

2019- 2020 Handbook

Celebrating over 25 years of dance!

Arlington Heights High School

Director, Rachel Wade, B.F.A. Modern Dance, TCU

Assistant Director, Jacqueline Millan, B.A Dance, Hunter College

Assistant Director, Sarah-Grace Poitevent, B.F.A. Dance, University of Texas

Dance Faculty Contact Information

Rachel Wade, <i>Director</i>	Rachel.Wade@fwisd.org	(817) 815 - 1070
Jacqueline Millan, <i>Assistant Director</i>	Jacqueline.Millan@fwisd.org	(817) 815 - 1070
Sarah-Grace Poitevent, <i>Assistant Director</i>	Sarahgrace.poitevent@fwisd.org	(817) 815 - 1070

Dance Department Philosophy

The philosophy of the Dance Department is to provide a well rounded dance education with a technical foundation that challenges students physically, artistically and intellectually; and to prepare students for collegiate and professional careers in dance and other related professions. Our goal is to encourage students to become more involved in the growth of their community - in their school culture and beyond - and to encourage them to find ways to create change through the movement.

AHHS Dance Department Core Beliefs and Values

Vision: To be the premier Dance program in Fort Worth ISD and to serve as a model of excellence in teaching, learning and professional experiences in dance.

Core Values: *We value and believe*

- that a strong work ethic, positive attitude and high standards will help every student improve.
- that every student will respect himself/herself and their peers.
- that every dance student will be successful in their own way.
- that we should behave in a manner that encourages community, trust, integrity and pride in what we do.
- every student has a responsibility to represent the Dance Department, Arlington Heights High School, FWISD, and the city of Fort Worth in a way that is honorable and appropriate.

About Heights Dance

The Arlington Heights High School Dance Department was established in 1994, under the direction of Elizabeth Gillaspay. The program was established to provide excellent dance training to high school students in order to prepare them for dance at the collegiate level and beyond. The Dance Department at Arlington Heights High School consists of approximately 150 dance students, two full time dance faculty, and one part time dance faculty. While focusing on Ballet and Modern Technique, students are also provided opportunities to experience Jazz, Tap, Hip - Hop, Musical Theater, African, Folklorico and Repertory; and are also required to study dance history, somatics, dance production and performance.

Exceptional dancers from the Dallas/Fort Worth area are an integral part of the AHHS Dance Program and are brought in throughout the year to provide supplemental training through master classes as well as repertory experiences with guest choreographers.

Since 1994, students have received much local and national recognition including performances at National High School Dance Festival, Regional High School Dance Festival, Youth Dance Festival of Fort Worth, Collage Denton Dance Festival, and Center for Educator Development in Fine Arts. Upon graduating from Heights, students have gone on to dance at Long Island University - Brooklyn, American Musical and Dramatic Academy Los Angeles, Texas Christian University, Texas A&M University, University of Texas, Jacksonville University, Sam Houston State University, Texas State University, Texas Woman's University, University of the Arts, and Columbia College Chicago. They have received scholarships and attended summer programs at Joffrey Ballet, Brockus Conservatory, The Julliard School, Point Park University, UARTS Pre - College, Sam Houston State University, The Glenda Brown Choreography Project and Bates Dance Festival.

Dress Requirements

The Dance Department requires that all students be dressed PROPERLY for class with the appropriate clothes, shoes and hairstyles. **No outerwear is permitted (i.e. sweatpants, t-shirts, leg warmers).** Proper dance attire is important as it allows body alignment to be easily seen so that instructors can give correct feedback and direction.

Girls:

- Black or solid color leotard
- Pink tights for Ballet, Black tights for Modern and Jazz

- Undergarments, such as bras and panty lines, MAY NOT BE VISIBLE.

Boys:

- Black or white fitted shirt
- Black tights for Ballet.
- Jazz pants, leggings or bike shorts for modern and Jazz.
- Dance belt (REQUIRED, no exceptions)

Hairstyles:

- Ballet
 - Hair must be pulled up, out of face and off of neck. **No ponytails.** (Buns, twists, and pinned up braids are acceptable)
- Jazz/Modern
 - Hair pulled up, out of face and off of neck.

Shoes/Accessories:

Jazz	Black jazz shoes
Ballet	Pink or tan ballet shoes for girls. Black ballet shoes for boys.
Modern	Barefoot. Socks, foot undies, paws etc. are not acceptable for class.

Consult with your instructor before purchasing any shoes or accessories

Please Note: Runs and holes in tights and dancewear is seen as unprofessional and therefore will not be accepted; for safety reasons, **no jewelry** will be allowed in class.

Security: Each student will be assigned a locker in the dance room in which to keep their belongings. It is REQUIRED that a lock be placed on the locker so that belongings are not lost or stolen. **Do not bring large amounts of money, debit/credit cards, or any valuables to dance class!** Please report any injuries, bullying or lost items to dance faculty immediately so that an official report can be filed.

Absences, Tardies, Injuries and Non-Participation

- Students are tardy 3 minutes after the tardy bell (grace period of 3 minutes to change clothes)
- Students should be dressed properly and on the floor within 3 minutes after the tardy bell rings. Students must present a parent note, with contact phone number, or a parent must email on the SAME day of non - participation in any dance class. **Students who have an injury or illness that persists more than 4 days must have a note from a medical physician.** All students are responsible for work missed whether a student is absent, tardy or does not participate. Students will NOT be permitted to make up work during dance class for an academic class missed due to an

absence unless the student was on a field trip or performance for the dance department; the decision is left to the discretion of the dance teacher.

Students with long-term injuries that require more than one week of non-participation or students who have excessive absences will be given a research/written assignment appropriate to the number of days missed for skills grades and must turn in a daily assignment for daily participation grades.

Students must ask for the make-up assignment. When returning to class after an injury, students will be asked to bring a doctor's release and will return to technique class taking partial classes until they are strong enough to participate in the full class.

3 Strikes/Redirects Policy

This goes hand in hand with AHHS Growth Mindset.

1. If the teacher observes behavior that is not meeting expectations, the teacher will ask for the behavior to stop/change into a behavior that does meet expectations.
2. If the teacher observes the behavior a second time, the teacher will ask the student to name the behavior and stop or change it (this may result in moving places in the room, etc.)
3. If the teacher has to redirect a third time, the student will be asked to step into the hallway or dance office. Pending a successful hallway conference the student may come back to class and a follow-up phone call will be made to the student's home.

No Pass/No Perform Policy

AHHS Dance students are expected to uphold academic excellence throughout their time in the program. **Students are expected to maintain a grade of 70 or higher in a regular class or a 60 or higher for an AP/Honors course.** Student grades will be checked at the end of the 6 weeks prior to a performance. If the student is not passing their grades at the next progress report, they will be pulled from the performance and given an alternate assignment.

Proper Classroom Decorum for Dancers

Students are not merely learning technique when they study dance. They are learning an art form that has a firmly established set of traditions and a vibrant history. It is important that students are aware of protocol and traditions as most instructors will assume that they have knowledge of them. Failure to comply with these established traditions is considered unprofessional and is therefore unacceptable.

The dance faculty expects all students to maintain proper behavior in classes, and these guidelines will help you meet these expectations.

- Stop talking when class begins. Unnecessary conversation breaks concentration, and it is important to stay focused in class.
- **Do not leave class without the instructor's permission.** If you know ahead of time that you will need to leave class, let your teacher know.
- Do not leave class without a hall pass.
- Follow with the AHHS attendance and tardy policies.
- Never sit down in class unless you are finished. Muscles cool down quickly, and sitting down in the middle of class could result in an injury.
- Develop discipline and understanding and use your mental capabilities to solve problems. Pay attention while the teacher is demonstrating and mark on the sides while you are waiting your turn.
- Mistakes and subsequent corrections are an important part of your dance practice. Acknowledge corrections with a positive response. Even if the correction is not directed toward you, remember that you can always learn from your peers. If you do not understand a correction, do not hesitate to ask. You may always use your journal/notebook to record corrections and movement phrases.
- Dancers are in class to learn discipline as well as technique.
- It is an expectation that students applaud and thank the instructor and accompanist at the end of each class.
- Chewing gum is inappropriate in class. No food/drink/cups/cans will be permitted in the dance studio or the dressing rooms. **ONLY WATER** is allowed in the dance studio.
- **Remove street shoes before entering the studio.**
- Bring any classroom problems to the dance faculty immediately, so they may be dealt with in a timely manner.
- Individual teachers may impose additional rules for classroom decorum.
- **Students must respect privacy and copyright laws and must not post any AHHS Dance Department material on social media of any kind.**
- **The Dance Department has an "open door" policy. Please allow us to help you with any issues that may hinder your progress as a student at Heights. Please do not appear without a scheduled appointment unless it is an emergency.**

Theater Etiquette

- **Arrive early** to avoid traffic and parking issues. Arriving late to performances is a distraction to other audience members. If you are late, wait until the current piece is finished before entering.
- **Use the restroom before performances.** Theater restroom lines are always long which could make you late getting back to your seat.
- **Silence all cell phones, watches, pagers and the like.** PLEASE DO NOT READ OR WRITE TEXT MESSAGES DURING A SHOW.
- **Do not have conversations during a performance.** Do not even whisper; this will distract performers as well as other audience members.
- **Do not scream, yell or call out names** during a performance.

- **Photography of any kind during a show is not allowed.** This is also distracting to performers and fellow audience members. It is a violation of privacy and copyright laws to use photography of any kind.

Dance Fees

In addition to our curriculum, AHHS Dance provides other various opportunities and services we supply to our students that FWISD and AHHS can not fund. We must charge an annual department fee of **\$200.00** to cover the cost of costumes, guest teachers/choreographers and other remaining costs. All checks must be made out to the AHHS Dance Guild. Be sure that your student receives and retains a receipt for every fee paid.

If you are involved in the AHHS Repertory Dance Company, there is an additional **\$150 fee per year for participation**. This also covers the cost of costumes, guest teachers/choreographers and other remaining costs specific to the Repertory Company needs.

Out of town trips- AHHS dance has been invited bi-annually to participate in National High School Dance Festival. Whenever possible, we will request funds from the FWISD Fine Arts Department. The remaining cost to cover this trip and trips like this will be raised through fundraising and donations. If, for any reason, enough funds are not raised, students will be asked to fulfill the rest of the financial commitment in order to participate. **Strict adherence to all FWISD, AHHS and Dance Department policies is required on all sanctioned trips in the Dance Department.**

Not Clear List - In mid-November and early May, a list of all unpaid fees and fines will be compiled. Seniors will be required to pay all delinquent fees or the diploma may be held; underclassmen may not receive their report cards or schedules until cleared from the list. **Unpaid fees will be added to the ongoing not clear list and must be collected in full before graduation. It is recommended that a student clear his/her delinquent fees for not clear items at the end of each and every school year.**

Auditions

Students in the Dance Department have the opportunity to perform in various shows throughout the year. Because dance is a fine art the selection process is done through an audition. Each student in the Dance Department has gone through an audition for acceptance into the program. The length of an audition will depend on the complexity of the work and can last anywhere from a quick 30 minutes to several hours. If callbacks are necessary, dancers may be asked to audition more than once for the same part. Students are advised to come to auditions with a positive attitude and adhere to the AHHS Dance Department dress requirements.

During the audition process, a student is judged on technical ability, performance quality and style, solo and ensemble expertise, ability to assimilate movement material, rhythmic accuracy/musicality, and overall attitude in the audition. In addition, there might also be gender

and/or partnering requirements for the piece. In most audition cases, there will only be one audition session. Students with emergency illnesses and/or family emergencies may be asked to attend the first rehearsal as an audition; this is not always the case.

NOTE: THE SELECTION PROCESS IS DECIDED UPON BY THE CHOREOGRAPHER OR REHEARSAL DIRECTOR; ALL DECISIONS ARE FINAL UNLESS A DANCER IS INJURED OR DROPS OUT OF THE WORK.

If a student is placed in a faculty or guest artist work, they are allowed ONE unexcused absence only. After two unexcused absences students will be removed from the piece. The choreographer reserves the right to remove dancers from certain parts of a work due to any absence.

Special circumstances should be brought to dance faculty immediately and will be addressed/handled on an individual basis.

Handbook Receipt

I have received the Dance Handbook and agree to adhere to all of the policies and procedures set forth in this handbook.

Signature of Dancer

Date

Signature of Parent/Guardian

Date

Dance - Related Permission

- I understand that dance is a physical activity and that in order to give movement corrections; physical contact from the faculty member to the student is sometimes necessary. Many times, the student may be asked to partner with another student for a particular exercise or to do peer corrections during a class that is concentrating on body fundamentals and body care.

OR

- I do **NOT** feel comfortable with my son/daughter receiving physical corrections from faculty.

Signature of Dancer

Date

Signature of Parent/Guardian

Date

Department Fee Agreement

I understand and agree to pay the Department fee of \$200.00 by one of the following options. (Please check that which applies)

_____ Paid in Full (\$200) by Friday, November 29th.

_____ Half (\$100) due by Friday, October 4th and the other due Friday, November 29th.

Parent/Guardian Signature