

# Performance Company

LEDPC  
23-24



## JOIN THE 2023 - 2024 TEAM!

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### CULTURE

Learn about LEDPC amazing community and team culture, Be part of the MAGIC!

### TEAM INFO

Explore class and performance team options and LEDPC requirements!

### NEXT STEPS

Time to get started! Reserve your spot for auditions and you're on your way!

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# WELCOME

Starting a new program or competitive team for your child can be overwhelming. You want to be certain your child will enjoy the experience and grow from it. You want to be sure your child takes advantage of every opportunity and that you don't miss a thing.

That's why we created this Parent's Guide to LEDPC. We want you to know all of the wonderful possibilities that await your child and your family here.

Before we begin, we would like to share some of our core beliefs with you. These will help you understand more about why we exist and what we aim to accomplish with students as well as lay the foundation for much of what you'll find in this handbook.

At LED we pride ourselves on teaching great technique and training, but we work equally as hard to help kids achieve their full potential in life by creating a positive environment where they develop character traits like kindness, teamwork and confidence just to name a few. As you become more involved in our studio, you'll find tangible ways that we work to fulfill this goal.

## YOUR CHILD'S DANCE JOURNEY

Just as each child is unique, so will be their dance journey. Some will dance with us through early childhood, some through middle school and some through their senior year. Some will dance for fun and friendship; others will find it to be their career. LED has something for each dancer. Whatever the case for your child, they will have LED support and guidance available to them throughout their journey—guidance that will gradually lead them to take over their own reins as they approach adulthood.

At LED our mission is help kids achieve their full potential in life and in dance by creating a positive environment where they can thrive! We strive to provide excellence in education, mentorship and great service with a smile! We continue to be a leader in dance education. We believe that when everyone works together, we can exceed expectations, encourage creativity, contribute to our community, become positive role models, and be "More Than Just Great Dancing".

The LED Culture of being "More Than Just Great Dancing" is our most important mission and we appreciate being positive partners with you in helping your child grow and reach their full potential. This competition handbook provides dancers and families with clear knowledge of the responsibilities and commitments involved in participating in LED's competitive performance company.

We believe that DANCE lessons teach LIFE lessons! We teach dance to not only create wonderful dancers but to use dance to teach life lessons that are invaluable to them at any time in their life. Understanding what being committed means, responsibility, respecting instructors and peers, the ability to manage their time and make wise decisions, learning adaptability and being prepared for their commitments are just a few of the values that we are instilling in our dancers.

Parent we thank YOU for supporting us in teaching these values to your dancers. We know they will go FAR!



# PROGRAM WITH PURPOSE



**LED's Performance Company Program (LEDPC) is designed to provide students with a well-rounded, fun, exciting and professional dance experience! That experience includes 4 key elements:**

## **ACCELERATED TRAINING**

LEDPC dancers learn skills earlier, at an accelerated pace, and with higher standards of perfection. Technique classes and an environment focused on growth give dancers the opportunity to develop their skills and technique while learning and perfecting their performance strength.

## **ADDITIONAL LEARNING OPPORTUNITIES**

LEDPC dancers gain insight from the judges comments and critiques after each competition. These critiques and the high standards of competitive dance give our dancers the impetus to work hard, dream big and be the BEST they can be!

## **ADDITIONAL PERFORMANCE OPPORTUNITIES**

LEDPC Dancers perform at two competitions per season, two college performances, as well as our annual spring recital.

## **A FAMILY LIKE COMMUNITY**

Our mission is for our studio to be a second home for our students and a positive, encouraging community where they can develop life long friendships. We love our dance family!

Throughout the year dancers have opportunities to connect with others on the team through our LEDPC's fun activities and of course the memories made performing, competing and learning and growing together in the classroom!

# AT LED WE ARE A DANCE FAMILY AND AS A FAMILY WE VALUE, ENCOURAGE AND EXPECT DANCERS TO DEVELOP IN THESE CHARACTER TRAITS:



**01**

## **COMMITMENT**

Regular attendance is vital to student progress and group choreography, so please make every effort to attend each class. If your dancer will miss a class, please report it to the office.

**02**

## **FORGIVENESS**

We all make mistakes and we all have misunderstandings. Forgiveness requires a conscious choice to be empathetic and compassionate.

**03**

## **HONESTY**

Honesty is about more than telling the truth. It's about being true to ourselves in what we do, how we live and how we relate to others. Let's keep it real with each other.

**04**

## **HUMILITY**

No one is perfect. Corrections give us a chance to improve ourselves and become better dancers. Outside of dance corrections, when we make a mistake (we all do!), we own it and do what we can to make it right.

**05**

## **PATIENCE**

Learning new skills takes time and effort, and different movements will come to you at different times. That means we may not advance to the next graded level as quickly as we'd hoped or at the same time as our friends. We need to trust the instructors to know when we're developmentally ready to advance.

**06**

## **RESPECT**

Dancers must show respect for teachers, choreographers, directors and other students at all times. We ask dancers and parents not to speak negatively about one another or the teachers. We want our language with one another to build each other up and encourage each other to grow into our best selves at all times.

## CODE OF CONDUCT

Dancers who commit to LEDPC are committed to working hard, giving their best in class for themselves and for their teammates, doing whatever it takes to be prepared for competitions and performances, supporting their teammates, respecting their teachers and taking constructive corrections and applying them.

Dancers are expected to make their class times a priority. Be well rested, prepared and give yourself the best chance to succeed!

Dancers, please speak to your instructor if there is a reason that you are not able to fully participate in class! We understand that everyone has days with difficult circumstances :). We are here for you and we care!

Parents, by supporting your dancer in becoming a member of LEDPC you entrust us with your dancer's education, a role that each instructor at LED takes very seriously. We are committed to giving every dancer our best instruction, energy and experience!

We thank you for allowing us to be a part of YOUR dancers life!!

## RESPECT/BEHAVIOR

Dancers must show respect for teachers, staff, teammates and other students and families at all times. Inappropriate behavior may result in dismissal from the program.

## POSITIVE COMMUNICATION

Our most important mission is to create a positive, healthy, happy environment for our dance moms, dads, students and our staff team. We view all dancers and families as a part of our big LED family. Our language should be used to build one another up and encourage each other. We embrace open communication to address any concerns you or your dancer may have and we ask that all communication or concerns be directed directly to the person or our leadership team.



# SCIENCE REVEALS THE BENEFITS OF DANCE!

The benefits of dance have been the subject of much research in the past 20 years, and that research has unveiled a wealth of benefits, from intellectual and social to mental and physical. If you're looking to boost your child's confidence, fitness level and mental well-being (and possibly to save the world), consider what the research has shown.

## Dance Improves Academic Performance

According to the National Endowment for the Arts, students who regularly participate in dance lessons:

- Earn higher GPAs overall over their nonparticipating peers
- Are more likely to complete calculus
- Enjoy higher test scores on SATs and particularly in science and writing
- Perform better in math and science
- Enroll in 4-year colleges, earn mostly A's in college and
- complete bachelor degrees
- Additional research from the National Assembly of State
- Arts Agencies show that "Arts participation and SAT scores co-vary—that is, they tend to increase linearly: the more arts classes, the higher the scores.

## Dance Improves Physical Fitness

The National Dance Education Organization reports that regular dance classes:

- Involve a greater range of motion, coordination, strength
- and endurance than most other physical activities.
- Increase a child's flexibility, range of motion, physical
- strength, stamina, improve posture, balance, coordination and overall cardiovascular health.

## Dance Improves Social and Mental Well-being

Dance also offers a host of social and emotional benefits, especially helpful in adolescent years:

- According to a study published in the International Journal of Neuroscience, dance significantly changes serotonin and dopamine levels (feel-good hormones), improving depression, anxiety and mood while reducing interpersonal sensitivity, relieving tension and improving self-esteem.
- Dance also fosters social encounters, interaction, cooperation and communication.

As research continues, so too does the evidence for dance's singular benefits for the whole child: mind, body and spirit



LAKE EFFECT DANCE PERFORMANCE COMPANY

# MENU

## CLASSES

### TECHNIQUE

*\*REQUIRED\**

MINIMUM 30 MINUTE BALLET AND/OR  
45 MINUTE SKILLS & CONDITIONING

### CHOREOGRAPHY CLASSES

*\*REQUIRED\**

30 MINUTE CLASSES  
FOR BOTH JAZZ/LYRICAL AND HIP  
HOP

### ACRO TECHNIQUE

OPTIONAL & RECOMMENDED  
45 MINUTE CLASS

## TECHNIQUE

### TECHNIQUE

*Students grow their skills, technique,  
flexibility and strength in ballet technique  
+ skills & conditioning classes.*

## OPTIONS

### PRIVATE LESSONS

Accelerate your training with a solo, duo  
or trio class! These classes are offered  
for choreography as well as technique.  
Individual attention & lesson plans just  
for you!

### ADDITIONAL CLASSES

Grow by leaps and bounds by adding  
additional studio or competitive classes to  
your schedule. Classes are offered in  
ballet, tap, jazz, lyrical, acro and hip-hop.  
Watch your skills soar!

## TUITION

### 30 MINUTE CLASSES

Regular Classes: \$36/month

### 45 MINUTE CLASSES

Regular Classes: \$49/month



# PROGRAM

## ABOUT

- There is NO auditions for the 2023-2024 season
- Team Jazz dancers accelerate their training through focused, exciting classes while building lasting friendships.
- LEDPC Team dancers attend (4) dance competitions each season.  
Dates and Locations to be determined  
- (2) Duluth Competitions, (1) Twin Cities Competition, and (1) National Competition
- Jazz dancers enroll in a minimum of (1) 30 minute or more ballet class, or a minimum of (1) 45 minute skills and conditioning class plus your selected styles of choreography classes (the dances that they perform in) Additional studio classes in acro, ballet, tap, hip-hop, or jazz are optional and encouraged.

## CLASS REQUIREMENTS

- (1) Ballet Technique Class or (1) Mini Skills & Conditioning class + your selected choreography classes

## MINI COMPANY FEES

- Solo/Duo/Trio competition fees vary & are separate from the team competition fees
- Mini Jazz - to be determined when competitions release prices
- Mini Hip Hop - to be determined when competitions release prices
- This one time fee will cover 4 required team competitions and costume

## DRESS CODE

- **CHOREOGRAPHY & TECHNIQUE CLASSES and Jazz:**  
Black Leotard and Black bottoms or LED Logo Wear and specific shoes. Hair pulled back in ponytail or bun.
- **Hip Hop:** Comfortable Athletic Wear
- **COMPETITIONS:**  
LED Team Jacket (through shirts unlimited),

## SUMMER

- Choreography session required in August. If you are unable to attend you MUST learn choreography through Private Practices before September 11th start date.

# PAYMENT & FEE SCHEDULE

## FEE SCHEDULE

- **JUNE:** Registration (September ) is due at enrollment week of May 28th or autopay on June 1st
- **MONTHLY:** Tuition is due on the first of each month via auto pay or via check or cash before the 1st of each month (October-May tuition).
- **SEPTEMBER:** Competition Fees are due September 1st (Competition fees are to be determined).

## 2023 - 24 TUITION

### GROUP CLASSES

- 30 MINUTE CLASS    \$36/month
- 45 MINUTE CLASS    \$49/month

### PRIVATE & SEMI PRIVATE CLASSES

- 30 MINUTE PRIVATE LESSON    \$35/once a month



## PAYMENTS POLICIES

- Tuition rates are for the whole season (September-June). Tuition fees are paid monthly or annually. Monthly fees include holiday and studio breaks.
- After registering (paying September tuition & registration fee by June 1st.), monthly tuition (October-May) must be paid by automatic bank account or automatic credit card payment.
- Tuition will be debited for your account (or charged to your credit card) on the first of each month.
- Competition Fees & Competition Media Fees will be paid via auto pay on September 1st.
- **Please note: There is a 3.5% Credit and Debit Card Processing Fee. There is no fee for automatic checking withdrawal or cash.**
- Late Payments: A 5% monthly finance charge will be applied to overdue accounts on the 2nd of each month.

# STUDIO POLICIES



## **TUITION FEES AND PAYMENTS**

Tuition rates are for the full season (September-June, including studio holidays & breaks), not by the number of classes in the month. Tuition fees are paid monthly or annually. After registering (paying September and June lessons and your registration fee), monthly tuition (October-May) must be paid by automatic bank debit account or automatic credit card payment. Tuition will be debited for your account (or charged to your credit card) on the 1st day of each month (October-May).

**Please note: There is a 3.5% fee for credit and debit card payments to cover the fee's charged by those companies.**

## **NSF PAYMENTS**

NSF on paper checks, auto-debit, or auto charge payments will incur a \$20 NSF fee.

## **LATE PAYMENTS**

A 5% monthly finance charge will be applied to overdue accounts on the 10th of each month.

## **CHANGES TO ENROLLMENT**

Life is all about changes. We recognize that at LED and we offer options for making class changes once the dance year is underway. There is a two-month minimum for all lessons. One-month notice from the first of the month is required to discontinue any payments. To withdraw a parent must: 1) inform the studio in person and 2) complete and sign a withdrawal form. Automatic bank debiting or credit card charges will stop after the one-month notice period.

## **RESCHEDULING AND SUBSTITUTION**

LED reserves the right to provide a substitute teacher if a regular teacher is ill or is otherwise unavailable to teach. LED reserves the right to re-schedule or combine classes.

## **REFUNDS**

Refunds are only issued when LED cancels a class due to low enrollment.

## **ATTENDANCE**

Regular attendance is vital to student progress and group choreography. Please make every effort to attend each class. Students will be required to attend a makeup class or private lesson if more than 3 classes are missed.

## **COMMUNICATION**

At LED we take great lengths to keep you informed and up to date. Email will be sent throughout the year as well as posted in the studio with updates and important information. Join us on Facebook to keep up with the latest news and contests! Check out: [www.lakeeffectdance.com](http://www.lakeeffectdance.com) for studio information. Questions - We are happy to answer any questions you may have regarding your dancer and our program. Let us know if we can help in any way!

## **OBSERVATION**

Parents are encouraged to view classes through our viewing windows. Other observation is at the teacher's discretion. It is imperative that distractions be kept to a minimum for our dancers therefore parents and other students are not allowed in the studio during class.

## **INCLEMENT WEATHER POLICY**

In the event of inclement weather, an email will be sent out to notify parents. Please note that we do not necessarily follow the school closings as roads are often cleared by the time studio classes begin.

## **COSTUME ORDERS**

All choreography classes have a costume unless otherwise noted. There are no refunds or returns for costumes once they have been ordered.

## **Student Removal**

LED has a zero bullying and harassment policy. This includes towards Staff. LED has the right to remove any dancer from the season due to dancers behavior in the studio, outside the studio, online, and do to parent actions.

# LET'S TALK!

## COMMUNICATIONS



Communication is a high priority here at LED, especially with so many opportunities and constant activity, so we take great care to keep you informed.

### **MONTHLY E-NEWSLETTER AND MORE**

We are moving to monthly newsletters. Our number one tool for staying up to date with everything at LED is your monthly newsletter. You will receive a copy via email each month during the regular season that will offer details on new classes, upcoming events and more. (Hint: It's especially helpful during recital season!) We will also email you with important reminders and time-sensitive information. Beyond that we offer several other communication vehicles:

### **Q & A SESSIONS**

During auditions & prior to our first competition we hold a parent Q & A session to answer any questions you might have. Our team is also available via email, phone or by stopping at the front desk during our office hours.

### **FACEBOOK**

LED's Private Facebook page "Lake Effect Performance Company" is great for tracking new classes & programs, as well as other general news about studio happenings. To be sure you don't miss a thing, like the page and be sure to pin it to the top of your feed.

### **QUESTIONS**

We are always here and happy to answer your questions about LED.

If you have a question or concern about what's happening in your child's class, please don't hesitate to ask. Our friendly team will be happy to assist you!



# THE SEASON

## YOUR SEASON OVERVIEW

The full LEDPC season calendar, complete with competition dates is released the first week of class in the fall

- August 14-16 - Competition Intensive 2023
- September 1st LEDPC Team Fees Due
- September 11 - Classes Begin!

Because commitment is so important on any successful team, dancers who are members of LEDPC must make their class time a priority. Please read over the commitment requirements detailed below.

All rehearsals & performances are mandatory. Every member counts at every performance! In the event of an emergency an understudy may be used.

Participants are allowed no more than (3) absences for each class per semester.

Please let your teacher know of any circumstances affecting your attendance.

The following reasons WILL NOT be counted as an absence: Family emergency, Sickness, Required school band/choir concerts and school awards ceremonies.

The following WILL be counted as an absence: Homework, vacations.

NOTE: In the event of injury, dancers should attend rehearsals and classes to observe and make note to any changes to choreography whenever possible.

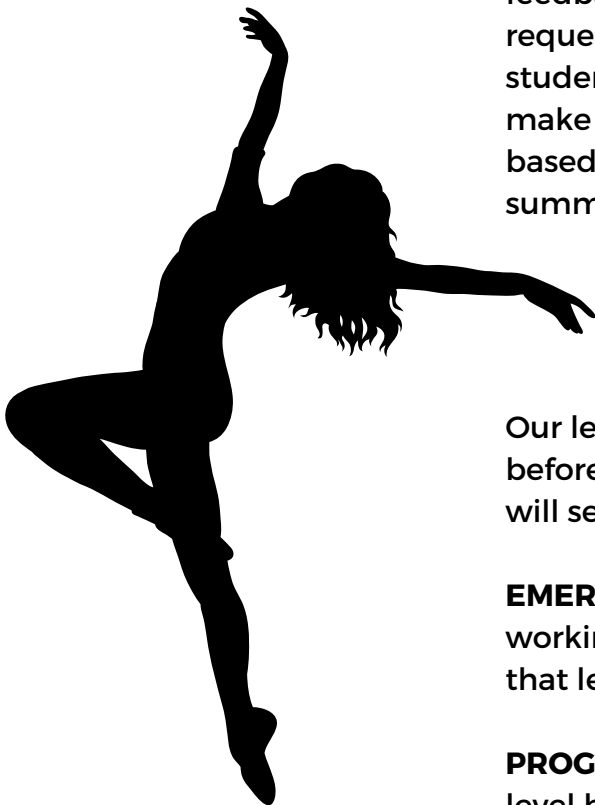


# PLACEMENTS

Faculty and staff meet regularly to discuss students' progress and/or placement and recommendations are based on many years of teaching experience.

Placement of students class levels or choreography is highly individual and based on many complex factors such as age, experience, physical/technical ability, concentration, skills, ability to take and apply corrections, ability to work well within a group, attitude & behavior etc. We ask that our dancers and families respect the thought, consideration and care that goes into selecting the best placement for each dancer.

As a reminder, audition or placements results are final. Students are welcome to ask their instructor for feedback for improvement after auditioning, however, requests for re-evaluation of placement by either students, or parents, will not be accepted. If we need to make any adjustments to groupings, we will do so based on what we see developmentally at the end of summer. Keep working hard



## PLACEMENT AND LEVELS

Our levels are designed for dancers to be in a few years before they are ready to progress to the next level! You will see three types of dancers in each level:

**EMERGING DANCERS** are new to a level, and will be working hard to learn the skills, technique and artistry that level is focused on!

**PROGRESSING DANCERS** most likely have been in the level before, and are working on consistency, confidence, and muscle memory!

**PROFICIENT DANCERS** have been in the level a couple years and are working on mastering the skills, artistry, and focusing on the small technical details needed to move on!

# COMPETITION Q&A

## What additional clothing/accessories does my dancer need?

- ALL dancers need the LED Warm-Up Jacket which is required for participation in the awards ceremonies. Go to shirts unlimited to purchase your jacket starting September 1st!
- Extra pair of each style of tight your dancer will need. Recommended. Available for purchase at Studio.
- The correct dance shoe for the style of dance.

## When will we receive our dancers competition schedule?

- We will issue Competitions for the 23-24 Season by July 1st. Please note we normally always have a competition either going into or coming out of Northwesterns Spring Break. We ask you plan appropriately.
- The competition sends out a schedule one week prior to the competition therefore it is important to reserve the entire weekend for competition. This means Friday-Sunday

## What does a competition day look like?

Once you've received the schedule for competition weekend you can begin planning out your dancers day! Your dancer will need to be ready to perform on stage (warmed up, in full costume and make-up) when they arrive at the theater. We request dancers to be ready to take the stage one hour prior to their scheduled time.

After your dancer performs they'll return for the scheduled Awards Ceremony where they will receive their adjudicated and any placement (high point) awards. This is always an exciting experience!

## Awards Ceremony

Awards ceremonies are a fun and exciting experience! Awards ceremonies are held throughout the day with all the dancers from that particular block of time on stage for awards together.

Great sportsmanship is so important to the culture of who we are and what we are instilling in our students at LED. We are not only training dancers for the stage but for success in every area of life! :)

Our LEDPC Facebook groups are an EXCELLENT resource to connect with your dancers classmates and parents. Our Facebook groups are also a great place to share photos and exciting moments!



# Competition is a Commitment

**Please DO NOT register if you are not able to fulfill the commitments laid out in this document.**

**Lake Effect Dance will have a strict policy this year and we don't want to break any dancers hearts because commitments were unable to be met by the guardians. Remember our non-competitive classes are also a lot of fun and much more relaxed then what the competition classes will be.**

*Thank You,*

*Mrs. Anna*





# WELCOME TO LEDPC!

