

# Rebel Heart Irish Dancers

## Contact Information

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**Important Dates** — We will be observing the following holidays. Please refer to the newsletters for more specifics regarding class cancelations due to holidays and performances.

Oct 27, Oct 31 - Halloween and Trick or Treat night

Nov 23-26 Thanksgiving— Classes Resume Monday

Winter Break — from December 22. Classes Resume 1/2/17

MLK Day — January, Presidents' Day — February

April 12-16 Easter Break — Classes resume Easter Monday

May 26-29 Memorial Day — Classes resume Tuesday

### 2017 Events

\*Anniversary Celebration—January or February

\*5th Stage Show — weekend in May

\* Anniversary Trip to Disney—week of June 18th

### Social Media Sites



Facebook — [www.facebook.com/RebelHeartIrishDancers](http://www.facebook.com/RebelHeartIrishDancers)

YouTube — <http://www.youtube.com/RebelHeartIrishDance>



**Practice CD**—This year’s practice CD has all the tracks we use in class for stretches and dances as well as new show choreography. It is available for purchase for \$5.

**Private Lessons** — Private Lessons give a dancer one-on-one time with an instructor to help them develop their individual abilities and improve technique. If a dancer is accelerating above the abilities of their classmates, private lessons can help them move into a higher level, but will not guarantee placement in a higher level. Schedule lessons with Miss Kariann or Miss Teresa \$25 per dancer, per hour for an individual lesson, \$40 for a semi private lesson (2-3 dancers).

# Rebel Heart Irish Dancers

## Class Policies

- Dancers should be respectful of fellow dancers and the studio property. Upon arriving to the studio, dancers can use cubbies to store their dance bags and street shoes. Please be sure that ALL items are clearly labeled.
- We encourage dancers in Beginner 2B and above to bring a notepad to write down choreography or record their steps with an appropriate device—parents can video tape new step demonstrations at the end of class.
- Please remind your dancer to use the bathroom before entering the studio. Socialization should happen before or after class, not during class. Water breaks are a privilege. Please leave cell phones and electric devices off and in your dance bag.

No street shoes, chewing gum, food or drinks other than water on the Rosco floors.

### Dress Code

To maintain the professional attitude of RHID, students should respect the dress code. Attire is considered a personal reflection of individuals and the group. Proper attire is essential for safety of dancers, class discipline, and technique evaluation.

#### Appropriate attire for class:

Official RHID apparel or plain black top, black athletic shorts (girls: black skirt with bloomers, black tights or leggings); B or W socks, hair secured, appropriate foot wear.

#### NOT appropriate attire for class:

Colored clothing, long pants, ripped/cut clothes, low-cut or revealing tops, or undergarments showing; jewelry such as dangle earrings, rings, bracelets, watches, etc.

### White on Right!

For dancers in Beginner 2A and below, we strongly encourage wearing a **white sock on the right foot for class**. This is very helpful for the dancer especially when learning new choreography.

### Allergies

Dancers should refrain from wearing perfume, or strong fragrances due to sensitivity of others. Do not bring snacks that contain peanuts.

### Tardy Policies

Please plan to arrive PRIOR to the start of class. Dancers should stretch on their own before their class. Warming up is very important in preventing injuries and increasing flexibility. Dancers who arrive 10 minutes late or more will be asked to observe that class. This is for the dancer's safety.

### Shoes and personal items left behind

Dancers should always check their dance bag before leaving the studio. Dancers who leave their dance shoes at the studio will be assigned cleaning tasks to earn their shoes back. There is a lost and found box at the studio, however, items left for more than one month will be discarded.

### Reporting Absences and Making up Missed Classes

Please contact RHID via email or phone to let us know if your dancer will be absent from class. Dancers are encouraged to make up missed classes by attending a lower level class. Refer to the current class schedule to find a class that is suitable for the dancer's schedule.

# Rebel Heart Irish Dancers

## Level Progression

### Level Placement

Classes graduate to higher levels when they meet level and technique requirements. This doesn't always happen at the start of each dance year. When your dancer's class meets the requirements, they will become the next highest level. On occasion, an individual dancer who possess excellent technique and demonstrates a good work ethic may be invited to try out a higher level class. Private lessons and supplemental classes are designed to help dancers reach their goals for advancement.

### Tuition Rates and Policies

- **Current Tuition Rates for RHID can be found on our website**
- RHID prefers payment by credit card via our website, or by check dropped at CH or mailed.
- Because does not pro-rate classes, students are encouraged to make up missed classes.
- A non-refundable registration fee of \$40.00 is due at the beginning of each dance year, or for new students enrolling during the year. This fee is not applied to tuition.
- Notify RHID immediately if a student drops a class, otherwise you may be billed for those classes
- All accounts not paid by the 10th will receive a 20% late fee applied to the account.
- All accounts must be paid in full by the end of each month in order to remain a member of RHID. If the account still has a balance, your student will not be allowed to participate in classes or performances
- No refunds will be given.
- **We have discounts available for multiple classes, multiple dancers, and paying for multiple months, we also offer referral discounts and we have partial scholarships available. Check out the tuition page of our website for details.**

### Referral Program

RHID has a referral incentive program. Dancers are encouraged to bring friends to the studio to take or observe a class. If the person they refer joins Rebel Heart, the dancer will receive a \$5 off voucher for the next month's tuition.

# Rebel Heart Irish Dancers

## Costume Fees

Beginner Jumper	Novice Dress	Boys Costume
Cost: \$100 Includes Embroidered Satin Dress, and Blouse. <i>Does not include tights or bloomers.</i>	Cost: \$400 Includes Stiff Paneled dress, and Headband. <i>Does not include tights, bloomers, or dress bag.</i>	Beginner Cummerbund: \$25 Novice Cummerbund and cuffs: \$50 <i>Does not include White or Red dress shirt.</i>

Used beginner costumes are often available at a discounted rate.

## Costume Care

If your dancer wishes to perform with RHID, they will need to purchase a costume. Please note the costume policies and follow proper care for handling of the costume.

- Please do not arrive at performance in costume
- Dancers are responsible for ordering replacements, if any part of the costume gets lost.
- Dancers *may* wear their costume when performing outside of Rebel Heart but Miss Stephanie would like to approve your dances!
- Be sure to *air out the costume* after performances, and when not in use, stiff dresses *should lay flat*, if hung, panels will bend and become misshapen.
- Girls who wear their dress without a blouse should wear a gel based deodorant, to avoid staining the dress.
- Do not iron directly on any sequins as they WILL melt.
- It is the responsibility of the costume owner to make any repairs or alterations.
- Embroidered costumes can not be washed or dry cleaned, but they can be spot cleaned.
- Dancers who leave the troupe are encouraged to sell their costume to other dancers

## Shoe Resources

Used shoes in various sizes are available for sale at the Camp Hill studios; we also encourage dancers to sell their old shoes. We encourage shoe swaps when possible.

Dancers are expected to purchase shoes after one month of classes at RHID.

*Please show new shoes to your instructor for proper sizing before wearing them in class or marking them.*

**Dancers are expected to label their dance shoes. A simple address label on the inside of the shoes will suffice.**

- Shoes may be purchased from [www.keilys.com](http://www.keilys.com).

Antonio Pacelli Ghillies (\$40-50) must be 1.5-3 sizes smaller than your street shoe and will be very tight when you first wear them.

Fays Hardshoes (\$130) one of RHID preferred brands please talk with your instructor for sizing.

- Or from [www.corrssirishshoes.com](http://www.corrssirishshoes.com)

Corrs Ghillies (\$30-60) eco ghillies are recommended for dancers with small feet and beginners only. Shoes are available to try on at the studio. Corrs Hardshoes (\$100-\$160) a RHID preferred brand, please talk with your instructor for sizing and brand options.

- Boy's Reel Shoes, recommended for boys in Beginner 2A and above, may be purchased from: [www.redheaddancer.com](http://www.redheaddancer.com) for \$75. Young Beginner boys may wear jazz shoes which can be purchased at any dance supply store or on [www.discountdance.com](http://www.discountdance.com) for \$20.

# Rebel Heart Irish Dancers

## Show Survival Guide

**Arriving at Shows:** In order for us to be identifiable as a group, we require that dancers arrive to all performances in RHID items. **Please bring sneakers your dancer can practice in.**

**Boys:** should arrive in their black dress pants, and a white or black t-shirt.

**Girls:** should arrive with opaque black tights, black spaghetti strap leotard or bloomers, already on. Hair should be pulled back on the crown of her head, and headband should be secured with hairpins. No scrunchies or clips. If the dancer doesn't wear a blouse, they should get a clear deodorant to avoid staining. The modesty of our dancers is very important to us, we require our female dancers to wear a leotard or bloomers on top of their tights. If your dancer arrives without one, they will NOT be allowed to perform. *No Colored Nail Polish* (clear, natural, or French is allowed), *or any jewelry* (one pair earrings.) Girls are REQUIRED to keep a **spare pair of tights in their dance bag**, holes and rips in tights will not be permitted.

**Put on costume at the last minute:** In order to help preserve the costumes, we will wait until after we have stretched and rehearsed to put them on. Do not arrive with the costume already on.

**Hardshoe Dancers:** Please put a roll of duct tape in your dance bag, we often perform on slick surfaces, and the duct tape applied to the bottoms of the shoes will prevent slipping.

**Eating healthy:** will help your dancer give a good performance. Try to avoid fast food and absolutely NO SODA!

**Reporting Times:** Report times for shows are one hour before the show time (unless otherwise noted.) If a dancer arrives late to a performance without giving prior notice and we already practiced a routine that the dancer knows, they will not be in that dance for the performance. It is unfair for the dancers who arrive on time to have to modify a dance multiple times after we have practiced it in order to include a dancer who has arrived late.

**Keeping Items Orderly:** Bring a big bag and keep all your belongings contained inside. This will help to prevent lost items and will keep practice areas more organized.

**Lost Items:** Please check that your dancer has all their belongings with them before departing from a show. We will not allow any dancer to perform without their dance shoes and all costume elements. If a dancer misplaces their shoes and or costume, they will be responsible for locating them or replacing them. **We are not responsible for lost items.**

**Rules for Nursing Homes:** The purpose of our Nursing Home shows is to entertain the Residents of the Home. Please keep these tips in mind when at the nursing home: **Parking** – DO NOT PARK IN RESIDENT SPOTS, **Volume** – dancers and parents are asked to be respectful while in the home of others. **Watching the performance** – parents and friends may watch the performance as long as they are not taking away from the view of the residents. Some shows are in very small spaces – parents & siblings will be asked to wait outside the performance areas in those facilities.

**Pub Shows:** There are age/level requirements for some shows. We invite everyone including friends and family to join us at our Pub shows! Please use your discretion to determine if the establishment is suitable for young children. Refrain from taking a table for the entire evening.

# Rebel Heart Irish Dancers

## Irish Dance 101

**Step Dancing:** Irish dance is often referred to as “Step Dancing”. Movements are performed in 8-count sections which are danced first with the right foot, then with the left—this 16-count movement is called a step.

**Types of Step Dances & Time Signatures:** Step dances are movements performed by individuals that require music with a specific time signature to be performed. For soft shoe solo dances, these time signatures are the Reel (4:4 time), Slip Jig (9:8), Single Jig (6:8), and Light Jig (also 6:8 time). In the hard shoes, there is the Treble Reel (4:4 time), which is much slower than soft shoe reel; the Treble Jig (6:8), also slower than soft shoe Jigs; and Hornpipe, which can be in either 2:2 or 2:4.

**Ceili Dances:** Pronounced “kay-LEE”, Ceilis are group dances. These incorporate simple movements that are performed by dancers in groups of 2, 4, 6, 8, and so on, to a reel or jig. Each dance year, we will introduce several traditional Ceili’ Dances as part of our performance repertoire.

**Set Dances:** A set dance is a movement performed in Hard Shoe. The first part of the dance is called the “step” (either a Jig or a Hornpipe), followed by a “set”, which varies in length from 8 to 30 bars of music. There are several traditional set dances—St. Patrick’s Day, Blackbird, Job of Journeywork, Garden of Daises, and White Blanket, to name a few—and around 30 non-traditional set dances.

**Soft Shoes:** Girls wear a leather slipper with laces that tie around the ankle and arch, called Ghillies. Boys wear what are called “Reel shoes”, which are also made of soft leather, but fitted with a fiberglass heel. Boys steps in higher levels incorporate sounds into their movements, made by clicking their heels together.

**Hard shoes:** Also called “Jig shoes” or sometimes heavy shoes, these are made with heavy leather and fitted with a fiberglass toe and heel. The price difference of the shoes vary based on the quality of the glass—more expensive glass makes higher quality, louder sounds. Dancers usually train 3+ years in soft shoe before they can earn hard shoes.

## Release Statements

**Liability Release:** I am aware that dance training and the athletic exercises associated with it place unusual stress on the body and carry the risk of physical injury. On behalf of my child or myself (and if I am no longer a minor, on my own behalf), I assume the risk and agree that the Rebel Heart Irish Dancers shall not be liable in any way for injuries sustained during attendance at the studio or any of its related functions. I also understand that good dance training involves touching and adjustment of the student’s body by the instructor.

**Publicity Release:** I hereby authorize the Rebel Heart Irish Dancers to record the student’s picture and voice and to incorporate these recordings into video or photos on web, radio, or television broadcast programs. I also give my permission for RHID to use and license others to use these materials in any manner or media whatsoever. RHID is permitted to use these materials for publicity, advertising and sales promotion and to use the student’s name, likeness and voice and biographic or other information in connection with them. I acknowledge that no promises of compensation were made by RHID for such use.

**Medical Release:** In the event I cannot be reached, I hereby give my permission to the faculty, staff and chaperones of the Rebel Heart Irish Dancers to authorize any emergency medical care that may be required by the above student during participation in classes, performances, or any related RHID events. This authorization extends throughout the current academic year or until the student is no longer enrolled at RHID, whichever comes first. I understand that I am responsible for any and all charges as a result of such care or medical treatment.

# Rebel Heart Irish Dancers

## Signatures Required

As an active member of the group, I will refer to this book and additional materials provided throughout the year to stay informed. I understand and agree to adhere to the policies of the group. I will initial each section of the form as they are explained to me.

- \_\_\_\_\_ **Ways to Communicate** — I will read the monthly newsletters and materials.
- \_\_\_\_\_ **Class Schedule** — I know when my child's classes are.
- \_\_\_\_\_ **Class Policies** — I agree with the policies.
- \_\_\_\_\_ **Dress code** — I will respect the dress code.
- \_\_\_\_\_ **Tardy policies** — I will do my best to get my child to class early.
- \_\_\_\_\_ **Shoes left behind** — I agree that my child has to earn forgotten items back.
- \_\_\_\_\_ **Absences/Make up** — I know what class my child can attend as a make up.
- \_\_\_\_\_ **Tuition Policies** — I understand and will comply with the tuition policies.
- \_\_\_\_\_ **Referral Program** — I understand this program.
- \_\_\_\_\_ **Around the Studio** — I will respect the practice locations.
- \_\_\_\_\_ **Costume Care** — I will care for my child's costume.
- \_\_\_\_\_ **Show Survival Guide** — I will refer to this guide throughout the year.
- \_\_\_\_\_ **Arriving** — I will be sure my dancer arrives properly dressed.
- \_\_\_\_\_ **Healthy Eating** — I understand the no soda policy.
- \_\_\_\_\_ **Keeping Items in Order** — I know RHID is not responsible for lost items.
- \_\_\_\_\_ **Reporting time** — I understand the report time policies.
- \_\_\_\_\_ **Nursing Homes** — I will follow the guidelines provided.
- \_\_\_\_\_ **Pubs** — I will follow the guidelines provided.
- \_\_\_\_\_ **Liability Release** — I agree with this statement.
- \_\_\_\_\_ **Publicity Release** — I agree with this statement.
- \_\_\_\_\_ **Medical Release** — I agree with this statement.

Parent Name: \_\_\_\_\_

\_\_\_\_\_ Date: \_\_\_\_\_

Parent Signature

\_\_\_\_\_ Date: \_\_\_\_\_

Students signature