

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

OUR MISSION

is to help you get the most out of your dancing and career by providing performance opportunities and affordable dance classes taught by some of the best choreographers and instructors in the industry. Our goal is to provide an opportunity for dancers to get intense training in various styles of dance at a *fraction* of what you would pay at a regular studio dance class in Los Angeles. Through our *Intensive Training Program*, Show Off Dance Company members will have the opportunity to rehearse for performances, competitions, auditions, gigs and events, study with the professionals, train weekly (in hip hop, modern, jazz, ballet, popping, breaking, tumbling, burlesque, and more) condition, stretch, learn etiquette, receive resources on agencies, auditions, photographers, classes and more. The *Intensive Training Program* prepares you for becoming a professional, working dancer. Learn how to follow your dreams with strength, skills, determination, commitment, support and INTENSITY.

PURPOSE

- To train vigorously in various styles of dance
- To learn from different instructors and choreographers
- To gain performance, competition and staging experience
- To obtain knowledge and resources
- To prepare for a professional dance career
- To represent Show Off Intensive at events and workshops
- To enhance your skills and technique and show off the ones you already have

Dancers and guardians (if dancer is under 18-years-old) are required to read and initial each section and turn in the last page only or dancer can not participate.

Initial:

D = Dancer G = Guardian

D _____ G _____

Expectations:

I must complete and sign the 2011-2012 Show Off Dance Company Contract, Application and Medical and Photo Release forms. *I am ineligible to participate until ALL paperwork is signed and turned in.*

D _____ G _____

I must learn choreography and have accurate knowledge of all routines. I understand that there may be occasions when I do not perform.

D _____ G _____

If I leave the company for ANY reason, voluntarily or as a disciplinary action, I may not be allowed to return to the Show Off Dance Company for the duration of the season and will have to re-audition for my spot.

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

Initial:

D = Dancer G = Guardian

D _____ G _____

Expectations:

Spots on the company are not automatic and each returning member will be evaluated and must re-audition at the end of the season.

D _____ G _____

The company will be divided according to ability levels. *It is important that I understand it takes strong commitment, patience, sacrifice and desire as well as growth, skill development and high performance quality for principle positions on the company.*

D _____ G _____

I understand that there are high expectations of me as a performer and member as the Show Off Dance Company as this is both a preprofessional dance company as well as competitive dance team.

D _____ G _____

I realize that the coaches and instructors will design practices so that we might better meet our goals. I realize that suggestions and corrections made to me are not to be taken personally, but should be accepted in a way in which our company and I might improve.

D _____ G _____

No gum chewing nor jewelry during rehearsal for the the safety of the dancer.

D _____ G _____

You will need to choose to discipline your body to meet the demands placed upon it. This includes a healthy diet, getting adequate sleep and refraining from the use of any drugs or alcohol (unless prescribed by your physician, in which you would have to provide a physicians proof). You are expected to be in good shape. I understand that this is not only for physical appearance but for the safety of myself.

D _____ G _____

I understand that my actions outside of the Show Off Dance Company reflect upon the fellow members and the program and directly affects my practice, performance and the company. Show Off Dance Company has a **STRICT NON-FRATERNIZATION POLICY** to avoid potential conflicts of interests, favoritism, complaints, possible claims of sexual harassment, disruption and or unprofessionalism between company members, employees, instructors, guest choreographer / instructors and anyone involved in our projects. It is not our intention to dictate personal decisions, but to implement higher standards and ensure a professional, fair, conflict and bias-free environment. Noncompliance will lead to dismissal from the company.

D _____ G _____

I am expected to show respect for my coaches, choreographers and guest instructors as well as my fellow company members. I must have a high quality, positive attitude and demeanor and behavior at all times. I intend to represent Show Off Dance Company & Intensive with the utmost integrity.

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

Initial:

D = Dancer G = Guardian

Attendance:

Practices and rehearsals are mandatory. I must arrive on time and immediately begin warming up and stretching. Performances are mandatory. I may be expected to reserve my entire day for weekend events. I may be expected to travel and carpool.

D _____ G _____

Please refrain from missing rehearsals or practices unless for extreme medical sickness or injury or other important event or activity which involves traveling or another commitment. Dancers with other commitments, it is your responsibility to appropriately manage your rehearsal and practice schedule in advance.

D _____ G _____

You must inform your coach in advance of schedule conflicts and or missed rehearsals and practices. Dancers who miss rehearsal are responsible for learning missed material. The coach or choreographer may or may not review previous material. I understand that by missing rehearsal through miscommunication, I may be removed / replaced from formations and routines.

D _____ G _____

Excessive absences may result in dismissal from the company training. As we continue training and advancing as a company, it is not safe nor fair for others to join or participate in events and performances if they have not been progressively training.

D _____ G _____

Every month I will be given a Company Newsletter and Company Calendar of rehearsals, practices and events, times and locations to give me the opportunity to organize, however, there will be times during competition preparation when unexpected practices and performances come up and you will need to be able to adjust. Rehearsal times, dates and locations are always subject to change.

D _____ G _____

Rehearsals & Training Practices:

Most rehearsals will begin with a warm-up, followed by stretches. We will stretch as a group, working to gain strength and flexibility. Dancers missing those activities will be expected to condition and stretch prior to class.

D _____ G _____

Rehearsals and practices are up to 4 hours. Exercises may be excruciating. My body will burn and sweat! You are expected to exert 100% effort in all training exercises, warmups, stretches and conditioning (as injury prevention) and be full out during practice the entire time. If you need to sit out for a couple minutes, let your coach know.

D _____ G _____

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

Rehearsals & Training Practices:

Initial:

D = Dancer G = Guardian

D _____ G _____

I understand that a dancer that shows up late into the practice or has to leave early disrupts the entire practice and makes formations and blocking extremely difficult for the choreographer. I understand that my attendance is important to the success of the company and I will be responsible for contacting the choreographer in ADVANCE if I may be late or unable to attend a rehearsal.

D _____ G _____

Rehearsals and practices are closed until the final 30 minutes left. Friends or family are not allowed to be in the studio or practice area until then. They will be asked to leave. Parents and guardians are always welcome and strongly encouraged to attend company meetings.

D _____ G _____

Practices will be scheduled when the choreographers can attend. This might mean several evening and weekend practices. During competition season, this might mean rehearsals 4-7 days a week if need be.

D _____ G _____

Rehearsal and practice schedules and location are ALWAYS subject to change weekly. Always check your email, texts, Twitter, Facebook and newsletter for the most up-to-date details and information.

D _____ G _____

If you have a schedule conflict due to another team, group, class, performance or event, you must clear it with your coaches and choreographer in advance. Communication and organization skills are a must. I understand that if I miss rehearsal or miscommunicate, that I may lose my spot in a formation or on the company.

D _____ G _____

I will conduct myself with professionalism and etiquette during rehearsals and practices.

D _____ G _____

I understand that my attendance at rehearsal is critical so that I may keep abreast of the choreography. I understand that if I am absent the DAY OF, OR THE DAY BEFORE REHEARSAL PRIOR to a performance, gig, or competition, my spot will be replaced in that particular routine. IF YOU MUST MISS A REHEARSAL FOR AN IMPORTANT AND PARTICULAR EXCUSABLE REASON, I MUST COMMUNICATE WITH MY COACHES / CHOREOGRAPHER IN ADVANCE.

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

Fees, Payments & Fundraisers:

Initial:

D = Dancer G = Guardian

Show Off Dance Company members must pay a \$35 monthly membership fee. This is a required, personal expense for company members. This fee covers studio rental space, choreographer and guest instructor pay for my training and choreography, classes and workshops. I am expected to make my payment at the first rehearsal of each month (cash, check or credit). Membership fees are non-discountable, and non-refundable. If you are unable to attend rehearsals, workshops or training sessions, there is no refund for unused training days. The monthly membership fee helps contribute to the company as a whole and we can not operate without your commitment.

D _____ G _____



If there is an issue regarding payment / participation, I (or my parent or guardian) will consult my coach immediately. If I may need to make a late payment, I will inform Coach in ADVANCE.

D _____ G _____

There will never be any *additional* MONTHLY MEMBERSHIP fees.

D _____ G _____

I understand that funds for competition fees and other company activities is a company responsibility. Individual spending will be kept down to a minimum for company events.

D _____ G _____

I understand that the purchase of personal items such as uniforms and costumes and event admission fees may be necessary for participation. This will be the responsibility of the individual BUT you will be given many fundraising opportunities. I understand that there is no reimbursement for anything *purchased*.

D _____ G _____

Dues and balances must be paid by last deadline in order for dancer to compete at certain competitions.

D _____ G _____

I understand that me and my family will be asked to take part in several company fundraisers, and that my participation will be expected from the beginning all the way through to the end. This includes monthly workshops!

D _____ G _____

IF YOU ARE HAVING PERSONAL FINANCIAL ISSUES, INFORM A DIRECTOR IMMEDIATELY. WE WILL GLADLY BE PATIENT AND WILLING TO WORK WITH YOU AND YOUR FAMILY, AS LONG AS YOU COMMUNICATE & COMMIT.

D _____ G _____

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

Initial:

D = Dancer G = Guardian

D _____ G _____

Attire, Uniforms & Costumes:

I understand that I am required to either purchase or fundraise for company uniforms and costumes.

D _____ G _____

Any uniform component that was purchased with money fundraised with Show Off Dance Company is the property of the dance team and must be turned-in at the end of the season or in the event that there has been a termination, unless otherwise instructed by the coaches.

D _____ G _____

I will be responsible for all of my uniforms and costumes. I am expected to keep them clean, in good condition and smelling fresh. I am responsible for replacing lost, damaged or stolen items at my own expense.

D _____ G _____

Dance/Drill competitions are partly judged in *uniformity* through inspection. This requires uniformity of *costume, hair, make-up, and props*. I am willing to conform to the guidelines and follow hair/makeup and dress requirements set by my coaches and choreographers in respect to the uniformity of dance.

D _____ G _____

I understand that I must ALWAYS be in Show Off Dance gear when at events and workshops. This is important in order to continue to develop team unity and to represent Show Off Intensive.

D _____ G _____

I understand I am expected to dress appropriately for rehearsals and training practices, this means being prepared with different dance wear and shoes for different styles of dance. If you come to rehearsal or practice in questionable attire, you may be asked to change.

Grade School Students Only:

D _____ G _____

My schoolwork is my number one priority and I understand that dance company is an extra-curricular activity. I understand that my coaches may contact my school to request a progress or report card in concern and support for my educational growth.

Medical/Injury Policy:

D _____ G _____

I am required to report all injuries to my coaches / choreographer. Parents will be notified of the situation by phone. I will be asked to see a trainer or doctor and return with a medical note releasing me from practice. I understand that I will not be able to dance but will be required to attend and watch the missed training sessions.

SHOW OFF INTENSIVE TRAINING PROGRAM & DANCE COMPANY CONTRACT

2011 - 2012

I have read, initialed, and understand the rules and expectations of Show Off Intensive Training Program & Dance Company. By signing this contract, I promise to abide by these rules and expectations.

Dancer's Name (Printed)

Date

Dancer's Signature

Date

UNDER 18-YEARS-OLD - I, the legal guardian of Dancer, have read and initialed the above outlined contract and support my dancer in abiding by the terms set forth.

Guardian Name (Printed)

Date

Guardian Name Signature

Date

Welcome to the Show Off Dance family & thank you for taking the time to read and sign your contract :)