



COMP NEWS - October 2011

Another competitive year has begun with a bang! Here are a few friendly reminders!

- **Arrive on time.** Dancers should arrive a minimum of 10-15 minutes before their first rehearsal. It is important to be warmed up and ready to start the rehearsal on time. Lateness will not be tolerated.
- **Dance, Dance, Dance!** It is important to dance full out for every rehearsal. If there is an injury, please notify the teacher before the rehearsal starts. Also remember to cool down after you dance to prevent injury and muscle soreness.
- **Meals at the studio.** We understand that eating is a must when at the studio for long hours, however, please be sure to eat at the tables when available and clean up! We also ask that if dancers go out to buy a meal that they eat at the restaurant they have bought their meal from. Remember that we have dancers with severe peanut allergies, so keep that in mind when preparing your meals! NO POPCORN!
- **Water bottles!** Remember to bring your water to each rehearsal as it is important to drink fluids when dancing for long periods of time. Please put your name on your water bottle to avoid confusion and make sure to take it home with you or put it in the recycling bin rather than leave it in the studio. If you have forgotten water, bottles of water will be on sale for \$1.00 at the studio and all proceeds will go to our relay for life team to raise money for the Canadian Cancer Society.
- **Comp Music CD's.** Order forms can be picked up in the office to get all of your competitive music on a CD for practicing. The charge for editing and burning is the same as last year and will be applied directly to your account.

1-3 pieces	\$10.00
4-7 pieces	\$15.00
8-11 pieces	\$20.00
12 & over	\$25.00

If the CD does not work, return it to the office. Lost CDs will require a replacement fee of \$25.00

Missed Weekly Technique Classes

Dancers have three weeks to make up a missed technique class. These classes are carefully monitored and reminder e-mails will be sent if classes are not made up in a timely manner. The list is posted in the office.

Dancers must make up the disciplines that they are competing in. All ballet classes must be made up regardless.

Comp Communication

We are continuing to provide more communication between teachers, parents and dancers through e-mails. The purpose of these e-mails is to make parents/dancers more aware of what is going on at the studio. Often they are sent to give reminders and sometimes to take action about behavior. So far, it seems to be working quite well!

If a dancer would like to be added to the e-mail list, please give the e-mail address to the office.

Extra Rehearsal Time

Solos, duets and trios are expected to rehearse outside of their scheduled times. When studio space is available, sign up sheets will go up on the bulletin board. As space and time is limited, please be considerate and do not sign up for more than half hour time periods. Teachers will not rehearse with dancers who do not know their choreography, and if a piece is not "stage ready" before competition, it will be withdrawn. Entry fees are not refundable.

Please know that extra rehearsal time does not necessarily need to be done at the studio. If a dancer has space in their house to rehearse solos, duets or trios, please feel free to do so!

Scheduled Rehearsal Time

Solos, duets and trios with scheduled rehearsal time should attend each practice regularly. If a dancer from a duet or trio is going to be away, the other dancers should still attend the rehearsal. The teacher will still work with the remaining dancers.

IMPORTANT DATES:

**Mark these dates on your calendars!*

Thanksgiving – No Classes or Competitive Rehearsals
Friday Oct. 7th through Monday Oct. 10th

SDA Sleepover – All Competitive Students Welcome
Saturday January 21st 2012

Competitive Dress Rehearsal – Richmond Hill Theatre
Sunday Feb. 5th 2012

Competitive Photo Day – Held at Somerville
Sunday Feb. 12th 2012

"Dancing with the feet is one thing, but dancing with the heart is another." ~anonymous