

Competition Handbook

2023/2024



PERFORMANCE

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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, Deanna, and Bridget, 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

Deanna Ketsa 1968@marrmac.com

Bridget McFarlane bridget@marrmac.com

Parking Lot

Please park in the South lot of Windsor Plaza.

License plates must be registered at Marr Mac using the QR code 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.

Competitive Stream Timeline:

- Sept- Jan: Classes start in September, with choreography starting in the fall
- Feb/Mar: All competitive groups, solos, duets, trios participate in our Pre-competition showcase. This is a time for students to space out/run through their numbers on a stage and get feedback from teachers
- Apr: Competitions! We typically participate in 3 in town and 1 out of town competition during our dance season. ONLY dancers level 3 and up participate in our out of town competition.
- June: Year end recital! All of our competitive groups will be included in our year end show in June!

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.

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/ Teacher-Student Communication

This year in our older competition classes, we are setting up **Band** groups through the Band app in order to share choreography videos and to communicate within the group when necessary.

This is a place where students can review videos from previous weeks as well as easily contact a teacher in a group chat setting. We find this is sometimes necessary when it gets closer to competitions and questions arise surrounding hair, make up, costumes, venue etc. and it's beneficial for the group to see the responses.

We are asking all contact between students and teachers remain through Band or through email, and that contact between parents and teachers remain through email initially, where possible. Phone calls and in person meetings may always be scheduled when necessary.

Your teacher will send you a link to sign up for the band for their class and while we are using this to communicate with the students, parents are welcome to be in the band as well if they wish.

5/ 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 dancer's 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. Families new to MMP who are at the age of level 3 and up must be assessed to ensure they are put in the correct level.

6/ 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.

Hip Hop (all levels) - registered in Hip Hop class

Tap (all levels) – Tap Technique class plus Competitive Choreography class

Ballet (level 3 and up) – minimum 2 Ballet classes

Musical Theatre – must be registered in Jazz

Jazz, Lyrical*, Contemporary* (*Lyrical and Contemporary begin competing at Level 3. It is highly encouraged to begin training in Lyrical in Level 1)

- Prep
 - Required classes: Jazz tech & choreo
 - Ballet is strongly recommended
- Level 1
 - Required classes: 1 Ballet and Jazz Tech
 - Required hours: minimum 2 hours/week
- Level 2
 - Required classes: 1 Ballet, Jazz Tech, Tap
 - Required hours: minimum 5 hours/week between multi disciplines
- Level 3/4/5
 - Required classes:
 - 2 VB Ballet (and completion of spring ballet evaluations)
 - MMP Team Warm up
 - Tap
 - Two of the following: Jazz Tech[†], Jumps & Turns, and/or Stretch & Strength
 - Required hours: 9 hours/week
- Level 6: 1 Ballet and Jazz Tech
 - Required hours: minimum 3 hours/week
 - Highly encouraged: MMP Team Warm UP
 - Requirements are less for Level 6 as these are typically Grade 12 dancers, balancing school and dance, who have many years of training behind them

[†]Jazz Tech is required if taking Jazz and will also count towards “two of the following”

7/ 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 \$40-60 per student, per competition

Duets – Typically \$50-65 per student, per competition

Solos – Typically \$70-\$100 per student, per competition

Deposits

Dancers are charged a competition deposit per competitive class upon registration. This deposit is \$200.00 and allows Marr Mac to enter the dancers into competitions in the fall. Competitive class competition deposits are automatically charged to your card (unless paid otherwise) on Nov 15.

Students who wish to enter solos/duets/small groups will have competition deposits of \$200.00 added to their accounts per solo/duet/small group, due by November 15.

Competition Deposits are **NON-REFUNDABLE after November 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 will be added for your November tuition and charged to your account on November 5th.

Administration Fees

There are additional costs to Marr Mac in order to enter dancers into competitions, therefore there is a \$100 Administration Fee charged once per competitive dancer.

When entering an out-of-town competition, there is a \$100 administration fee charged per dancer to those entered in the out-of-town competition. This is only for dancers **level 3 and up**.

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.

We highly encourage the use of our in-house teachers for solo/duet/extra group choreography. If you would like to use a choreographer from outside of the Marr Mac instructor roster, please contact Marie (marie@marrmac.com).

Solo/duet 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 also a one time \$50 solo cleaning and studio rental fee. This covers the cost of the studio rental time that is associated with the choreography, cleaning, and any extra rehearsal type time. This fee also allows them to take part in the Monday night cleaning sessions that will occur from Nov-Apr on a drop in basis. Students are also welcome to book studio space to rehearse their competition dances when convenient for them. Bookings can be made through the office.

Extra Groups

Any trios or extra groups that dancers wish to compete this year will all be organized through the office. If your dancer would like to participate, please reply to this email or reach out to Bridget with any questions or to sign up!

Rehearsals will be scheduled weekly, with the exception of long weekends and holidays. Rehearsals will primarily be on Sundays, unless another day/time is better for the dancers and teacher. Teachers will communicate if any extra rehearsals or cancellations are needed. The choreography and rehearsal fee covers all extra rehearsals between now and competition season. Groups will begin rehearsing in October. The fees are as follows, but please keep in mind these cover the choreo and rehearsals only, and costume and competition fees will be in addition.

Choreography & Rehearsal Fees

Trio - \$280/dancer

Small groups (4-5 dancers) - \$200/dancer

Medium group (6-8) - \$175/dancer

If your dancer has a specific trio/group, style, or teacher in mind, please let Bridget know and she will get you in contact with them. If your dancer would like to participate but doesn't have a preference of style, size of group, or teacher, let Bridget know and she will tell you your options based on who all signs up! There is no pressure to add on extra groups, this is just for those dancers who wish to have more pieces in competitions.

Costumes for solos, duets, small groups may be ordered from costume catalogues or made by our seamstress, 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. The fees applied will depend on what is decided between the dancer(s)/Families and the choreographer.

9/ Travel

Students in level 3 and up are entered in the out-of-town competition in the Spring. This year we are attending Dance Evolution in Bearsaw, Alberta. 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 \$100 administration fee (explained above in the Competition Fee section).

10/ 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 Prep- Level 2 is \$100.00 per class, and Level 3 and up is \$155.00

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.

11/ 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! We will be releasing a team wear order form soon so keep your eyes out!

12/ Pre-Competition Showcase

In the past, we had the non-profit group DancEnhance Parent Society provide us with the opportunity to have a pre-competition showcase. With their dissolution, we are looking into how to put on our pre-comp showcase this year. This typically happens in February/March. Please keep a look out for any updates we send about this!

13/ Competitions 2024

Exact days and times will be sent once received in the Spring. Please note that Competitive Levels 3 and up are entered into [Dance Evolution](#).

- Ballet Harmony – Feb 9-11 2024
 - TBA, Edmonton
 - All competitive ballet dancers
- Terpsichore Dance Celebration- April 3-7 2024
 - Edmonton Expo Centre, Edmonton
 - All competitive dancers
- Diamond Dance Extreme - April 11-14 2024
 - Horowitz Theatre, Edmonton
 - All competitive dancers
- Dance Evolution Festival – April 17-20 2024
 - Rockpointe Church, Bearspaw, 255024 Lochend Rd
 - Select Competitive Dances (See List Below)
- Dare to Dream – April 25-28 2023
 - Triffo Theatre, Macewan University, Edmonton
 - All competitive dancers

OUT OF TOWN COMPETITION – Dance Evolution – Rockpointe Church 255024 Lochend Rd – Levels 3, 4, 5

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 Bearspaw 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 Rockpointe Church in Bearspaw and the host hotel information has not been released. Usually there is a group rate associated but keep an eye out for further details. Please feel free to stay at any other hotel of your choosing

Participating Classes

- Level 3 Jazz, Lyrical, Tap
- Level 4 Lyrical, Jazz, Tap
- Level 5 Jazz, Lyrical, Hip Hop
- Lyrical Large Group
- Solos/Duets/Small Groups are discussed with the choreographer/teacher

Costs for Dance Evolution

- Administration fee
 - \$100 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.

NEW BALLET COMPETITION– Ballet Harmony –Arden Theatre, St. Albert – Dancers with Ballet solos, duets, and/or groups
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This year we are offering our ballet dancers the opportunity to participate in Ballet Harmony, a **ballet-only** festival. There will also be a workshop for participating dancers at no extra cost. This will take place February 9-11, 2024.

14/ 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 other's talents and cheer each other on

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

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 MARCH. THESE WILL BE EMAILED TO YOU AS SOON AS WE HAVE A HOLD OF THEM.

Ballet Harmony - Feb 9-11 2024

Arden Theatre, St. Albert

Rehearsal Hall: TBD

Terpsichore Dance Celebration - April 3-7 2024

Edmonton Expo Centre, Edmonton

Rehearsal Hall: TBD

Diamond Dance Extreme- April 11-14 2024

Horowitz Theatre, Edmonton

Rehearsal Hall: Dinwoodie Lounge

Dance Evolution Festival – April 17-20 2024

Rockpointe Church, Bearspaw, 255024 Lochend Rd

Rehearsal Hall: By entrance

Dare to Dream – April 25-28 2023

Triffo Theatre, Macewan University, Edmonton

Rehearsal Hall: Up the stairs (Black Box Room)

16/ 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– usually on the weekends but at times they are scheduled during a weekday for which they may need to miss school. We have 3 local competitions for all competitive dancers, 1 out of town competition for dancers level 3 and up, and 1 ballet only competition.

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 \$200.00/dance was due upon registration for each competitive class. Solos, Duets and Small Groups will have a deposit of \$200.00 deposit/dance added to their account due November 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** from Marr Mac 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 **prior to/on the first day of rehearsal**

PLEASE RETURN TO THE OFFICE ASAP

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 Evolution BEARSPAW:

____ 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 BEARSPAW _____.
- I need a chaperone arranged to bring my dancer(s) to and from BEARSPAW and also to stay with while in BEARSPAW _____.
- 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 \$100 administration fee per dancer (not per dance) for those attending the competition _____.

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

Date: _____ Name (print) _____

Signature _____