

# A FROST DANCE

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## E X P E R I E N C E

*a personalized dance experience in an exciting and encouraging environment*

We are so excited that you are joining us for our 11<sup>th</sup> competitive season. As a team, we will work together to represent ourselves and the studio with pride, and respect each other by doing so. Newsletters going forward will be emailed to parents. If you don't receive this newsletter by email, please let our front desk staff know and we can update your address.

### Go Hard or Go Home

SHOWCASE - Sunday February 10<sup>th</sup>, 2019 (tentative date)

Used as a dress rehearsal for all competitive pieces, Showcase is a great chance to try out your costumes and be on stage before you have to compete. Please remember that competition is a wonderful experience and allows you as a student to push yourself a little more than you would in regular class. As a team, it's a lot of fun and it can be a very rewarding part of your dance year.

#### ATTENDANCE

As you are working on a team, attendance is very important. *Absences must be limited to 4.* If you miss a class it is your responsibility to catch up before the next class. The teacher will not be reviewing what you've missed. Please make sure to let your teacher know if you have a mandatory school commitment - this will not be counted as an absence. **If more than 3 classes are missed you will be required to schedule a private class at an additional cost.** Attendance is mandatory for all classes the week of competition. Dancers who have missed their class the week of competition will not be permitted to compete.

#### COMPETITION DATES

**Terpsichore** - March 1<sup>st</sup> to 3<sup>rd</sup> in Mississauga

**Dancefest** – March 29<sup>th</sup> to 31<sup>st</sup> in Peterborough

**This is It Dance Competition** – April 12<sup>th</sup> to 14<sup>th</sup> in Kingston

**Inspire Dance Challenge** – May 3<sup>rd</sup> to 5<sup>th</sup> in North York

#### COMPETITION FEES

All competitive classes include group entry fees for all competitions, as well as a Studio t-shirt to wear proudly at competition. Studio wear will be available to order in October if you'd like a different article to wear at competition. If you are doing a solo or duet, entry fees will be billed to you in January 2019.

**Save the Date:** Competitive Kick off Party/Sleepover Sunday, February 17<sup>th</sup>, 2019

## Competitive Team Pledge

As a member of the A Frost Dance Experience Competitive Dance Team, I pledge total commitment to the goals and tasks we have begun. Please sign and return to your competitive teacher.

I acknowledge that to reach the team's full potential, I pledge to/that:

- ❖ Support and encourage my teammates to my optimum ability
  
- ❖ Be a positive leader who sets the example for my teammates through my positive attitude and actions
  
- ❖ Share positive energy and encouragement with my team
  
- ❖ Not be an energy sap nor will I sabotage myself and team with negativity, complaining and excuses
  
- ❖ When I make a mistake I will own it and seek to improve
  
- ❖ When I experience self-doubt I will remember a time when I succeeded
  
- ❖ With hard work, determination and faith, I will never give up and will always help my team move forward towards our vision and goals
  
- ❖ Abide by the attendance guidelines established by the Studio

This team is built on loyalty, pride, commitment and a dream, together we will flourish.

\_\_\_\_\_  
Print Name

\_\_\_\_\_  
Signature

\_\_\_\_\_  
Date