

University of North Carolina School of the Arts
Office of the School of Dance

1533 S. Main Street
Winston-Salem, North Carolina 27127-2188
phone 336.770.3208 | fax 336.770-1478 www.uncsa.edu



Dear Dancer,

Congratulations on your acceptance to the UNCSA School of Dance summer program.

The faculty and staff look forward to your participation and hope that when you are here, you will feel free to come by the Dance Office if you have any questions.

Here you will find:

- School of Dance policies and information about the 2010 School of Dance summer program*
- a listing of summer school faculty (subject to change)*
- sample dance schedule*
- form for the student and parent to sign indicating you and your parent have read the policies*
- form for you to sign regarding your health/any injuries*

We look forward to working with you this summer!

Sincerely,

Frank Smith, Director of Ballet Summer Program

Dianne Markham, Director of Contemporary Summer Program

Summer School 2010

Here is the information and policies of the School of Dance you must be aware of.

After you and your parent or guardian read this, please sign **Form #1** (towards the end of this information) and return to the School of Dance BY June 14, 2010. Students will not be allowed to attend classes until they (regardless of age) - and the parent/guardian of students under age 18 - have signed the statement indicating that they have read the School of Dance policies and that the student agrees to abide by them.

YOU MUST BRING THIS INFORMATION WITH YOU FOR REFERENCE.

Also, you are required to read, fill out and sign **Form #2** which pertains to your ability to participate in classes **Note A doctor's signature is required ONLY if there are physical limitations.**

ATTENDANCE POLICY AND AWARDING OF CREDIT

Students are required to participate in all five weeks of the program.

All students shall attend all classes in which they are enrolled regularly and punctually.

In order to receive credit for summer school, a student must actively participate in at least 80% of the classes to which the student is assigned. If he/she is not able to participate in 80% of the assigned classes due to excused absences, such as injury or illness, the student will receive a grade of "Incomplete" and will not receive credit.

There are no unexcused absence privileges. Any unexcused absences could result in a grade of "F", loss of performance privileges, and/or dismissal from the program. Students who receive a grade of "F" due to unexcused absences will not receive credit and will not participate in the final performance on July 23.

Students arriving in the dance studio after the class has begun will be required to observe rather than participate in the class. This will be counted as an unexcused absence.

No student may leave class without the teacher's permission; doing so could result in an unexcused absence. Failure to return to class promptly could also result in an unexcused absence.

Students should not miss class due to a doctor's appointment without special permission from the appropriate summer school director. All appointments for any situation must be scheduled around the student's class schedule, including appointments with the Wellness Center.

Students having an unexcused absence in their morning technique class cannot participate in afternoon dance classes or rehearsals. They must, however, observe afternoon classes and afternoon or evening rehearsals.

Excused Class Absences

Residential High School Students

When a student is not able to attend class because he/she is ill or injured, the student must report to the Wellness Center prior to dance class time. A student is either told by the Wellness Center that he/she is "confined" to his/her room for bed rest, except for meals or medical appointments, or the student is told to go to class.

Students who are reported by the Wellness Center as "confined" to bed will be excused from dance classes and rehearsals.

Residential students who are not confined to bed, but have been recommended not to dance must observe their dance classes. If such a student fails to observe class, this absence will be considered unexcused.

Note: Only a teacher may excuse a student from observing his/her class.

Off-campus High School Students

When a student is not able to attend dance class because he/she is ill or injured: (1) A parent or guardian must notify by telephone the School of Dance at 770-3209 of the student's absence prior to dance class time. Or (2) upon the student's return, the student must submit a note written by the parent/guardian which includes the date(s) of absence(s) and reason for absence(s), such as family emergency, health issues, etc. Otherwise, without verification, the absence(s) will be unexcused.

Off-campus students who have been recommended not to dance must observe their dance classes unless illness prevents this. If such a student fails to observe class, this absence will be considered unexcused.

Note: Only a teacher may excuse a student from observing his/her class.

College Students - Residential and Off-Campus

The Wellness Center does not issue daily confinement slips for college students who are ill or injured. College students are assumed to have the maturity to make the decision as to if they need a medical evaluation or not. They are given the benefit of the doubt that they have the proper maturity and use of judgment to know if they have a virus or other illness that might make their fellow students ill. Exceptions will be made only for those students with extended illnesses or injuries who need verification.

If a college student is ill or injured, he/she must contact the Dance Office BEFORE the class(es) the student will miss begins and leave a detailed message - give your name, reason for absences (family emergency, health issues, etc.), what class(es)/rehearsals to be missed, and the telephone number where you can be reached. Otherwise the absence(s) will be unexcused. The Dance Office number is **770-3209**.

Requests for excused absences

Requests for excused absences for personal reasons, such as family emergencies, special events, transportation problems, etc. will be considered by the appropriate summer school director on an individual basis upon presentation of a written statement from a parent or guardian for students under age 18 or from the student age 18 and above. To be given consideration, the written statement must be submitted to the appropriate summer school director during the first week of the summer course. If the absence is due to an emergency, the written statement must be submitted to the appropriate summer school director on the day the student returns to class for consideration. Family vacations or special events are not a valid reason for excused absences.

WITHDRAWAL OR DISMISSAL FROM SCHOOL

In certain cases, such as serious illness or injury, when the student cannot participate in his/her dance classes for an extended amount of time, it may be recommended that the student withdraw from the Summer Intensive. Each case must be discussed with the appropriate summer school director.

Any violation of the rules and regulations as stated in the Summer Campus Life Handbook could result in dismissal.

DRESS CODE

It is the student's responsibility to adhere to the dress code as posted. Dress code violations will affect the student being allowed to participate in class and could impact on attendance and continuation in the program. The dress code is not simply about regimentation; rather it is connected to the unification of our student body, a student's ability to accept and implement direction and a sign of self-respect and preparedness. There are no exceptions to the dress code.

NOTE: Items students are to bring with them are noted in bold with ♦

Dress code for all Ballet Classes (including Ballet for Contemporary classes)

Women- Solid black leotard ♦ (solid means solid) with **pink footed tights ♦** Students must wear presentable **pink ballet slippers ♦** with elastics sewn on shoe. Presentable **pink pointe shoes ♦** (with sufficient strength to support the foot) with appropriate elastics and ribbons sewn on shoe. Hair must be neatly put up in a bun. No leg warmers or sweats will be allowed, unless the class is a "warm up" or the teacher running a rehearsal allows it.

Men- Form fitting white t-shirt ♦ (no tank tops), without any print or logo, tucked inside the tights. **Footed black tights ♦**, supported by a **belt ♦** at the waist, and rolled over the belt at the waist. **Black ballet shoes ♦** with elastics sewn on shoe. **Dance belt ♦** must be worn. No leg warmers or sweats will be allowed, unless the class is a "warm up" or the teacher running a rehearsal allows it.

Dress Code for All Contemporary Dance Classes (including Contemporary for Ballet classes)

Women: Solid black unitards or black leotards♦ and black tights♦. Tights may be worn inside or outside the leotard. Unitards and tights must continue below the calf muscle. Leotards should be worn as designed without alterations. No leg warmers or sweats will be allowed unless the class is a "warm up" or the instructor running a rehearsal allows it.

Men: Solid black unitards or black tights♦ with black leotards♦ or form fitting black "T" shirts or tank tops♦ (no print or logos). Unitards and tights must continue below the calf muscle. **Dance belt♦** must be worn. No leg warmers or sweats will be allowed unless the class is a "warm up" or the instructor running a rehearsal allows it.

Women and Men: For composition/improvisation classes, students may wear warmers/sweats while sitting and observing, or at any time the instructor chooses to allow them. Any warmers or sweats are merely in addition to the dress code and do not replace it. All classes are conducted in bare feet.

General Dress Rules

All students take jazz and must bring **jazz shoes ♦** with them. (Tennis shoes are not allowed in jazz class.)

Character dance will be taught to ALL ballet students. **Women should bring with them character shoes ♦ with ½", 1", or 1 ½" heel with buckle strap** and a **knee-length character skirt ♦** (full circular, mid-calf length – not mini or A-line). **Men should bring black jazz oxford shoes♦** to be used in character class.

For health and safety reasons, only simple earrings may be worn in classes and rehearsals. No other jewelry or watches should be worn.

Extraneous clothing such as leg warmers, sweat pants, shorts, loose sweaters, plastic coverings of any sort, sweat bands on wrist, head bands, bandanas* may not be worn.

Students are required to keep their hair in a state that is relative to the art form they are practicing. Punk styles and colors are unacceptable for men and women.

Students wishing to alter their hairstyle prior to a performance must first receive the permission of the Dean, and/or choreographer and assisting faculty before any changes are made.

The Dean has the ability to implement specific hairstyles for any performances. Men must be clean-shaven for all performances. *Men may be allowed to keep hair out of their face with a black bandana.

Please bring sewing materials♦ to keep clothing in proper repair. Unsightly rips, runs or holes will not be tolerated.

Students, whether actively participating or functioning as an understudy/cover, must wear clean practice clothes for all classes and rehearsals. No street clothes will be allowed to be worn by any student participating in a class or rehearsal, regardless of venue.

Because of the close proximity of persons that dance requires, deodorant must be worn at all times, particularly when wearing costumes provided by the Dance Costume Shop.

Even if a student has been typically allowed to depart from the dress code for rehearsals, the student may still be required to rehearse in dress code upon notification. Again, this is at the discretion of the person running the rehearsal.

For your information, a variety of dance wear is available on campus from Evelyn Miller on Sunday, June 20,

2:00-6:00 in Studio 2 located above the deMille Theater lobby. Leotards are \$20 and character skirts are \$25.

OTHER IMPORTANT INFORMATION

Students must be prepared to take placement classes on Monday, June 21, 2010. Students must check the dance bulletin board for the exact time and location of their placement classes.

Please do not have your parent(s), guardian(s), or your local teacher call us concerning class placement. The faculty of the University of North Carolina School of the Arts will place you in the class in which they feel they can give you the best possible training. Class placement will not be final until the end of the first week. If your class placement is changed, please follow the schedule of the new class.

Due to the size of classes and to prevent injury, students may not take additional classes outside their assigned schedule.

There will be NO dance classes on Monday, July 5 in observance of the July 4th Holiday.

Written evaluations of your work will not be provided. If you would like a verbal evaluation, please schedule an appointment with your main teacher(s).

The workshop performance will be Friday, July 23, 2010 at 2:00 at the Stevens Center, 405 West Fourth Street in downtown Winston-Salem. Go to mapquest.com for directions!

Tickets to the performance may be obtained through the Stevens Center Box Office – 721-1945. General seating. Dance students will receive two complimentary tickets. Additional tickets will be available for purchase through the Stevens Center Box Office - \$5.00 each.

**** Students can leave for home after 6:00 pm on this day. ****

SAMPLE UNCSA Summer School Dance Schedule

The schedule below gives you an idea of the types and number of dance classes offered during summer school.

1. B1 through B6 = ballet students; M1, M2, M3 = contemporary students
2. All ballet students receive a ballet technique class every day; all contemporary students receive a contemporary technique class every day.
3. Every ballet level has two Jazz classes and two Contemporary for Ballet Majors classes per week.
4. Every contemporary level has two Jazz classes per week and two Ballet for Contemporary Majors classes per week.
5. All ballet levels will receive at least one Character class per week.
6. Optional Saturday ballet technique class for ballet and contemporary students.

This is not the 2010 dance schedule. It is intended to give students an idea of what their schedule might be like.

	B1	B2	B3
MONDAYS	Technique - 8:30-10:00 Repertory – 10:15-11:15 Women Music & Motion – 11:45-12:45 Pointe – 2:00-3:00 Jazz for Men -2:00-3:00 Character – 4:30-5:30	Technique - 8:30-10:00 Repertory- 10:15-11:15 Pointe – 1:30-2:30 Character – 4:00-5:00	Technique - 8:30-10:00 Pointe - 10:15-11:15 Technique-Pointe/ Pointe - Repertory – 1:00-3:00 Jazz – 3:15-4:45
TUESDAYS	Technique - 8:30-10:00 Jazz for Women – 11:45-12:45 Pointe - 1:30-2:30 Contemporary – 4:00-5:00	Technique - 8:30-10:00 Jazz – 10:15-11:15 Music & Motion 11:30-12:30 Pointe - 1:30-2:30 Contemporary – 4:00-5:00	Technique - 8:30-10:00 Pointe - 10:15-11:15 Character - 2:30-3:30 Pilates – 4:00-5:00
WEDNESDAYS	Technique – 8:30-10:00 Repertory – 10:15-11:15 Women Music & Motion – 11:45-12:45 Pointe – 1:00-2:00 Character – 2:30-3:30	Technique - 8:30-10:00 Repertory – 10:15-11:15 Pointe – 1:30-2:30 Character – 4:00-5:00	Technique - 8:30-10:00 Pointe - 10:15-11:15 Technique-Pointe/ Pointe – Repertory – 1:00-3:00 Contemporary – 3:30-5:00
THURSDAYS	Technique – 8:30-10:00 Jazz – 1:30-2:30 Pilates 10:30-11:30 Contemporary – 4:00-5:00	Technique - 8:30-10:00 Pointe – 10:15-11:15 Music & Motion – 11:45-12:45 Jazz – 1:30-2:30 Contemporary - 4:00-5:00	Technique – 8:30-10:00 Variations – 1:00-2:30 Character – 3:30-4:30 Jazz - 4:45-6:15
FRIDAYS	Technique – 8:30-10:00 Repertory – 10:15-11:15 Women Music & Motion – 11:45-12:45 Pointe – 1:30-2:30 Videos – 3:30-4:30	Technique - 8:30-10:00 Pointe – 10:15-11:15 Pilates – 11:30-12:30 Repertory – 1:30-3:00 Dance Videos – 3:30-5:00	Technique - 8:30-10:00 Pointe – 10:15-11:15 Technique-Pointe/Pointe-Repertory – 1:30-3:30 Contemporary – 3:45-5:15

	B4	B5	B6
MONDAYS	Technique – 8:30-10:00 Pointe – 10:15-11:15 Technique-Pointe/Pointe- Repertory – 1:00-3:00 Contemporary – 3:15-4:45	Technique - 10:00-11:30 Pointe - 11:45-12:45 Jazz - 1:30-3:00 Technique-Pointe/Pointe- Repertory - 3:30-5:30	Technique - 10:00-11:30 Pointe - 11:45-12:45 Jazz – 1:30-3:00 Technique-Pointe/Pointe- Repertory – 3:30-5:30
TUESDAYS	Technique - 8:30-10:00 Pointe - 10:15-11:15 Pilates 11:30-12:30 Character – 2:30-3:30	Technique - 10:00-11:30 Pointe - 11:45-12:45 Contemporary - 2:00-3:30 Pilates 3:30-4:30	Technique - 10:00-11:30 Pointe - 11:45-12:45 Jazz - 1:30-3:00 Pilates 3:30-4:30
WEDNESDAYS	Technique – 8:30-10:00 Pointe – 10:15-11:15 Technique-Pointe/ Pointe - Repertory – 1:00-3:00 Jazz – 3:30-5:00	Technique - 10:00-11:30 Pointe - 11:45-12:45 Jazz – 2:00-3:00 Technique-Pointe/Pointe- Repertory - 3:30-5:30	Technique - 10:00-11:30 Pointe - 11:45-12:45 Contemporary – 1:45-3:15 Technique-Pointe/Pointe- Repertory – 3:30-5:30
THURSDAYS	Technique - 8:30-10:00 Variations – 1:00-2:30 Contemporary – 2:45-4:15 Character – 4:30-5:30	Technique - 10:00-11:30 Pointe/Variations - 11:45-12:45 Contemporary – 2:30-4:00	Technique - 10:00-11:30 Pointe/Variations – 11:45-12:45 Character – 1:45-3:15
FRIDAYS	Technique - 8:30-10:00 Pointe - 11:45-12:45 Technique-Pointe/Pointe – Repertory – 1:30-3:30 Jazz – 4:00-5:30	Technique - 10:00-11:30 Variations - 11:45-12:45 Character - 2:00-3:30 Technique-Pointe/Pointe- Repertory - 3:45-5:45	Technique - 10:00-11:30 Variations - 11:45-12:45 Contemporary – 2:00-3:30 Technique-Pointe/Pointe- Repertory – 3:45-5:45

	M1	M2	M3
MONDAYS	Technique – 8:30-10:00 Repertory – 11:30-1:00 Ballet – 2:30-4:00	Technique – 10:00-11:30 Repertory - 11:30-1:00 Ballet - 2:30-4:00	Technique - 10:00-11:30 Repertory - 11:30-1:00 Ballet - 2:30-4:00
TUESDAYS	Technique – 8:30-10:00 Composition – 11:30-1:00 Jazz – 3:15-4:45	Technique - 10:00-11:30 Composition - 11:30-1:00 Jazz – 3:15-4:45	Technique - 10:00-11:30 Composition – 11:30-1:00 Jazz – 3:15-4:45
WEDNESDAYS	Technique – 8:30-10:00 Repertory – 11:30-1:00 Ballet– 2:00-3:30	Technique - 10:00-11:30 Repertory - 11:30-1:00 Composition - 2:00-3:30 Ballet – 3:30-5:00	Technique - 10:00-11:30 Repertory - 11:30-1:00 Ballet - 2:00-3:30
THURSDAYS	Technique – 8:30-10:00 Composition – 11:30-1:00 Jazz – 3:15-4:45	Technique - 10:00-11:30 Composition – 11:30-1:00 Jazz – 3:15-4:45	Technique - 10:00-11:30 Composition - 11:30-1:00 Jazz - 3:15-4:45
FRIDAYS	Technique – 8:30-10:00 Pilates 10:30-11:30 Repertory – 11:30-1:00 Ballet – 3:30-5:00	Technique - 10:00-11:30 Repertory – 11:30-1:00 Pilates – 1:00-2:00 Ballet – 3:30-5:00	Technique - 10:00-11:30 Repertory – 11:30-1:00 Ballet - 2:00-3:30 Pilates 4:00-5:00

Other classes for selected students:

Ballet Men’s Training Camp – one hour – Mondays, Wednesdays, Fridays

Ballet Partnering for selected students – 1.5 hours once per week

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SCHOOL OF DANCE
(Form #1)

I/we have read the policies of the School of Dance of the University of North Carolina School of the Arts.

I agree to adhere to them while enrolled for the 2010 Summer Session as a student. I/we understand that failure to adhere to these policies may result in dismissal from the School of Dance.

I am aware that students will not be allowed to attend classes until they and their parent/guardian* have signed this statement indicating that they have read the School of Dance policies and that the student agrees to abide by them.

Student - print name (required): _____

Student's signature (required): _____

Signed: _____ * PARENT/GUARDIAN SIGNATURE
REQUIRED FOR STUDENTS UNDER THE AGE OF 18 WHEN SUMMER SCHOOL BEGINS

Date: _____

PLEASE RETURN BY JUNE 14, 2010 TO THE SCHOOL OF DANCE.

The fax number is 336-770-1478.

STUDENTS MAY NOT PARTICIPATE IN SUMMER PROGRAM UNTIL THIS FORM HAS BEEN READ, SIGNED AND RETURNED!



**TO DANCE STUDENTS WHO HAVE BEEN ACCEPTED INTO THE 2010 SUMMER PROGRAM
(FORM #2)**

Students should be aware that professional training in dance is extremely rigorous and is particularly stressful to the muscular and skeletal structures of both the upper and lower body. In addition, there are special considerations and care to be taken with the bone structure and muscles of the head, neck, shoulders, back, feet, ankles, lower legs, knees, thighs and hip joint. Because of the susceptibility of dancers for injury to these muscles and bone structures, particular attention will be given at the time of audition and in subsequent evaluations to the dancer's fitness in these areas and to the effects of stress placed upon these structures by the rigors of the dancer's regimen.

In order to insure a positive training program at UNCSA, we ask that you inform us of any current physical limitations that could prevent you from actively participating and performing fully in the program. If there are no physical limitations, check the appropriate box, sign your name and return this form to the School of Dance. **Please note: A doctor's signature is required ONLY if there are physical limitations.**

I can actively participate in all my dance classes I have the following current physical limitation* (see box below)

Required: Student print name _____ Student's signature _____

*You must ask your doctor to provide the following information and give it to the School of Dance by June 14, 2010. Also, please ask your doctor to send any X-rays pertaining to the limitations to the Wellness Center. It will be helpful for our therapist to have them on file.

Current Injury, Condition or Other Limitation:

Diagnosis:

Treatment or restrictions prescribed:

Activity level:

- No dance. **Length of time prescribed: _____
- Dance to pain tolerance. Length of time prescribed: _____
- No jumping. Length of time prescribed: _____
- No pointe work. Length of time prescribed: _____
- No lifting. Length of time prescribed: _____
- Other: _____ Length of time prescribed: _____

Previous Injuries. Conditions or Other Limitation:

Diagnosis:

Treatment or restrictions prescribed:

Chronic Injuries, Conditions or Other Limitations:

Diagnosis:

Treatment or restrictions prescribed:

Doctor's Signature _____

(REQUIRED ONLY IF THERE ARE CURRENT PHYSICAL LIMITATIONS)

**If you are not able to begin the year at full physical capability as described above, please contact the Dance Office to discuss your situation with the appropriate (ballet or contemporary) director of the summer program.

STUDENTS MAY NOT PARTICIPATE IN SUMMER PROGRAM UNTIL THIS FORM HAS BEEN READ, SIGNED AND RETURNED! DUE JUNE 14, 2010 TO THE SCHOOL OF DANCE. THE FAX NUMBER IS 336-770-1478.

