

Marr Mac Dance

An abstract, colorful background featuring silhouettes of dancers in various poses, musical notes, and swirling patterns in shades of blue, purple, and pink. A large black circle is centered over the text.

DANCE STUDIO HANDBOOK

FOR
PARENTS AND STUDENTS

COMPETITION 2019/20

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Table of Contents

- 1 – Introduction**
- 2 – Competition Program Overview**
- 3 – Attendance Policy**
- 4 - Assessments**
- 5 – Competitive Class Requirements**
- 6 – Competition Fees & Deposits**
- 7 – Guest Choreography**
- 8 – Solos, Duets, Small Groups**
- 9 – Travel – OPT OUT DEADLINE DECEMBER 1**
- 10 – Pre-Competition Showcase**
- 11 – Costume/Hair/Makeup**
- 12 - Competition Etiquette**
- 13 – Team Wear**
- 14 – Pre-Competition Workshop “Empowered Performance”**
- 15 – Day-Of Competition**
- 16 - Competitions 2020!**
- 17 - PERMISSION FORM TO BE PRINTED AND RETURNED**

1/ Introduction

It's our absolute pleasure to warmly welcome you into our family at Marr Mac Dance. Our team is thrilled to see many familiar faces return to the studio and always excited to see some new faces join our community. We have created this **COMPETITION** handbook to hopefully shed some light on how things will run throughout the year as well and answer a lot of queries you may have as the year begins. While we would love you to take the time to read this information carefully and keep your handbook in a safe place to refer to as you need, don't forget that our friendly office staff, Cydnee and Anne, are always here to help and will happily answer any questions you may have. We pride ourselves on having open communication with all of our parents and students, and will always do what we can to make sure that everyone's voices are heard. Nothing is too big or too small, we promise! ☺

QUICK REFERENCE STUDIO INFORMATION

Marr Mac Dance

Address: 8627 – 109 Street, T6G 1E7

Phone Number: 780-434-9281

Email: 1968@marrmac.com

Website: www.marrmac.com

Directors:

Cathy McFarlane – 1968@marrmac.com

Marie McFarlane – marie@marrmac.com

****Please direct all competition related questions to marie@marrmac.com**

Office Administrators:

Cydnee Chaulk 1968@marrmac.com

Anne Christiansen 1968@marrmac.com

Parking Lot

Please park in the South lot of Windsor Plaza.

License plates must be registered at Marr Mac on the IMPARK iPad located in Marr Mac's reception area.

2/ Competitive Program Overview

Marr Mac's competitive program is meant for the dancer who is looking for a more intense training program to either help fulfil their love of dance, or to prepare them for the pre-professional/professional dance world beyond their years of training at Marr Mac. Competitive classes are offered in Lyrical, Jazz, Contemporary, Ballet, Hip Hop & Tap, with the option of doing solos, duets and/or small groups outside of class time in all levels. The level of class commitment varies for each discipline and dance level. Dancers are held to a high standard of commitment to their classes, and are assisted to reach their full potential as dancers and as a group. Spring competitions expose students to the world of dance outside of the studio, and help them grow into well-rounded performing artists. Hard work and determination are key, and dancers are encouraged to learn from the experience by remaining positive, gracious, humble, and appreciative of successes.



Marr Mac is proud to offer a competitive program that still allows time for school and family life outside of the dance world. Although training hours and expectations are increased, we understand that dancers are also students, sons, daughters, friends and siblings, and our schedule and class requirements are built with that in mind.

3/ Competitive Attendance Policy

A competitive dancer's attendance in class is very important to their peers and our teaching staff. As a member of the team, it is a commitment for you to ensure your child attends their classes on time each week and attends all lessons planned for them. Not only do absences impact their progress and competition routines we create, it also impacts the team-building principals we work hard to foster in each age group.

If you know ahead of time that your child will be absent due to holidays/vacations, commitments or school trips, please let us know ahead of time so the class impact is minimal. If your child is too unwell to attend class, we ask that you inform our admin team by phone (780-434-9281) or email (1968@marrmac.com) as soon as you can so they can let the teachers know and preparations can be made to catch up on any missed work.

Unfortunately we are unable to accommodate make-up sessions for students who miss classes, but will make every endeavour to schedule a catch-up class in the unlikely event that Marr Mac needs to cancel a lesson.

Competitive Dancers: Marr Mac follows a strict attendance policy for dancers in the competitive stream, as dancers need to maintain a certain level of technique and training. This attendance policy applies to all classes that dancers are enrolled in: technique, support, choreography etc. The competitive schedule has been constructed to ensure the dancers are receiving the adequate balance of strength, stretch, cardio, and instruction based on their level and age.

Competitive dancers have a "3 miss" attendance policy, where 3 misses are allowed per class between September and the end of competition season. If there are more than 3 misses in a class, participation in competition may need to be assessed by the instructor. We, at Marr Mac, understand that rare circumstances may come up and every one must be dealt with on a case-by-case basis.

4/ Assessments

Assessments are important for students wishing to enter the competitive program to ensure that 1) students are placed at the correct level and 2) training is increased at a rate that the dancers body can handle. The increase in training time for a competitive dancer can be hard on the body at the best of times, therefore an increase in training needs to be done gradually and correctly. It may be recommended that some students increase their hours of training for one year prior to entering the competitive program.

5/ Competitive Requirements

In order to build the strength and technique required to perform well in the competitive setting, certain classes are required to train at each level. Dancers spend 2 years in each of the Marr Mac levels. Additional competitive requirements are added on one year at a time.

Dancers who do not currently compete, but wish to, will need to come for an assessment class to determine the proper classes and recommendations. These can be booked by emailing 1968@marrmac.com

Each level contains a list of the required classes to compete, as well as additional optional classes that are offered for that age.

PLEASE NOTE: *The following competitive requirements do not apply to students wishing to compete in Tap, Hip Hop, Ballet or Bollywood classes.*

- **Tap** – *Students must be registered in a Tap Technique and a Tap Choreo Class*
- **Hip Hop** – *Students only need to be registered in the competitive Hip Hop class*
- **Ballet** - *Students need to be registered in two or more Ballet classes*
- **Bollywood** – *Students only need to be registered in the competitive Bollywood class*

Dancers do not need to compete in all offered disciplines. As long as competition requirements are being met, dancers may partake in non-competitive classes as well

Level 1 Prep – Year One and Year Two

Requirements:

- One ballet class (2 ballet classes strongly recommended)
- One jazz technique class

Competition Choreography class offered (this class will compete):

- Jazz choreography

Level 1 – Year One and Year Two

Requirements:

- One ballet class (including those competing in tap) *second ballet class strongly recommended
- One jazz technique class (in order to compete in jazz)
- Tap Level 1/2 – (in order to compete in tap)

Competition Choreography class offered (this class will compete):

- Jazz choreography
- Tap class (if student has 2 or more years experience in tap)

** Lyrical begins competing at Level 3. It is recommended to begin training at level 1 to compete at Level 3

Level 2 – Year One and Year Two

Requirements:

- Two ballet classes - in order to compete in jazz
- Jazz Technique (if registered in Jazz Choreography)
- Tap Level 1/2 - in order to compete in tap

Competition Choreography class offered (this class will compete):

- Jazz choreography
- Tap class (if student has 2 or more years experience in tap)

Additional classes offered (optional):

- Strength & Stretch (strongly recommended)
- Second and/or third ballet class (strongly recommended)
- Lyrical

-lyrical begins competing at Level 3. It is recommended to begin training at level 1 to compete at Level 3

Level 3

Requirements:

- Two ballet classes
- Jazz Technique (if registered in Jazz Choreography)
- At least one of the following “Support Classes”
 - Strength & Stretch
 - Injury Prevention

Competition Choreography classes offered (these classes will compete):

- Jazz choreography
- Lyrical choreography
- Hip Hop Comp

Additional Classes offered (optional):

- Additional ballet classes during the week
- Sunday ballet exam class in New Year as needed to prepare for ballet exam

Level 4 & 5

Requirements:

- Two ballet classes
- Jazz Technique (if registered in Jazz Choreography)
- At least two of the “Support Classes”
 - Jumps & Turns
 - Strength & Stretch
 - Injury Prevention
 - Students may take a third ballet class in lieu of one support class

Competition Choreography classes offered (these classes will compete):

- Jazz choreography
- Lyrical choreography

6/ Competition Fees & Deposits

Competitions and festivals charge an entry fee per student, per entry. Families are responsible for these costs in full.

Entry fees range, depending on the competition/festival:

Groups – Typically \$35-50 per student, per competition

Duets – Typically \$45-60 per student, per competition

Solos – Typically \$60-\$95 per student, per competition

Deposits

Dancers are charged a competition deposit per competitive class upon registration. This deposit is \$157.50 and allows Marr Mac to enter the dancers into competitions in the fall. Competitive class competition deposits are due in September.

Students who wish to enter solos/duets/small groups will have competition deposits of \$157.50 added to their accounts per solo/duet/small group, due by October 15.

Competition Deposits are **NON-REFUNDABLE after October 15**, as Marr Mac has paid competition entry deposits to the competitions and festivals by this time.

Fees

Once competition entries are completed late fall, Marr Mac will invoice families for the remainder of the competition fees. These fees are due upon invoice.

Administration Fees

There are additional costs to Marr Mac in order to enter dancers into competitions, therefore there is a \$52.50 Administration Fee charged per competitive dancer.

For students attending the out-of-town competition, there is an additional \$52.50 fee to help offset some of the travel costs for the directors to organize and attend this trip for the dancers.

7/ Guest Choreographers

For some competitive classes, we like to bring in guest choreographers from the greater dance community (Calgary, Vancouver, LA) to set the choreography for the older students (usually in level 3 or 4 and up). We feel this pushes the dancers to learn from a new choreographer and new style, while opening up their connections in the dance world for the future. The choreographers come in over a weekend or two during the fall to teach the pieces, and then the groups are cleaned in class

throughout the year. There is an extra fee associated with this to pay the choreographer and cover their costs for their trip. There is no cleaning fee for the set groups, as all cleaning will occur during class time. (Any small groups or solos that require cleaning time outside of class with an instructor will require a cleaning fee to be paid to the instructor.)

For a dancer to be in the choreography, they **must** be available for any rehearsal time during the choreography weekend. No exceptions. Rehearsals may be scheduled during the day on a Friday as well as Saturday and Sunday. We always try and avoid children missing school for choreography but sometimes this cannot be avoided due to choreographer schedules and the amount of dances to be learned. Weekly class attendance is also mandatory, and absences will be assessed on an individual basis, following our competition policy.

The guest choreography fee **per dancer, per group** is roughly \$200 depending on the choreographer. This covers the choreography fee plus expenses for the choreographer's travel/meals/accommodation as applicable. Cheques can be made out to **Marr Mac** and handed in to the office at any time before October 15. Please indicate on the cheque which group this is for to help us keep things organized.

The guest choreography fee **per dancer, per solo** is \$425, **per duet** is \$600. This covers the choreography fee plus expenses for the choreographer's travel/meals/accommodation as applicable. Please also make this out to **Marr Mac** and hand in to the office before October 15.

8/ Solos, Duets, Small Groups

Students wishing to enter a solo, duet or small group (outside of class time) into competition are always welcome to. The only requirements for these extra competition pieces are that the dancers are training in the discipline they wish to compete in. Additional competition requirements do not apply.

Solo/duet/small group sign up sheets are posted at the studio in September. Dancers can choose the discipline they wish to compete in and approach an instructor they would like to choreograph the piece. If an instructor agrees, students may sign up by October 1.

Instructors set their own choreography fees, and choose how much choreography and cleaning time this fee includes. Please speak to each individual instructor for this information.

Choreography fees are paid directly to the instructor and are due at the time of FIRST rehearsal.

There is a one-time studio rental fee of \$30 plus gst charged to each student to learn and rehearse choreography. Students are welcome to book studio space to rehearse their competition dances when convenient for them. Bookings can be made through the office.

Costumes for solos, duets, small groups may be ordered from costume catalogues or made by our seamstress (\$162.75 costume fee applies), rented from Marr Mac, or purchased from stores. We have found that some solo or duet costumes are easy to find in clothing stores rather than in costume catalogues, if a more simple costume is desired. The decision is left to the student and family.

9/ Travel ---- **OPT OUT DEADLINE IS DECEMBER 1**

Students in level 3 and up are entered in the out-of-town competition in the Spring. This year we are attending Dance Power Calgary. It is the expectation, (and hope!), that all dancers from level 3 and up can attend this competition as part of the team, unless an extreme circumstance prevents them from doing so. Please approach us if there is a concern regarding the attendance of your dancer, and we will do our best to help you get your dancer to the competition.

Dancers must be accompanied by a designated adult, therefore if parents or guardians are unable to attend for financial or other reasons, we are willing to help you find another family for your child to travel and stay with. Please approach us with any concerns regarding this out-of-town competition. Dancers who absolutely cannot attend, despite everyone's best efforts, must opt out with the attached competition permission form by DECEMBER 1. Dancers who do not opt out will be entered and be held responsible for competition fees.

There are additional fees associated with an out-of-town competition, such as hotel, travel, food, and a \$52.50 administration fee (explained above in the Competition Fee section). Hotel booking information is included in this package. Please see section # 15 in this booklet named "Competitions 2020"

10/ Pre-Competition Showcase

A Pre-competition showcase is held prior to spring competitions to help prepare the dancers. This allows for practice on stage in front of an audience and allows instructors the opportunity to try out costumes and space dances properly on the stage. The Pre-Competition Showcase theatre rental is provided by DancEnhance Parent Society yearly. Thank you DancEnhance!

This year's Pre-Competition Showcase will be held at **Festival Place in Sherwood Park on Wednesday February 26** after school hours. Please watch for emails approaching this date with schedule, costume requirements, etc.

Parents are welcome to come watch this rehearsal, but please keep in mind that it is a *rehearsal* and time is spent spacing and correcting dances on stage.

11/ Costume/Hair/Makeup Requirements

Costume

In order to present well at competition, the competition costume fee is higher than it is for recreational classes. Some instructors order from costume catalogues and some choose to have the costumes made by our professional seamstresses.

The costume fee for level 1 & 2 is \$89.25 per class, and Level 3 and up is \$162.75.

Earrings

Rhinestone earrings are worn with each costume unless instructed NOT to do so by the teacher. Please check with your teacher if unsure. Earrings will be available for purchase from the Marr Mac office prior to competition for \$10 per pair. Clip on versions will be available.

Hair

Marr Mac chooses a studio hairstyle for competition season to make parent and dancer lives easier. This hairstyle can be done for most dances, unless a specific style is required for a costume. Hair style will be sent out closer to competition season.

Make Up

Stage Make-up is meant to accentuate the dancer's face on stage, so the judges and audience members can see their shining faces from the back of the balcony! Stage lights tend to wash out the faces of the dancers, therefore "stage make-up" is much darker and bolder than everyday wear. Foundation, blush, eyeliner, eye shadow, dark mascara or fake eyelashes (preferred), and bold lipstick are required. Individual instructors will choose the shade of lipstick based on the costume.

12/ Competition Etiquette

Marr Mac prides itself on being a welcoming and respectful school with thoughtful and humble dancers, teachers and families. It is important to keep this in mind while at competition, and continue to represent Marr Mac 's philosophy in this setting.

Please take note of the following competition rules and etiquette. More specific rules are listed in each competition's program at the venue.

- **Photo and Video** - PICTURES AND VIDEOS DURING THE COMPETITIONS ARE NOT ALLOWED AND MAY RESULT IN THE ENTIRE STUDIO'S DISQUALIFICATION! There are often pictures and videos available for purchase at the competition if you are interested.

- **Auditorium Rules** – Please only exit and enter the theatre between performances and remain quiet and respectful in the theatre during all performances
- **Adjudications** – Remember that every adjudicator is different, with varying backgrounds, expertise and preferences. There is always something to be learned from an adjudicator no matter the outcome, and our goal is to remain positive about the experience
- **Costumes** – Please wear a jacket or hoodie over top of costumes while watching from the theatre
- Applaud for all schools, not just Marr Mac
- Remain positive about other schools, enjoy each others' talents and cheer each other on

13/ Team Wear

We encourage all dancers to wear their Marr Mac Team Wear over costumes while warming up or watching from the theatre. This shows unity within the group and exhibits a great team spirit! Team Wear can be purchased at <http://marrmacdance.entripyshops.com/>

14/ Pre-Competition Workshop – “Empowered Performance” held at Marr-Mac

March Date TBD

Lyrical, Contemporary, Jazz and Tap dancers

Again this year, we are planning a pre-competition workshop for our dancers. This workshop is a requirement for the competition team just as the competitions themselves are. Fees will be based on the number of groups, solos etc that a student has, just as it is for competition.

This year’s workshop is still in the works, but here is an idea of what took place **last year**:

We are pleased to be bringing in Certified Life Coach & Dancer Teacher Lauren Ritchie for this event.

Lauren Ritchie has been educating young artists on the physical, emotional and mental intricacies of dance for more than 13 years. Through her love of movement and dedication to developing strength and expression within each dancer, Lauren helps dancers pour their unique brilliance into their training and performance. She is an award-winning Dance entrepreneur with a BA and Coaching Certification. Lauren is the creator and host of The Dance Podcast, where conversations are dedicated to inspire and educate dancers pursuing a career in the industry. Classically trained in Ballet, Jazz, Contemporary, and Hip Hop, Lauren has worked with Professional companies like O2 The Dance Company and Princess Cruise Lines; she has danced with performers such as Michael Bernard Fitzgerald, and she sits on the selection panel for the Intensive Training Program at Harbour Dance Centre.

Lauren continues to focus on developing programs and opportunities that allow dancers to reach their highest potential. By combining fundamental dance technique with new ideas and ongoing insights from master instructors, psychologists, and industry leaders, Lauren inspires dancers of all ages. Outside of the dance studio, Lauren is also Certified Yoga Teacher and Barre Instructor in Calgary, AB.

*The workshop will be geared towards our **Lyrical, Jazz, Contemporary and Tap** dancers with a focus on the mental health aspect of competing. Dancers will take part in a "Competition Conversations" class with Lauren, discussing the obstacles, challenges, joys and celebrations that the competition atmosphere presents. Dancers will be encouraged to view and discuss the positive life lessons that competition can foster, if viewed and prepared for correctly. "Competition Conversations" will be split by age, so appropriate discussions can be had depending on the developmental stage, and involvement in competition, of the dancer.*

Dancers and teachers will then have time with Lauren for each group and solo for a one-on-one adjudication. Lauren will offer up critiques, corrections and thoughts on pushing the piece further than before, with time to work on it right then and there. This will assist the dancers in achieving their optimum confidence and potential before hitting the stage in April.

15/ Day-Of Competition

Please drop your child off with their class in the rehearsal hall listed below and then proceed to the theatre. The warm up and rehearsal areas are very busy and crowded and it is best if we don't add to the mix with waiting parents. After the group performs they will go back on stage with the other groups for adjudication. You can wait and watch in the audience until after adjudication is over and then meet back where you dropped your child off. Some competitions have a fee to get into the theatre to watch (dancers get in free). It's usually about \$5 if there is one.

Please note that all competitions may run up to 30 min ahead-of or behind schedule, therefore it is imperative to be on time!

****Please arrive at the theatre 1.5 hours ahead of time, with hair and make up already done so time can be spent warming up and rehearsing. ***

EXACT DAYS AND TIMES OF PERFORMANCES ARE RELEASED BY THE COMPETITION IN THE SPRING, USUALLY FEBRUARY OR MARCH. THESE WILL BE EMAILED TO YOU AS SOON AS WE HAVE A HOLD OF THEM.

Gravity Dance Challenge - April 1-5

Festival Place, Sherwood Park

REHEARSAL HALL: On the right when you walk in

Festival Du Ballet- April 13-14

University of Alberta, Students Union Building - Myer Horowitz Theatre

REHEARSAL HALL: Please meet in Dinwoodie Lounge, 2nd floor

Dance Power Calgary - April 14-19

University Theatre, U of C

REHEARSAL HALL: We have not been to this theatre before, so please watch for your teacher or follow signs

Dare2Dream Dance Festival - April 23-26

University of Alberta, Students Union Building - Myer Horowitz Theatre
REHEARSAL HALL: Please meet in Dinwoodie Lounge, 2nd floor

Represent – Hip Hop ONLY - May 7-9

University of Alberta, Students Union Building - Myer Horowitz Theatre
REHEARSAL HALL: Please meet in Dinwoodie Lounge, 2nd floor

Evergreen Dance Festival - April 29-May 3

Festival Place, Sherwood Park
REHEARSAL HALL: On the right when you walk in

16/ Competitions 2020

Exact days and times will be sent once received in the New Year. Please note that some teachers are entering their students into [Dance Power Calgary](#).

- [Dance Power Calgary - April 14-19, University Theatre, U of C](#)
 - **Some classes only. See list below**
- **Gravity Dance Challenge** - April 1-5, Festival Place, Sherwood Park
 - **All competitive dancers**
- **Festival Du Ballet** – April 13-14, Myer Horowitz Theatre, U of A
 - **Ballet solos**
- **Dare2Dream Dance Festival** - April 23-26, Myer Horowitz Theatre, U of A
 - **All competitive dancers**
- **Evergreen Dance Festival** - April 29-May 3, Festival Place, Sherwood Park
 - **All competitive dancers**
- **Represent Hip Hop Competition** - May 7-9, Myer Horowitz Theatre, U of A
 - **Competitive Hip Hop Level 4/5**

NEW LOCATION & COMPETITION – Dance Power Calgary - U of C University Theatre

We will be attending **Dance Power Calgary** for dancers Level 3, 4 and 5, not including Hip Hop.

We understand that not all dancers may be able to attend this competition; in that case you would **not** be responsible for the entry fees as long as we receive this form by December 1. Please make sure your teacher knows a.s.a.p. if your dancer is **not able** to attend the Calgary competition. Dancers who are allowed to attend but need a chaperone to ride with and stay with (i.e. another family or a teacher) are most welcome to do so, and is highly encouraged so as not to disrupt the group with missing dancers.

It is held at the U of C and the host hotel is: [Aloft Calgary University](#), 2359 Banff Trail NW

There is usually a group rate if you quote **Dance Power**. Please feel free to stay at any other hotel of your choosing,

Calgary Participating Classes

- Level 3 Jazz, Lyrical
- Level 4 Lyrical, Jazz,
- Level 5 Ballet, Jazz, Lyrical,
- Solos/Duets/Trios are discussed with the choreographer/teacher

Costs for Dance Power Calgary

- Administration fee
 - \$52.50 fee for all dancers attending (please see section 7 for explanation of admin fees)
- Competition entry fees (please see section 7 for estimate of fees)
- Students are responsible for their own transportation, hotel, food and travel costs.

17/ COMPETITION ENTRY PERMISSION FORM

To Be Returned by all competitive dancers

Attendance & Fee Policy and Parent Permission

Your child will be entered into Spring competitions/festivals held in the new-year. These take place in April and May – usually on the weekends but at times they are scheduled during a weekday for which they may need to miss school. We typically enter **3** local competitions. As well we offer **1** out of town competition for Level 3 and up in Jazz, Lyrical, Ballet and Tap. There is an entry fee for each competition that you will be billed for. Competition fees need to be **paid in full before the first competition date**.

A competition deposit of \$157.50/dance was due upon registration for each competitive class. Solos, Duets and Small Groups will have a deposit of \$157.50 deposit/dance added to their account due October 15.

Dancers who participate in competitions, are required to follow the competition policy you agreed to at registration to ensure the students in the group are committed equally. Further clarification of this policy follows;

- ❑ Please refer to attendance policy in Competition Handbook/Parent & Student Handbook
- ❑ It will be at the teacher's discretion as to whether or not the dancer will participate in competitions if they miss more classes/rehearsals than what is described in the attendance policy.
- ❑ If you are going on an extended holiday (more than one missed class) during the dance season, please let the teacher know up front so she/he can decide if your dancer can participate in competitions/festivals.

- ❑ There will be **no refunds** of competition entry fees if a dancer is unable to participate in the competition/festival for any reason.
- ❑ For Choreography done **outside of class time** (ie; solos, duets, small group, guest choreographer), choreography fees must be paid to the Choreographer on the **first day of rehearsal**.

PLEASE RETURN TO THE OFFICE ASAP

ALL ENTRIES FOR THE OUT OF TOWN COMPETITION WILL BE SUBMITTED BY DECEMBER 1. PERMISSION FORMS NOT RETURNED BY THIS DATE WILL BE ASSUMED TO BE ATTENDING AND WILL BE ENTERED. FEES WILL NOT BE REFUNDED.

Dancer (s) name (s): _____

LOCAL COMPETITIONS (Parent please initial, or dancer if 18 or older):

____ I understand that by registering my child in a competition class or solo/duet/trio, they will be registered in the local competitions outlined above. I understand the commitment involved including the attendance policy and payment of fees.

____ I would like my child to participate in Spring Competitions/festivals as outlined above; however, we will be on vacation during these dates _____. I will make a point of discussing this with the teacher and directors by December 1.

DANCE POWER CALGARY:

____ I would like my child to be entered in the **out of town competition**, if my child's class/solo/duet is participating.

- I will be traveling with my dancer(s) to CALGARY _____.
- I need a chaperone arranged to bring my dancer(s) to and from CALGARY and also to stay with while in CALGARY _____.
- I will not be going but I have arranged for my dancer(s) to stay with the following family/teacher _____.

- I am aware there is an additional \$52.50 administration fee per dancer (not per dance) for those attending the competition _____.

My dancer (s) _____ will **not** be participating in the CALGARY Competition.

Date: _____ Name (print) _____

Signature _____