

L.A.H.S. DANCE PROGRAM, 2023-2024

We are artists. We are athletes. We are musicians. We are Los Al Dance.

Live a life of purpose and passion.

Dear Parents and Students,

Welcome, or welcome back, to the Los Alamitos High School Dance Program! I can't believe we are in the 24th year of the Dance Program! To my returning dancers: I am so proud of all of you! We have been through and accomplished so much together and now have a new year and a clean slate for creating new memories and growing as dancers and people. I cannot wait to get dancing and performing again this year!

To new students: Before you start the program, it is very important that you and your parents understand what you are about to commit to. Being in the program involves a little more time and commitment than a regular class. You are asked to dress out EVERYDAY, participate every day, and put in 100% effort every day. However, the benefits are so much more than a typical class - you're going to make new friends, find a group to belong to, and experience something you can't experience anywhere else. Your involvement in this program will be life-changing!

It is very important that you know and understand my policies, procedures, and expectations. I hope to answer any questions regarding the course with the following information.

IMPORTANT NOTE - THERE WILL BE A QUIZ ON THE INFORMATION IN THIS PACKET ON MONDAY, AUGUST 23RD.

Class Layout

The focus of the class will be various forms and styles of commercial jazz dance. We will also have ballet once a week. All Dance classes are UC approved for Fine Arts. (You need to let your counselor know whether you are taking the class for Fine Arts or PE credit.) This means there are extra requirements in order to meet UC standards. These requirements involve written assignments, a critique of an outside dance performance (see handout and Google Classroom for assignment details and format; also it **MUST** be turned in to Turnitin.com or you do not receive credit), and a Final involving dance terminology. (Advanced dancers also have other added requirements and a separate contract sheet.)

When not working on show choreography, the focus of the class is technique (the athletic part of dance). This involves warming-up, conditioning, technique across the floor, ballet, and dance combinations. From September 5th-November 17th we will also be working on show prep.

MANDATORY Performance and Rehearsals

In the words of NBA head coach Pat Riley, "There are only two options regarding commitment. You're either in or you're out. There is no in between."

There will be one performance a semester that you need to commit to. The performance is a huge commitment. Your grade for the course is determined in large part by your involvement

in the performance. If you are unable to attend all of the following performances and rehearsals, you must wait to join the dance program until you are able to make the time commitment. The performances this semester **TUESDAY, NOVEMBER 14TH** at 4:30 with a 3:30 call time, and **WEDNESDAY, NOVEMBER 15TH, THURSDAY, NOVEMBER 16TH, FRIDAY, NOVEMBER 17TH** at 7:00 with a 5:50 call time all three nights. **NOTE - BE AWARE THIS LEADS INTO THANKSGIVING WEEK.** There will be a mandatory show run-through rehearsal on **WEDNESDAY, NOVEMBER 8TH** from 3:45 to 6:00 and a mandatory dress rehearsal **MONDAY, NOVEMBER 13TH** from 4:45 to 7:45. **NOTE - THIS IS THE MONDAY AFTER VETERAN'S DAY WEEKEND.** Please put these dates, including the extra rehearsals, on your calendar today! Check with all outside activities such as performing arts groups, sports teams, cheer teams, dance studio shows and competitions, rehearsals, and any other important events that may conflict with these dates. Be sure to let on-campus groups such as choir, band, drama, and sports teams know about these dates right away. Your commitment to this performance is required and crucial. **PLEASE NOTE - IT IS IMPERATIVE THAT YOU STAY IN THE CLASS THE ENTIRE SEMESTER OR AT LEAST THROUGH THE PERFORMANCE.** There will be a performance contract with show rules and expectations sent home in October that you and your parents will be expected to sign.

THE MANDATORY SECOND SHOW DATES ARE AS FOLLOWS:

Show run-through - April 19th, 3:45-6:00

Dress rehearsal - April 23rd, 4:45-7:45

Performances - April 24th at 4:30 (3:30 call time) and April 25th, 26th, and 27th at 7:00 (5:50 call time).

STUDENT CHOREOGRAPHY SHOW DATE (required for Int.1-Advanced) - January 19th, 6:30-8:15 (Tentative choreography workshop dates are December 14,15 and 18.)

ALL IMPORTANT DATES ARE ON THE DANCE PROGRAM WEBSITE (LOSALDANCE.NET) UNDER THE CALENDAR BUTTON.

MISC. NOTES REGARDING SHOW/REHEARSAL ATTENDANCE

- You must have a doctor's note to excuse you due to serious illness or injury from a performance. The only other excusable reason for missing a performance is a family emergency. This also applies to the two mandatory rehearsals. **HAVING TO WORK IS NOT AN EXCUSE FOR MISSING A REHEARSAL.** If you have a job, let them know NOW about this commitment. **If you miss a performance for any reason other than serious illness or injury, or family emergency, you will fail the class. If you miss a mandatory rehearsal, you will lose half of your show points and will not be moved up a level the following year.**

- As we start preparing for the show, you need to make it a priority to be at school, dressed out, and ready to rehearse. **Missing dance, even for school-sponsored events, is not okay.** Do not plan on sitting out on days when we are intensely preparing for the show or adding on to your dance.

- You may not miss any dance class 4 weeks before the show (when we are rehearsing in the PAC) for any reason other than serious illness or death in the family. If you are absent for

these reasons, a parent must call or email me. If not, you lose 20 points from your grade for every absence.

- If you are injured or seriously ill prior to show week, you must be cleared to dance by the show run-through date, or you cannot participate in the show.

NEW SHOW REQUIREMENT FOR INTERMEDIATE 2,3 AND ADVANCED: As part of your show grade, you must sign-up for one after school two hour session helping with props, sets, scaffold set up, and technical rehearsal.

Class Gear

Being in this class will require some dance necessities. You will need jazz shoes and a few dance clothes. (You do NOT need to buy school P.E. clothes.) Please see me if you need help in attaining these items. It would also be helpful if you had ballet shoes, especially at the intermediate and advanced levels. **Upper level dancers should have knee pads and have them in class every day.** (Also, at the intermediate and advanced levels you may need other types of shoes for performances.)

NOTE - FOR OTHER DANCE PROGRAM NEEDS PLEASE SEE THE FALL CONTRIBUTION PAGE. ALSO, WE MAY INCUR ADDITIONAL COSTS FOR COSTUMES FOR THE SHOW. YOU WILL RECEIVE A SEPARATE COSTUME SPECIFIC DONATION REQUEST IF THE NEED ARISES.

Dress

You are required to wear dance attire and dance shoes every day in class. Points are subtracted from your grade if you are not fully and properly prepared for class and if you do not do all of the following:

- For the upper level dancers, dance clothes must be professional and form-fitting. Dance pants, leotards, leggings and tank tops are acceptable as long as they are form fitting. They may be any color. Beginning dancers may wear any work-out type clothes; however, I prefer form-fitting dance clothes if possible. You must change into some type of workout clothes, though - stretchy school clothes are not okay. Dresses as a top are not okay either. **Your dance clothes must look like dance or work-out clothes.**
- You must wear dance shoes every day unless otherwise specified. I would prefer you to have split-sole jazz shoes. The color is up to you, but beige is best as that is what we more commonly use for our performances. **YOU MAY NOT WEAR SOCKS IN CLASS.** Beginners must have shoes by **Monday, August 28th.** **All other levels must have shoes in class tomorrow.**
- Hair must be out of your face so as not to bother you or be distracting while you are dancing.
- Do not wear jewelry.
- Make sure you have appropriate support and that booty shorts (not recommended attire) and tank tops cover you completely. If you choose to wear booty shorts, you are **REQUIRED** to wear sweats over them to start class and can only take your sweats off when you are fully warmed up.
- You are expected to have some sort of **slip-on shoe** to wear when coming from the locker room to the dance room, and for wearing when sent outside to work on a dance.

- You need to be dressed on time. You have **five minutes** from the bell to get dressed and get to class (WITH THE EXCEPTION OF INTERMEDIATE 3 AND ADVANCED). You will be dismissed five minutes before the bell to have time to change into your street clothes. That means you need to be ready to dance at _____, and you will be dismissed at _____. As soon as you arrive in the dance room, I expect you to start stretching and prepping for class.
- ON LATE START MONDAYS, CLASS WILL START WHEN THE BELL RINGS. IF POSSIBLE, YOU SHOULD WEAR YOUR DANCE CLOTHES UNDER YOUR SCHOOL CLOTHES ON THESE DAYS.
- NEW NOTE - BRING EVERYTHING YOU'LL NEED FOR CLASS INTO THE DANCE ROOM INCLUDING, WATER, PHONE, SWEAT RAG, ETC. YOU WILL NOT BE ALLOWED TO GO BACK TO THE DRESSING ROOM TO GET THEM.

You will need to dress-out for class starting tomorrow.

GOOGLE CLASSROOM

We will be utilizing Google Classroom for assignments, handouts, to share choreography videos and music, and more. Dancers are **REQUIRED** to join using the following codes:

Beginning - md76itj Intermediate 1 - ooxgimp Intermediate 2 - a5wvivw
Intermediate 3 - xjelnpx Advanced - oinbewu

REMIND APP

It is also **REQUIRED** for the class that dancers set up "Remind" so that they will receive important messages from me. (Parents are welcome to join as well.) You need to go into your text messaging and send a text to "81010." In the message, you need to type the following (new) code that coincides with your class:

Beginning - @hke287 Intermediate 1 - @fc9ckh Intermediate 2 - @77e9fa
Intermediate 3 - @493kgfd Advanced - @2488363

Non-dancing days

You have two non-dancing days a semester **due to illness or injury** without any cost to your grade. **YOU MUST HAVE A NOTE FROM A PARENT TO SIT OUT.** These may not be used if you only forgot your dance clothes (see the loaner box if you need to borrow dance clothes.) **If you sit out, you must still dress-out. You will be given either exercises to do on your own off to the side, a paper to write, or you will need to take a full page of notes during class.**

You **lose fifteen points** everyday you sit out beyond your two days. **If your injury or illness causes you to sit out more than two days, I will need a doctor's note excusing you from class.** You still need to dress out and will be given exercises to do on your own that will not further damage your injury. You will also be given a written assignment to make up for the time missed. If you have an illness or injury that causes you to sit out for more than two weeks or an indefinite amount of time, it may be better for you to switch to a non-physical class.

I'd prefer for you not to use these days if at all possible. A slight cold or cramps often feel better after you have danced. Even an injury to one part of your body does not mean that

you can't move the other parts. **Let me know at the beginning of class if you have an injury or are not feeling well and need to take it easy.**

Please use these days only if absolutely necessary!

Grading Policy

Your grade for this course is broken into two segments. The first segment is based on participation. Everyone starts the course with 250 points. So, the good news is everyone starts with an "A"! The bad news is you can lose the points. The participation segment of your grade is based on six areas. Each time you do not comply with the requirements of one of the six areas, you lose five points. That means if you get six marks against you, your grade goes down to a "B." The following are the six graded areas:

- **BEING ON TIME** - You must be dressed and ready to dance on time. Your grade goes down five points with each tardy. You receive a tardy if you are not **IN YOUR PLACE and ready to dance** on time.
- **BEING PROPERLY PREPARED** - You must be dressed in appropriate dance attire and dance shoes. If you forget your clothes, you still need to dance or you will lose **fifteen points**.
- **HAVING A POSITIVE ATTITUDE** - You must have a positive attitude at all times - no divas, no whiners, no grumps! A positive attitude includes respect towards your fellow dancers and your teachers.
- **SHOWING PROPER BEHAVIOR** - You must listen closely and not talk to others, especially when the teacher is giving instructions. Disruptive behavior and talking will result in a lower grade and you will be asked to leave class. Your **FOCUS** must at all times be on the instructor and dancing. Be **PRESENT** in this room (but also in LIFE in general).
- **HAVING REGULAR ATTENDANCE** - You must attend class consistently. Make good health a priority! (Please see all attendance policies on the next page.) If your absence is a truancy, **THIRTY** points will automatically be subtracted from your grade.
- **PUTTING FORTH EFFORT** - You must put forth 100% effort at all times.

The second segment of your grade is based on points you earn for other activities. These other activities include weekly combinations, the show (a major part of your grade), **the semester final**, and any written assignments including the performance critique. Your grade for this segment is based upon the total number of points earned out of the total points possible. Both segments will be combined for your total grade at the end of the semester.

My grading scale is as follows:

A (90-100%) Outstanding Achievement 4.0 grade points • A+ (97.5% - 100.0%) • A (92.5% - 97.4%) • A- (89.5% - 92.4%)

B (80-89%) Above Average Achievement 3.0 grade points • B+ (87.5% - 89.4%) • B (82.5% - 87.4%) • B- (79.5% - 82.4%)

C (70-79%) Average Achievement 2.0 grade points • C+ (77.5% - 79.4%) • C (72.5% - 77.4%) • C- (69.5% - 72.4%)

D (60-69%) Below Average Achievement 1.0 grade points • D+ (67.5% - 69.4%) • D (62.5% - 67.4%) • D- (59.5% - 62.4%)

F (0-59%) Little or No Achievement 0 grade points

Attendance Policies - Grades and Performance

Let me know in advance of absences whenever possible - I especially need to know of any unavoidable extended absences ASAP. (Although, as a part of this program, you are expected to avoid those types of absences.) Communication from parents and students regarding absences is key. The bottom line is I need you in class. Dance is a participation class and the time missed cannot be appropriately made up in any way.

- 1) If you have more than 10 absences both semesters and/or lower than a "C" both semesters, it is unlikely you will have acquired the necessary skills to move up a level the following year.
- 2) If you have seven or more absences, excused or unexcused, you are required to do make-up assignments. See the chart below for the number of absences with corresponding required number of make-up assignments. You will receive notice if this applies to you with specific assignment details within the last two weeks of the semester. In addition to the assignments, with ten or more absences, you will be put on an attendance contract for the following semester, which will mean that attendance needs to improve or you will not be allowed to remain in the program.

# of absences	ASSIGNMENT
7-9	one paper
10-13	one paper/attendance contract
14-16	two papers/attendance contract
17 or more	three papers/attendance contract

- 3) If you miss too many classes in which we are rehearsing for the performance, you will not be allowed to be in the show or may be cut from sections of your dance. This is left up to the choreographer's discretion. If you miss choreography due to on campus suspension, you will not be included in the choreography for that day.
- 4) It is not recommended that you miss class for a school-sponsored event on days when we are learning show choreography. If choreography is missed, you must be responsible for learning it on your own with the help of videos posted in Google Classroom or from fellow students.

- 5) If you miss show choreography, but are left in the section that you missed, you are expected to learn what you missed on your own within one day of being absent or you will be taken out of the section.
- 6) **COMMUNICATION IS KEY!** If at all possible, you or a parent, need to email me when you are sick - especially if you have to miss show choreography. If you are absent, you must check with me before class starts on the day you come back to see what you missed. If you know in advance that you have to miss class due to a school sponsored event, you must tell me as soon as you know about it. These things show me that you are responsible and committed and make it easier for me to work around absences when possible.
- 7) If you are more than 15 minutes late to class, excused or unexcused, it counts as a sit-out day.

Improving

It's never too early to think about your goals in dance. It's always a good idea to take outside classes and to talk to me about your goals. Regular attendance, 100% effort, and staying focused are key to mastering the technical abilities you need to improve and advance to the next level. With this in mind, please note the following policy:

If you do not get a passing score on the final at the end of the year, you will not move up a level the following year. Keep this in mind as you focus and work throughout the year and see me for extra help if you feel you need it.

Make-up Work & Extra Credit

If work needs to be made up, such as the performance of a combination, you will need to set up a time with me to make up the work. You will have very few extra credit opportunities, if any. Extra credit projects are not given to make up for a poor participation grade.

Some important details and miscellaneous...

- Effort - As I have said before, you will be graded on effort. When I grade you on your combination performance I will be looking for personal improvement. Improvement will not happen without your full dedication and effort daily. I cannot stress to you enough the importance of 100% effort every day and your personal commitment to improvement. You will not succeed or improve as a dancer unless you put forth 100% effort. Don't do enough to get by - do enough to get ahead!
- Academic dishonesty - I have been shocked at the recent openness and lightheartedness towards cheating. Please know that I take it very seriously and do not believe that anyone should gain anything other than what they deserve. Think about this before you choose to cheat on school work.
- If you are suspended from school for drug or alcohol use, or if you are suspended during show time, you will not be allowed in the program the following semester.
- Be careful what you say on social media and be aware that I always find out about it.
- Put your name on all of your dance attire - especially your shoes.

- If you are in two periods of dance (aka "in-betweeners"), please write both periods you are in on all forms, sign-in sheets, and assignments. Be prepared to possibly do things twice - always check with me. **If you have to write papers for absences you will need to do a different one for each class you are in.** In between your classes, I'd like to see you practicing technique and choreography, staying warm, doing exercises, seeing me for help, and helping me out when I need it.
- You may not walk around campus in your dance clothes. You may not walk around campus bare foot. You need something to cover your dance clothes when coming from the locker room to the dance room or when practicing outside.
- Bring water!! You'll need it, and since time is precious, I can't give you specific water breaks.
- Be careful of what you leave behind in the dance room and locker room - many personal belongings have been lost or stolen. (I do have a lost and found box you can check if you lose something but I am not responsible for what you leave behind.)
- I would love to have Kleenex and band-aides donated to the dance room - we go through these things so quickly!
- No changing in the main dance room unless it is a special occasion in which I have deemed the dance room a dressing room - double check with me that it is one of those special occasions before you begin changing. Changing in the dance room will result in five points being deducted from your grade.

Dance room rules

1) Please be sure your cell phones are on silent during class.

2) The atmosphere in the dance room is one where everyone feels respected, safe, and comfortable. It is a positive, encouraging, and energetic atmosphere. I expect everyone to help create and maintain this atmosphere at all times.

3) We **MUST ALL** pitch in to take care of the dance room and our floor. With this in mind, I am strictly enforcing the following rules:

- No food, gum, or drinks in the dance room during class time. (You should never chew gum in a dance class anyway.) Dancers **ONLY** are welcome to eat lunch in the dance room as long as everything gets picked up and the floor is kept clean.
- Help to keep the dance room clean. The dance room gets messy fast. It's your dance room. Clean up after yourselves! **Be sure to throw away all empty water bottles and pick up and throw away band-aides.**
- Take street shoes off at the door and do not wear shoes that have been worn outside of the dance room, in the dance room. The cleaner the floor, the less slippery it will be. Absolutely no stiletto pumps in the dance room.

Welcome Back Party!

Put **August 25th from 3:30-5:00** on your calendars for our annual welcome back party in the dance room. **Games, limbo, pizza, bonding, and maybe some dance battles. Don't miss the fun - we had a blast last year!**

Parent Helpers/Boosters

I will need show helpers for each show and will be sending home a flyer after Back to School Night. We will be using SignUpGenius at <https://www.signupgenius.com/> to sign up for show jobs. I also am always looking for seamstresses and people to help with props. (Please email me at rjones@losal.org if you can help with these specific jobs.) I appreciate anything parents and family members can do to help out. I could not have performances without volunteers! All parent helpers get first-choice of seats for the performances.

Our **Boosters** are also looking for parents who may be able to assist them. If you have a special skill, connection, availability (minimal) or just a willingness to be helpful, please reach out to **Pat Guggino** (the new head of our Booster Team) ASAP by email at president@losal.dance. For treasurer specific questions, contact **Melanie Roah** at treasurer@losal.dance

LOS AL DANCE WEBSITE AND SOCIAL MEDIA

I have a website with show pictures, videos, a LAHS Dance Program calendar and other important information. Please visit the site at losaldance.net. You can also follow us on Instagram - [@losaldanceprogram](https://www.instagram.com/losaldanceprogram) (tag us and use the [#losaldance](https://www.instagram.com/hashtag/losaldance) with any dance related photos or videos), and Facebook - Los Alamitos High School Dance (please like the page and share it) for video clips and updates.

Feel free to speak to me for any reason. You can email me at rjones@losal.org. You can also call me any time at (562) 799-4780, extension 82501 to leave a message, but the best and fastest form of communicating with me is through email. It is going to be another exciting year! I hope you are looking forward to our time together as much as I am!

Sincerely,

Mrs. Rikki Jones
Pursuer of Passion; Chaser of Goosebumps

*****SHOW THIS LETTER TO YOUR PARENTS - KEEP IT TO REFER TO FOR IMPORTANT INFORMATION. RETURN THIS SIGNATURE PORTION TO ME TOMORROW.**

Parents please be sure to read and INITIAL each of the following:

- We have read and understand ALL dance program policies. _____
- **We understand that performances and rehearsals are mandatory. (Please review the dates and put them on your calendar today.)** _____
- We understand that it is imperative that your student stay in the class the entire semester or at least through the performance. _____
- It is okay to put show pictures and videos on the dance website and social media that may include my student. _____
- We are aware of the Fall Contribution. _____

Student Signature _____ Print Name _____

Period(s) _____ Date _____

Parent Signature _____ Print Name _____

Date _____

****Be sure to check out the LAHS Dance Program website at losaldance.net.**