

Coming Prepared



Elements of a successful season!

Our expectations with for our dancers this season. Ensuring that these expectations are met will help create a focused and positive training environment, setting them up for success for the remainder of the season.

To ensure that each dancer is fully prepared, we ask for your help in reinforcing the following:

- Come to class prepared: Dancers should review their routines multiple times outside of class to ensure they are confident and ready to refine their skills during practice.
- Dress for success: Hair should be in a bun and dancers must wear appropriate dance attire. This includes bringing the proper dance shoes to class and not wearing sweatpants or sweatshirts, which can restrict movement.
- Respect the learning space: When the coach is instructing, dancers should be listening, not carrying on side conversations or practicing skills/choreography for classes other than the one they are currently in. Staying focused helps everyone learn and grow together.
- Respect the coaching staff: We have noticed some dancers walking away in the middle of practice unannounced during instruction and sitting on their phones during quick water breaks. To maintain structure and maximize learning, we ask that dancers remain present and engaged throughout practice.
- Support one another: We have incredibly talented teams and it's important that dancers lift each other up with encouragement and respect. A positive environment will help every dancer feel motivated and confident.
- *Attendance: Make practices and performances a priority. Dancers' classes and teams depend on it. Every dancer is needed from count one to make a true practice, or performance, effective and organized. If you are absent, you must inform your coach and get caught up on missed material before the next class. That includes posting a video in their team band. Dancers must be at class leading up to the each TWD. If a dancer is missing the week of a TWD they have the chance of being pulled and not performing if they do not know their routine(s).

Classes	Hair & Attire, Etc. for Every Week
Stramakers	Hair should be pulled back into a ponytail Bring A Yoga Block Jazz shoes (turners for lyrical) Bring a water bottle
Dream Teams	Hair should be pulled back into a ponytail Bring A Yoga Block Jazz shoes (turners for lyrical) Bring a water bottle
Hip Hop	Hair should be pulled back into a ponytail or bun Bring a water bottle Hip Hop Shoes or tennis shoes (NO SANDALS)
Pom	Hair should be pulled back into a ponytail or bun Bring a water bottle Jazz shoes Bring your poms each week



