split
- Ability to learn a beginning competition routine quickly

Intermediate Level – Dazzle Stars

- Two-years ballet, jazz or hip-hop experience
- Double classical and jazz pirouette – right & left
- Specialty leaps – right & left
- Right & left split – middle desired
- Scorpion or leg hold – right & left
- Pique turns – right & left
- Ability to learn an intermediate competition routine quickly

Advanced Level – Elite Stars

- Three-years ballet, jazz or hip-hop experience
- Triple classical and jazz pirouette – right & left
- Switch leap & specialty leaps – right & left
- Right, left & middle split
- Fouette turns & turn combinations - right & left
- Scorpion & leg holds – right & left
- Double pique turns & progressive turn combinations – right & left
- Ability to learn an advanced competition routine quickly

High School Drill & Dance Team Members Only – XPressettes

- Must be a current or past member of a high school drill or dance team

IN ADDITION TO THE MINIMUM SKILL REQUIREMENTS ABOVE, CANDIDATES WILL BE CHOSEN BASED UPON THE FOLLOWING: Overall dance technique & ability, timing & dance execution, attention span, desire, commitment, dependability, attendance, enthusiasm, work ethic, attitude, respectfulness to teachers and teammates, parental support, following of dress code, and showmanship.

Dance Class & Rehearsal Format

Each team will begin learning new competitive dance routines beginning in July each year. Each rehearsal class will compose of dance technique for style of dance and learning/rehearsing new competition routines. The production routine will be taught during the jazz and cheer team classes starting in September. The production routine will be practiced with all team members December – April during a designated class (see class schedule). A \$10.00 per month fee will be charged beginning in September through May to pay for costs associated with this joint rehearsal. We will also rehearse dances beginning in January at a separate gymnasium – see production number schedule. An annual rehearsal fee of \$25.00 will be charged to pay for gymnasium rental. Each team will then perform these new routines during the spring competition season, at the recital and during Peach Days held in September. As needed, extra rehearsals may be called upon near competition season. Notice of extra rehearsals will be given as soon as possible to give parents time to make

necessary arrangements; however, dancers should be available at a moment's notice if necessary. Xpressette team members will have a flexible schedule which will correspond around drill team schedule of events and will not need to attend weekday production number rehearsals until February.

Class Requirements

Summer

All X'Pressions members must enroll in summer competitive dance classes for their level as competitive routines will begin being taught in July. See summer class schedule for required classes. Peach Days rehearsals will also begin in August when school begins. See Peach Days rehearsal schedule available in August.

Fall - Spring

All teams, including cheer, will have a joint rehearsal for our production number beginning in December (see class schedule) at the dance academy. A \$10.00 per month rehearsal fee will be charge September - May. Production number will also be rehearsed at a rented gymnasium beginning in January (see Production Schedule). An annual \$25.00 to cover rental costs will be charged. Below are the requirements for each team level. The flexibility/conditioning class is required for those not meeting flexibility standard. Cheer team member are required to take gymnastics for dancer class to learn tumbling skills. We encourage all dance team members to also enroll in this class to sharpen the gymnastics skills required in today's dance environment.

Twinkle Stars (6-8 Years)

Required Classes	Time	Costume Amount	Monthly Tuition
XP Twinkle Star Jazz & Production	60 Minutes	See Class Schedule	See Class Schedule
<i>Gymnastics for Dancers & Flexibility Training Highly Recommended</i>			

Rising Stars (9-17 Years) – Beginning Level

Required Classes	Time	Costume Amount	Monthly Tuition
XP Rising Star Jazz & Production	60 Minutes	See Class Schedule	See Class Schedule
Open Ballet Technique*	60 Minutes	Dancewear Only	
<i>Gymnastics for Dancers & Flexibility Training Highly Recommended</i>			

Dazzle Stars (10-17 Years) – Intermediate Level

Required Classes	Time	Costume Amount	Monthly Tuition
XP Dazzle Star Jazz & Production	60 Minutes	See Class Schedule	See Class Schedule
Open Ballet Technique*	60 Minutes	Dancewear Only	
XP Dazzle Star Lyrical	60 Minutes	See Class Schedule	
XP Dazzle Hip-Hop – Optional	60 Minutes	See Class Schedule	
<i>Gymnastics for Dancers Highly Recommended & Flexibility Training Required If Requirement Not Met</i>			

Elite Stars (10-17 Years) – Advanced Level

Required Classes	Time	Costume Amount	Monthly Tuition
XP Elite Star Jazz & Production	60 Minutes	See Class Schedule	See Class Schedule
Open Ballet Technique*	60 Minutes	Dancewear Only	
XP Elite Star Lyrical	60 Minutes	See Class Schedule	
XP Elite Hip-Hop - Optional	60 Minutes	See Class Schedule	
<i>Gymnastics for Dancers Highly Recommended & Flexibility Training If Requirement Not Met</i>			

SEDA Cheer (8-17 Years)

Required Classes	Time	Costume Amount	Monthly Tuition
XP SEDA Cheer & Production	60 Minutes	Uniform	See Class Schedule
Gymnastics for Dancers	60 Minutes	Dancewear Only	
<i>Flexibility Training If Requirement Not Met</i>			

XPressettes (14 Years & Up)

Required Classes	Time	Costume Amount	Monthly Tuition
XPressettes Lyrical, Jazz & Production	120 Minutes	See Class Schedule	See Class Schedule

**Dancers who are members of Dream Pointe Ballet Company do not need to take this ballet class.*

Costumes

Costumes for X'Pressions will be ordered in October but students may continue to make payments September – December as usual. One costume will be ordered for each competition class as shown above as well as the production number. See class schedule for costume prices and tuition. Ballet technique classes do not require a costume – dancewear only.

Solos, Duets & Trios

Sign-ups for these specialty numbers will be available at August orientation meeting. Solo fees are around \$65.00-\$80.00 per entry and duet/trios are approximately \$35.00-\$45.00 per entry. A contract with private lesson fees will apply. Soloists must be a member of X'Pressions Dance Company. Private lessons will begin in September at a time agreed upon by the academy, teacher and student. See current contract for private lesson and choreography fees.

Summer Programs & Peach Days

All X'Pressions Company members are required to enroll in summer competitive classes (see class schedule) and attend Peach Days rehearsals. Peach Days rehearsal for previous year's X'Pressions Company members will begin the week school begins in August. Rehearsal schedule will be mailed the first week in August. Dancers will be rehearsing the routines they competed in during the past dance season. All X'Pressions Dance Company members are required to perform in the Peach Days parade and stage performance. A rehearsal fee will be charged for Peach Days rehearsals to be announced.

Competitions

The academy attends three competitions a year held in March and April. A detailed competition schedule is distributed to all students in January with dates, fee deadlines and location. Fees must be paid on time. Late entry fees will not be accepted. Those not getting fees in on time will not compete. Exact competition times will not be distributed until the week of the competition when information is received from the competitions. A spectator fee is usually charged to attend the competition (no charge for dancer). The academy receives a trophy for each of the groups winning places. Dancers usually receive a medal, ribbon or small trophy for participating.

Financial Responsibilities

Parents are responsible for all costs pertaining to the competitions including travel, hotel, entrance fees, and costume expenses. Entrance fees run about \$15.00 – 25.00 per person per dance for groups, \$35.00 per person for duets, and \$75.00 for soloists and must be paid in a timely manner. Regional competitions will be within the state of Utah and as close as possible to Brigham City. Most Nationals are out-of-state (California, Nevada, etc.) Nationals will only be considered if they receive an uncontested First Place award at region and have a good chance of winning at a National level. We will periodically attend conventions and travel to out-of-state competitions. These will be announced at the August orientation meeting. We will try to keep costs to a minimum and fundraisers will be held during the year. Tuition for required classes must be kept current in order to remain on the team. Tuition schedule will be included with the class schedule sent to all students the first week of August. Please consider financial commitments when considering competitive dancing. We give a great discount to those participating in competitive dance – see class schedule! Dancer will not compete if entry fees are not paid on time! Parents are responsible for entry fees if they drop out of competition after fees have been paid by the academy.

Fundraising

Parents of team members are required to serve on fundraising committee. Two chair persons will be selected each year. Chairpersons and team captains will oversee the fundraisers for each team, but ALL parents and team members are expected to help for each fundraiser in order to benefit from the proceeds. Money raised will be distributed fairly to all company members who participated.

Team Captains

Each team will have a team captain nominated by director and teachers and voted on by team members. Captains attend a monthly meeting and are in charge of communications, fundraising, parties, good luck treats, Starlite Pride Days, etc. for the team's benefit.

Starlite Pride Days

Starlite Pride Days are held once per month. On these days, all X'Pressions Company members should wear their team sweatsuit to school!

Make-up, Hair & Team Party

Prior to competitions, a make-up and hair clinic followed by a party will be held at the dance academy. Mothers are required to attend to learn hair and make-up requirements for competitions. Team members will be required to purchase a certain make-up brand for uniformity.

Dancer of Year

Teachers will select one dancer to be Dancer of the Year from all students in the academy. Winner will receive a rhinestone tiara, sash, roses, plaque, have their name and photo on plaque in lobby, and receive recognition at the dance recital during awards. Dancer of year is selected based on dance ability and accomplishments, leadership, character, dedication, work ethic, personality and academics. X'Pressions are encouraged to try for this honor.

Sweatsuits

X'Pressions Dance Company members are required to purchase a company sweatsuit (approximately \$85.00). Company sweatsuits may be updated or changed every couple of years. Company members may use their current sweatsuits or order updated sweatsuits. Changes in sweatsuits will be announced in advance. Team members are required to wear their team sweatsuits at all competitions.

Practice Uniforms

X'Pressions Dance Company members are required to have practice uniforms for XP classes. Each team will have a different color shirt to be worn with black shorts, tan stirrup tights and paws. Cheer practice uniforms are also required. Price will be announced. It is recommended to buy two shirts to avoid constant washing. These will be available in August. Dancers must also wear required dancewear for all dance classes. See current dress code requirements.

Contract & General Information

A contract must be signed to be made official team members. Failure to adhere to contract and information provided in this overview will result in probation and dismissal from the team. Parents are solely responsible for their children while at competitions. A parent/guardian must accompany their child at each competition. Parents, legal guardians of minors, students and adult students waive the right to legal action for any injury sustained on academy or leased property resulting from normal dance activity or any other activity conducted by the students before, during or following class time. All students are required to have health insurance and are responsible for all costs resulting from any injury sustained at the academy. Parents and students must be aware that there is an inherent risk in physical activity and will assume risk as such.



X'Pressions Dance Company CONTRACT

DATE: _____

COMPANY MEMBER'S NAME: _____

AGE: _____ **DATE OF BIRTH:** _____

YEAR IN SCHOOL: _____

TEAM NAME: _____

GUARDIAN'S NAME: _____

I HAVE READ THE ATTACHED X'PRESSIONS DANCE COMPANY OVERVIEW AND UNDERSTAND THE COMMITMENT OF TIME AND EXPENSE ASSOCIATED WITH THE X'PRESSIONS DANCE COMPANY AND WILL ADHERE TO ALL RULES, POLICIES AND REGULATIONS AS OUTLINED.

STUDENT'S SIGNATURE

DATE

GUARDIAN'S SIGNATURE

DATE