

## About Principle Dance's 2018-2019 Pathway Program

### **Principle Dance's promise to dancers:**

We will always do our best to give dancers the tools and opportunities needed to attain personal goals. We will challenge you to reach your full potential within a safe and supportive environment. Dancers are always welcome to contact us and discuss concerns.

**Select dancers are annually invited to join the Pathway Program. This program offers a challenging curriculum in order to serve focused and dedicated dancers who want a more in-depth experience or to one day pursue dance professionally.** Students attend concentrated ballet technique classes which will be followed by pre-pointe or pointe work. They will have the opportunity to attend special guest artist workshops throughout the school year.

Pathway students are challenged to push beyond comfortable boundaries, express new ideas, and find themselves within the constraints of technique. Practical skills learned include: maintaining a schedule, communicating needs, reliability, coming to rehearsals and performances independently prepared, as well as problem solving within a group.

### **Requirements to join:**

Dancers must be at least 10 years old and demonstrate the maturity and focus required for a 90 minute ballet class and additional 30 minutes of pre-pointe/pointe twice a week. Dancers must demonstrate discipline and commitment in terms of dress code, punctuality, consistent class attendance, proper etiquette, and technical progress. In order to transition from the Home Program to the Pathway Program, dancers must have a clear understanding and demonstrate physical capability of technical ballet elements practiced in a more concentrated and challenging environment. Core strength and understanding of turn out are also necessary.

Pathway ballet classes include a 90 minute ballet technique class followed by 30 minutes of pre-pointe strengthening or pointe class, twice a week. While it's not a requirement, most Pathway dancers take an average of 4 classes per week. Full Body Conditioning for Dancers, Contemporary and Jazz technique classes are **strongly** recommended. Many college dance programs and professional dance companies are looking for strong, well-rounded dancers that are able to perform or show competency in many different styles of dance. It is vital to take advantage of developing new technical skills in addition to honing the strong foundation of ballet.

**Ballet technique and pointe will be practiced separately.** NEW! This year, Beginning Pathway 90 minute technique classes will be followed by 30 minutes of pre-pointe strengthening in ballet shoes or pre-pointe shoes, if permitted by the director. Pre-pointe work is **critical** for developing the lower extremity strength necessary to be successful dancing en pointe and is integral in preventing injuries due to muscle instability. Intermediate and Advanced Pathway ballet technique classes will continue to be 90 minutes long followed by 30 minutes of pointe.

**Dancers must participate in all studio performances.** This includes a more extensive rehearsal schedule.

**Dancing during the summer is required.** If a student cannot register for the summer Pathway Intensive, technique classes, and/or the Nutcracker Workshop, that dancer must independently find a way to maintain strength over the summer months. Not dancing for an extended period of time results in lost strength. If a student is not strong enough to join classmates in the fall, he/she may have to withdraw from the class. Dancers invited to join Pathway and/or begin pointe in the fall must return with the strength he/she had during recital season.

### **Assessment of dancers while in the program:**

Before a new season begins, the director will email parents to schedule a 15 minute conference with each dancer to set personal goals for the year and make sure program expectations are understood. Teachers will regularly assess each student's performance in class. At any point in time: Falling behind the class, losing strength, and/or failing to uphold the requirements of the Pathway Program may result in dismissal from the program.

### **Pointe shoe permission:**

The director will email you when a student is ready for pre-pointe or pointe shoes. Until then, do not buy or wear them. If a student loses strength or fails to maintain the focus and dedication the Pathway Program requires, the instructor may determine she is no longer permitted to wear pointe shoes and attend this class. Inconsistent attendance and failure to keep up with the class's progress makes practice in pointe shoes unsafe.

### **Performance Opportunities:**

Some students will be chosen to perform lead or featured roles in performances. **Roles are often given with the intention of challenging an individual dancer to grow beyond his/her comfort zone.** These students demonstrate proper dress code, punctuality, excellent attendance, application of corrections with a positive attitude, and technical strength. They work hard in class and demonstrate the capability of holding an audience's attention independently. **Equally important is demonstrating a positive attitude and support of others regardless of how casting plays out.** Coping with disappointment in a constructive way is part of being a dancer. Teachers take note of dancers' attitudes when considering future casting.

Receiving a lead or featured role in a performance does not guarantee you will have a lead or featured role in every performance moving forward.

### **Conduct Expectations:**

**Pathway dancers are expected to work hard and progress consistently.** This may require a student to choose Pathway commitments over other opportunities. Dancers are committed to their classes and classmates. All absences must be excused by a Principle Dance faculty member in advance. **Never be a no show!**

**Dancers follow all studio rules and demonstrate qualities we value.** In addition to maintaining the requirements of joining the Pathway Program, dancers must serve as positive examples to all students at Principle Dance. See Student Guidelines below.

#### **Principle Dance Student Guidelines**

1. Always give your best effort.
2. Treat everyone with kindness.
3. Respect your teacher by listening carefully, following directions, & thanking him/her after class.
4. Wear proper uniform in order to dance your best and be part of your group.
5. Be on time.
6. Do not chew gum.

#### **Students at Principle Dance are:**

1. Enthusiastic
2. Considerate
3. Generous
4. Dedicated

**Ethics**

Pathway students are expected to be open about all of the places they take classes if attending them outside of Principle Dance. They will not gossip or speak negatively about Principle Dance, its teachers, staff, or students. They will not discuss or promote classes offered by other dance studios with Principle Dance students.

**Internet guidelines**

The boundaries of an appropriate student-teacher relationship must be upheld online as well as in the studio. FACEBOOK: Students should not become friends with their teachers on Facebook. However, they may join the Principle Dance place page. (Make sure you “like” facebook.com/principledance) Once a student graduates from high school, friending teachers on Facebook is fine. INSTAGRAM & TWITTER: Students are welcome to follow Principle Dance on Instagram and Twitter.

**Withdrawal**

Should a Pathway student withdraw from Principle Dance for any reason, the decision will not be shared with Principle Dance teachers or students until the director is first notified.