



MMDC Season 4

MMDC is a competitive dance team that provides additional rehearsal and performance opportunities through regional and national competition levels. This competitive team is comprised of dancers who are committed to their team as well their instructors. Our goal is to educate our students on various genres of dance and dance history on more advance level and to help them grow their confidence, skills, hard work, prepare them for the future and most importantly have fun.

MMDC Attendance

- **Excused Absences**
 - Examples of Excused Absences: sick/injury, death in a family, mandatory school events, college tours or preplanned family vacation before schedule is sent out during the last two weeks of August up until the first competition.
 - Dancers will be allowed **4** excused absences without consequences during the competition year. All excused absences must be reported to Mrs. White as well as the dancer's instructor for the absence to be excused. If a dancer misses practices for any excused reason, it is their responsibility to catch up on anything they missed in a timely fashion.
 - After the 5th Excused absence, Mrs. White will meet with the instructor to ensure the student is keeping up with the curriculum and their dances.

- Though an absence might be out of the dancer's control, the dancer may need to be assessed and could potentially be pulled out of a routine if they are unable to demonstrate knowledge of the new material.
- The 6th + absences will be considered unexcused. See below for more details about unexcused absences.

- **Unexcused Absences**

Examples of unexcused absences: Not limited to the following examples: unplanned events such as birthday parties, dinner with family and friends, unplanned family outings, other extracurricular events not associated with or approved in advance by the studio, church events not communicated in advance, hair and nail appointments, unexpected guests visiting, etc....

1st occurrence: will be documented. Parent or Guardian will receive first warning

2nd occurrence: Parent or Guardian will receive a final warning

3rd occurrence: Expulsion from team

- If a dancer's parent or legal guardian has not communicated an upcoming absence per the policy above and does not show up to class, after the 3rd occurrence, the dancer will face expulsion from the team.
- **Important: Excused absences after the 5th occurrence is considered an unexcused absence.**
- **Prior to Expulsion:** Extenuating circumstances for absences will be taken into review. A meeting must be scheduled with Mrs. White and your dancer's instructor during an agreeable time that works for all parties in order to evaluate the circumstances to determine if a plan can be developed to move forward. Many factors will apply, such as the dancer's retention of the routines, the dancer's attitude in class, the dancer's behavior and the situation causing the high number of absences.
- **Upon Expulsion:** All fees for entries into competitions, conventions, tuition and merchandise are non-refundable.
- **Tardiness**
 - If a student is more than 15 minutes late to class, and Mrs. White has not been notified at least 3 hours in advance, it will be marked as an unexcused absence.

Events

All competitions, dance conventions, community performances, mandatory practice days or any practice the week before competition are mandatory to attend unless the owner Mrs. Whites states otherwise.

In event of a competition/convention gets cancelled Mrs. White will make the decision on doing another event. But funds will be given back out per most competitions/conventions' rules.

All convention dates will be announced at the parents' meetings of tryouts. All competition dates will be given out the beginning of each new competition season which is in August.

Studio Showcase

Our annual showcase and dance plays are mandatory for all competition dancers

Training

The mission of MMDC is to provide high quality dance instruction and skills throughout the year to all our dancers. This year our competition team will receive the same high quality dance instruction during their class times including two Fridays out of the month for an hour of mandatory ballet class, to improve their skills for higher levels in dance and in the competitive world. The schedule is posted on our website and will be posted in the band app after competition tryouts are over.

Team/Parent Commitment

Acceptance in joining MMDC competitive team requires a significant level of commitment from the dancer and parents. Dancers and family should be prepared to fully comply with the rules we imply, training, the financial obligations and all performance requirements. We are a unit/family, and we need everyone's 100% support throughout each season. If a dancer is pulled 6 weeks or more (mid competition season) a fee of \$30 must be paid to MMDC, as routines will have to be reconstructed. We expect that all dancers are committed once they sign up to be on the competition team.

MMDC Costume, Hair makeup and other costume items Policy

Mrs. White will let all parents know if they will need to pay for costumes or not during each competition season. As you may know we are a nonprofit dance studio so if you know of anyone, that would like to donate towards our competition costume fund to help parents please let Mrs. White know at a timely manner.

After all competitions or performances all costumes must be returned to Mrs. White unless a parent paid for the costume. If a dancer is removed from the team or leaves all costumes must be returned to Mrs. White 2 weeks after the final use of the costume. **If the parents purchase an item and the dancer leaves or is removed from the team, you will have two weeks to pick up these items from the studio before the item is donated and refunds will not be given back.**

Once costumes are distributed to your dancer, all costumes must be hung inside of a garment bag, or the dancers dream duffel bag. If the item gets ruined or lost it is the parent's responsibility to order a new costume before the next performance.

Dancers do not arrive to events or competitions in their costumes unless Mrs. Whites states it is ok to do so.

Dancers are not allowed to eat or play in their costumes. If they need to eat, they must wear a robe to cover the costume or take the costume off and hang it up neatly.

Each dancer is required to have 2 pair of tights for each competition for emergencies. They are \$13 at the studio.

Dancers are not allowed to wear underwear or bra's etc. during **ANY** event where they are wearing their costumes. If they are on their cycle, then they **MUST only wear** nude/skin tone panties. If dancers need something for the Bra area, they can receive their own boob tape and you purchase that with Mrs. White in the studio.

Dancers are required to have brand new or like new jazz shoes, dances soles, Sneakers (selected by Mrs. White) etc. when they perform on stage. They can wear old worn jazz shoes, dances soles etc. during practice. Any sneakers order that is a part of a costume can only be worn during competition performances and then back in the box until after competition season is over.

Makeup ideas are decided by Mrs. White and must be paid the day before competition unless the parent is doing the makeup. All makeup must look the same for all dancers. All dancers are required to have plum color lip stick for touch up throughout competitions. All juniors, preteens and seniors are **required** to wear lashes for each competition. Most community event, makeup is not required unless Mrs. Whites makes it mandatory. All studio shows makeup is mandatory for all Mish Moves Dancers.

Hair design is decided based on Mrs. White and must be done before the dancer performs for competition unless Mrs. Whites states otherwise. Everyone's hair must be the same for all competitions. For all community performances all hair must be clean and neat and out of the dancer's face. All studio shows the hair must be the way Mrs. White advises.

Rehearsing outside of rehearsals

Solos: Are handpicked by the instructors only and is based on the dancer's level and skills. Parents can opt out if they do not want their child to do a solo. The decision must be made before the routine has begun. Instructors will hand out monthly schedules to the selected dancers for practice up until the routine is finished where they can just run through the routine during competition practice.

Duos and trios: Are handpicked by the instructors, the dancer's level and skills. Parents can opt out if they do not want their child to do a duo or trio. The decision must be made before the routine has begun. Instructors will hand out monthly schedules to the selected dancers for practice up until the routine is finished where they can just run through the routine during competition practice.

Groups and Productions: Are mandatory for all competition dancers to participate in. If a dancer decides to only do one group dance and not the other, they cannot be on the competition team. Everyone is

required to be in all the group or production pieces that they are placed in. **Mrs. White is going to make sure most dancers have at least 3 routines if more are given, please let Mrs. White know what your dancers max is.**

Solos Fees: \$20 for an hour (all fees must be paid in cash to the instructor before practice is started and all dancers must arrive on time due to other dancers will have practice after that dancer. If your dancer can not make the practice, please let the instructor know on band 24 hours before the practice. If the dancer is a no show without a 24 hour notice the \$20 still needs to be paid to the instructor.)

Duos and trios: \$10 per dancer for an hour (all fees must be paid in cash to the instructor before practice is started and all dancers must arrive on time due to other dancers will have practice after that dancer. If your dancer can not make the practice, please let the instructor know on band 24 hours before the practice. If the dancer is a no show without a 24 hour notice the \$10 still needs to be paid.)

Competition levels

Starting the year of 2023, we will have three levels for our competition team. Dancers will be placed in each dance and group based on all the skills etc. listed below. If an instructor thinks a dancer needs to be moved up the instructor reserves the right to do so, and they will let that parent know early in the season. The levels that the dancers are being placed in might not be permanent. But we do suggest for dancer to continue to grow is to make sure they attend all skill practices, practice skills and routines at home and take extra tumbling and flexibility skills outside of the studio if they can. If you would like to know what all your dancer can work on, feel free to reach out to Mrs. White and your child's instructor.

Emerald (Rec Team) only 1 solo per dancer and based on Mrs. White and Instructors approval (based on dancer's readiness)

-Under two years of dance experience in the studio or another studio or another studio if skills below can be demonstrated with appropriate technique.

-At least 2 or less experience on a competition stage

-Only 3 or less hours of training a week

-Adequately performs basic level skills and techniques such as (basic jazz skills, cartwheel, remembers movements, has great stage performance, dance full out during tryouts and practice etc.)

-Only does local competitions

Ruby (intermediate Team) only 2 solos allowed per dancer, instructor approval required.

-More than 2-4 years of dance experience in the studio or transfer from another student with intermediate skill set, based on audition.

-At least 3-5 years or more competition experience

-3-5 hours of training a week

-Adequately performs intermediate level skills and techniques such as (basic jazz technique: jazz pas de bourre, clean chaine' turns, proper foot placement and alignment, one hand cartwheel, double pirouettes, clean legs lift, controlled battements, clean leaps, understanding of terminology, have great stage performance, dance full out during tryouts and practice etc.)

-Does local and out of town competitions

Diamond (Elite Team) only 2 or more solos allowed per dancer, instructor approval required.

-More than 4 years or more of dance experience in the studio or transfer from another student with advanced skill set, based on audition.

-At least 5 years or more competition experience

-5 hours or more of training a week

-Adequately performs advanced level skills and techniques such as (advanced jazz technique: jazz pas de bourre turns, clean chaine' turns, a la second turns, proper foot placement and alignment, one hand cartwheel, aerials, triple pirouettes, clean leg lifts, controlled battements, clean leaps, calypsos, stag leaps, axil turns, lifts/partnering, understanding of terminology, musicality, has great stage performance, dance full out during tryouts and practice etc.)

-Does local and out of town competitions

Butterflies (Adaptive Class/deafferenting Abilities)

-All butterflies automatically make the team once they join MMDC. 😊

-Parents of Butterflies have the right to opt out of competition but must advise Mrs. White and the instructor by September. Dancers who opt out will still learn the material and dance in the showcases and events.

-Only does local competitions

-Will participate in community events

-Conventions are optional

Tuition And Payments

Tuition will be \$60 for all competition starting August 1 and going forward. Dancers can still receive the 10% monthly discount and late fees will be \$10 on 6-11 of each month, \$15 12-17 of each month & \$20 17-end of each month. I will still offer other incentives that exceeds \$15 off tuition and dancers can still do fundraisers outside of studio fundraisers to help towards tuition or competition fees. If tuition is not paid by the 20th, please make sure it is paid by the 1st of the next month or dancers will have to sit out. This will also result in dancers getting behind on routines and can get pulled from routines. If you are having any personal issues and need to pay on a later date of the following month. Please reach out to Mrs. White

All competition fees have deadlines and all fees must be paid by the deadlines. All the fees associated with each competition are based upon prices set by that competition. Solos, duos/trios range from \$90-\$120 per person per routine. Groups and productions range from \$40-\$60 per person/per routine. Titles are only for dancers with solos. If you will like for your dancer to do an improve or photogenic category most competitions require you to pay the day of and some require you to pay when you pay Mrs. White for all other competition fees. If it's not paid by the deadline, then the dancer will be removed from that routine. You can pay Mrs. White however you want to pay her for competition fees, monthly payments or etc. If you think you will have a hard time paying for more than 3 routines. Please let Mrs. White know when she hands out what dances your child is in so she can adjust the number of routines with you and the instructors.

Dress Code- Attire

All dancers are required to purchase the Competition jackets by the due date. The competition jacket information will be given out at the first parents meeting in August and briefly at the competition tryout parents meeting. These jackets are to only be worn during events, shows or competitions and any other events Mrs. White request for them to be worn to. All competition dancers are required to put their pins they win from each competition on the front of their jacket. Each dancer is required to keep up with their jackets and keep their jacket clean and presentable. If a jacket is lost a parent is required to purchase another jacket as soon as possible. If a dancer does not have their jacket during competition, they cannot go on stage to receive their award.

Dancers should always wear their MMDC team shirt with black leggings or biker shorts (depending on the weather) with their white shoes for all community performances. Any lost or damaged attire then dancers must reorder a new shirt.

All dancers are required to wear fitted dance attire except boys.

Boys: Black or white T-shirt, black short or black sweatpants. Hair pulled back if the dancer has long hair.

Unacceptable: street clothes and shoes, jeans, pjs, graphic t-shirts, dress clothing, watches and jewelry

Girls: Black/white sports bra, black biker shorts, black briefs, black leotard, black leggings, black with a little bit of color athletic set. Hair pulled back always.

Unacceptable: street clothes and shoes, jeans, pjs, graphic t-shirts, dress clothing, watches and jewelry

Competition Schedules

Mrs. White does not receive the competition schedule and times until a week or two before the competition. Once she receives the schedule, she will post it in the band app for everyone to see and save. It is highly recommended for parents to take off the Friday of competition (or at least half a day). Most competitions are on Friday through Sunday. But on Friday they do not start until around 1:00pm. If

the competition doesn't start until that Saturday, then it is not recommended for parents to take off from work.

Injuries

When a dancer gets injured, dancers are required to seek medical care and present the doctors note to Mrs. White stating the dancer is ok to return to dance. During the injury dancers are required to still attend and observe class and rehearsal unless the doctors say otherwise. While dancers are sitting out, they are to bring a notebook and pencil unless they are a mini, tiny or butterflies competition dancer to take notes during class or rehearsal about their dance so they can be prepared when it's time to return to dancing.

Dismissal from the team

Throughout the season if a child is not following the rules, then it is up to Mrs. White and the instructors to remove a dancer from the team. If a dancer is not following the rules in school etc. then a dancer will not be removed but will have important duties to do involving the studio. All dismissal from the team, the student will receive three warnings before removal. Reasons dancers can be removed are:

- Bullying other dancers
- Using profanity towards other dancers, staff or to other dancers/staff at competitions etc.
- Not following any rules that are given for all competition dancers.
- Missing too many practices according to the attendance policy
- Constant attitudes and being rude to the instructors and teammates.

If the dancer is having any issues or is being bullied, they must come to Mrs. White and their instructor to fix the problem immediately.

Props

If your dancer has a prop with their solo, then the parent is responsible for that prop. All other props will be kept up with the instructors. Mrs. White and the instructors will need help from the team moms and team dads with setting props on stage for each event. If you would like to become a team mom or dad, please reach out to Mrs. White regarding what that title consists of.

Parents roles

Mrs. White expects for all parents to help keep up with all their dancers' items and keep them clean for all competitions and performances. Please drop dancers off on time for all practices and events and pick them up on time from all practices and events. Parents are required to help dancers get dressed and

ready for all competitions, shows and community events. If the parent cannot be present, we suggest parents to find another parent to help or a send a family member. Instructors will not be able to keep up with dancers' items and help them get dressed for a performance. **Please read the band app and save all dates that are sent out on the band app.**

Communication

Communication is the key at MMDC. Mrs. White cannot assist you with anything if you do not communicate with her. For any issues you are having please let her know, so she is aware of the issue and so she can try to fix your problem. When you need to communicate with her, please only message her on the band app or if you have a verbal question, please call the business line at 540-819-3637. Please do not message her personal line, relay the message through someone else or on any social media platform.

Information is distributed and posted on The Band App. Please read thoroughly before reaching out with questions that may have been answered in a post.

Addition rules

MMDC holds their dancers, parents and staff to the highest standards of professionalism. But also, if any parents have any issues or notice any issues at competitions, events etc. please let Mrs. White aware as soon as possible. Please review rules below:

-Always arrive on time to performances. Arriving late will result in dancer not being able to perform.

-Hair must be done before dancer arrives unless Mrs. White states otherwise. Makeup must be done by makeup artist unless the parent is doing it.

-Dancers must be respectful and polite to all other dancers, competition owners and studios at competitions or other events. Please remember we represent MMDC. If anything, negative comes back to Mrs. White that was said or done by one of our dancers there will be consequences/warning before any dismissal from the team.

-All fundraisers are mandatory for dancers to participate in.

-All teammates must be present for their routine.

-Team warmups/stretching are required for everyone before they go on stage

-Dancers must clap and congratulate other studios on their wins as they congratulate us.

-Dancers always set a great example for MMDC outside of the studio.

- Dancers must wear their team jackets on stage for awards and while they are not dancing at competitions, or any other events Mrs. White request them to be on at.
- Parents are not allowed backstage with dancers unless you are helping with bringing on props.
- Mothers, Aunts or a female family member over the age of 18 is the only person allowed in the fitting rooms with dancers.
- Instructors are the only people who picks the dancers music and ask the instructor before you post a video of your dancer's dances on social media. If you are allowed to post it, then only half of the video is allowed to be posted and a different song must cover the actual song playing.
- All dancers must stay for awards unless it an urgent family emergency.
- Dancers are not allowed to eat in their costumes unless they have a robe on.
- Instructors pick out all the dancer's costumes
- Dancers may not leave venue to eat unless they have a 2.5-4-hour time gap until their next routine. But please let the instructor know that you are leaving so they can give you an idea on when to return.
- If a dancer wants to come and support another teammate that's performing a parent must be always present.
- If the dancer is having a birthday please check with Mrs. White before you bring cake etc. dancers are not allowed to eat on the Marley dance floor. Also please just make sure you clean up after you are done.
- Dancers cannot be dropped off more than 20 mins before their practice unless you spoke with Mrs. White or their instructor.
- Dancers must be picked up immediately after practice has ended. Picking a dancer up 5 mins after practice has ended is unacceptable. Please be mindful of our instructors their time and their family that is at home waiting for them.
- If you need a ride, please let the instructor know before practice but also please make sure you give that instructor at least \$10 for gas money.
- Dancers are allowed to bring their phones to class but only for emergencies to call their parents. Phones must not be out on the dance floor during practice. Phones must be dropped in the phone bucket so that their phone does not go missing.
- Dancers are required to bring dance bags or book bags to hold their personal items and dance shoes. If items go missing example (phones, jewelry etc.) we are not responsible for any lost items.

All parents are required to sign the contract in the studio with Mrs. White after this has been read after the parents meeting. If you have any questions, please contact Mrs. White by the band app or call her at 540-819-3637. If she does not answer she will call you back at a timely manner.

Thank You and I hope everyone have a great Competition Season!! 😊

