



Parent-Student Handbook

2019-2020

Rankin Arts Center
1004 Broadway, 2nd floor
Columbus, GA. 31901

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~Welcome:

The **CSU Youth Dance Conservatory (YDC)** is one of many programs offered under Continuing & Professional Education at the Rankin Arts Center. The YDC partners with The Columbus Ballet to offer the best classical ballet training and performance opportunities to aspiring dancers in our community. An air of tradition and discipline fills an atmosphere of intense, yet fun learning from our youngest dancers to advanced levels. In addition, the Conservatory offers training in jazz, contemporary, modern, and stretch. Our advanced students have been accepted to many well-recognized summer intensive programs such as: Atlanta Ballet, Montgomery Ballet, American Ballet Theatre, Boston Ballet, Ballet Magnificat, Central Pennsylvania Youth Ballet, Joffrey Ballet, and Alvin Ailey (NYC), San Francisco Ballet, Kansas City Ballet, and many others.

~Mission:

Columbus State University's Youth Dance Conservatory exists to provide a space for classical ballet education in the Columbus, GA area. Using fundamental ballet technique as the core of our training, we strive to create a fun, challenging, and encouraging environment for our students that strengthens the body, sharpens the mind, and creates a lifelong passion for the art of ballet.

~Staff:

Susan Wirt (Executive Director: Columbus State University, Continuing & Professional Education)

Bridget Adams (YDC Artistic Director)

Laura Johnson (YDC Administrative Director)

~Instructors:

Bridget Adams (Artistic Director): Bridget Adams began her dance training with Jackie O'Neal School of Dance in Birmingham, Alabama with a concentration in ballet, jazz, and acrobatics. After 10 years of training and assistant teaching, she began teaching at Nix Dance Studio in Auburn, Alabama. It was here that she realized her passion for teaching dance, especially the beautiful, classical art of ballet. After completing her degree in Fine Arts from Auburn University in 2004, she moved with her husband Steve to Columbus, Georgia and began teaching and furthering her classical ballet knowledge at CSU Youth Dance Conservatory. Bridget has enjoyed performing many classical roles with The Columbus Ballet, YDC's partner for classical performances. She has also been privileged to co-direct and direct many classical, modern, and original works with YDC and The Columbus Ballet over the past 14 years. Bridget is currently the Artistic Director of YDC as well as a seasonal artistic director for The Columbus Ballet. Above all this, the ability to share her passion for dance with young students of the Youth Dance Conservatory gives Bridget a joy beyond words.

Shannon Bravo: Shannon Bravo began taking ballet classes in New Jersey at age six and fell in love with dance. She trained at European Dance Academy, formerly Ballerina, for eleven years in various styles. Shannon attended high school at Morris County School of Technology as a dance major and theater minor. Throughout high school, she began teaching at local studios and worked with various choreographers and guest artists. After high school, she continued her education at County College of Morris and Nova Southeastern University as a dance major with business minors where she graduated in May 2013. After graduation, she began teaching in

Miami Schools as a dance educator. She first covered a fellow dancer while she was on maternity leave at Mater Academy then ran a dance elective program at Youth Co Op Charter School for five years. The program in that time blossomed and became a big part of the school's STEAM initiative. She moved to Georgia with her husband and daughter in October of 2018 and is excited to begin teaching at CSU Youth Dance Conservatory!

Kylie Casino: Kylie Casino received what she considers the best of her training from The University of Akron's Dance Institute. She then earned her BA in dance from The University of Akron. During her time there, she was given the opportunity to perform pieces choreographed by David Parsons, Paul Taylor and Ay Miller. After working as a professional dancer for a year after college, she decided to continue on with her education and earned her MFA in Interdisciplinary Arts from Goddard College in 2016. Ms. Casino finds complete fulfillment through teaching and looks forward to sharing her love of dance with others.

Jena Davis: Jena Davis has been said to possess "a kinetic intelligence well beyond her years". She began her early training at Davidson Fine Arts Magnet School in Augusta, Georgia, under the tutelage of Bessie Award Winner, Sharon Skepple. Jena moved to Columbus in 2016 to further her career. Now, a senior at Columbus State University, Davis continues her studies in Modern, Ballet, Tap, Jazz, and Ballroom dance. She joins the Youth Conservatory eager to spread her knowledge with young girls and boys like herself.

Katy Hamrick: Katy Hamrick grew up in dance, doing different styles like ballet, pointe, jazz, tap, ballroom, and lyrical. She graduated with a Fine Arts Degree from California's Victor Valley College (2016). Katy is also into theatre, and has done it all from performing, stage managing, and doing tech work. Some of her favorite works include, Ariel from *The Little Mermaid*, Lilac Fairy from *Sleeping Beauty*, and choreographing Beauty and the Beast Jr. Outside of dance, she enjoys yoga, archery, and playing the ukulele.

Laura Johnson (Administrative Director): Laura Johnson received the majority of her early training at The Dance Factory under the instruction of Mrs. Susan Fisher. She continued her training at the University of Alabama in Tuscaloosa and received her B.A. in Dance and International Relations in 2001. Upon graduation, Laura attended the American Dance Festival in Durham, NC on a Young Artist Scholarship. She continued her training while earning her M.A. in Performing Arts Management at American University in Washington, D.C. Since moving to Phenix City, Laura has served as a choreographer, administrator, and Associate Director for The Columbus Ballet on performances of *The Nutcracker* as well as on various of Spring recitals. Laura has been teaching dance for 20 years and teaching at YDC since 2009. Laura is excited to be attending the Central Pennsylvania Youth Ballet (CPYB) teacher training intensive this August to further her studies in teaching the art of classical ballet.

Toni Lum: Toni's love of ballet began at the School of Oregon Ballet Theatre, training and performing in both school and company roles. After graduating high school, she then went on to receive her Bachelors of Fine Arts in Dance from the University of Arizona where her love of modern and contemporary dance grew. After college, she continued her training with the San Francisco Conservatory of Dance in both ballet and contemporary movement. While in San Francisco, Toni danced professionally for The Mark Foehringer Dance Project and Robert Moses' Kin. In 2010, Toni accepted a position with the Chicago company: DanceWorks Chicago, where she ultimately completed her dance career, but not before dancing in Chicago, New York, and spending a year dancing in Berlin, Germany. Always a mover at heart, she then went on to complete 5 half-marathons, a Century ride, a half-IronMan, and she successfully swam Alcatraz! Toni is now a registered yoga instructor (RYT 200) and teaching at River Flow Yoga and Wellness here in Columbus.

~Dance Year & Holidays:

- First semester classes begin August 5, 2019 and run through December 2, 2019.
- Classes will not meet on Labor Day (Sept. 2) or during the week of Thanksgiving (Nov. 25-30).
- Second semester classes begin January 6, 2020 and run through May 4, 2020.
- Classes will not meet on MLK Day (Jan. 20) or during MCSD Spring Break (March 30 -April 4).

~Summer Intensives and Summer Classes:

YDC's Summer Intensives provide the opportunity for tremendous technical, artistic, and personal growth. Working with different instructors in a variety of dance disciplines helps all students maintain muscle memory as well as strengthen and develop more matured muscles. Summer intensive classes for all ages are designed to address technique, artistry, specific skills, and increase strength. Students gain deeper understanding of ballet as an art form. Evaluation of new students is required prior to registration for the summer intensive program.

Regular classes are offered over the summer as well as a Princess Dance Camp for ages 4-6.

~Performance Opportunities:

YDC students Level 1 and up have the opportunity to perform in The Columbus Ballet's production of *The Nutcracker* on December 14 & 15, 2019. Upper level dancers are encouraged to audition for lead roles. Auditions will be held on Saturday, August 17, at the Rankin Arts Center, and rehearsals begin Friday, September 6. Students selected for leading roles may be asked to attend a few extra rehearsals, on occasion, after class. This extra work will enable a dancer to give his/her best performance onstage, and enhance the pedagogical and developmental benefit to the dancer. Such rehearsals will be scheduled in collaboration with the director, dancer and parents, and will never be "assigned" without the consultation and approval of all concerned.

YDC will also hold the End of the Year Performance. All students will have the opportunity to perform with their classmates in pieces choreographed by instructors that demonstrate the classical technique they have learned throughout the year.

~Student Placement:

Students as young as age 3 may participate in YDC classes. Students age 6 and under will be placed in the appropriate class based on age. New students ages 7 and older, with or without experience, will be evaluated and placed in their appropriate levels. Call 706.507.8367 to schedule a placement appointment.

~Promotions:

Promotions can be decided at any time during the year. Students who are in Creative Movement through Pre-Level 1 normally move on to the next level on a yearly basis. From Levels 1 through 7 the progression and mastery of skills slows down. Not every dancer progresses at the same rate. When the teacher selects a student for promotion, she will bring suggestions to the artistic director. Students will then be re-evaluated by the artistic director and a decision will be made based on maturity and technical ability.

~ Pointe Training:

Students will be evaluated for pointe work training on an individual basis. We look to see if the student has had at least 3-4 consecutive years of classical ballet technique training. We also consider the student's age, physical strength, and capabilities. Once a student is promoted to pointe, the artistic director will guide the student in the right direction with pointe shoe decisions. Students are expected to take more technique classes than pointe classes. If a student is enrolled in one pointe class, they need to be taking at least 2 technique classes. If they are enrolled in two pointe classes, they need to be taking at least three technique classes.

~Student End of Year Evaluations:

Parents are requested to be present during end of year evaluations. Decisions for promotion for the next school year are discussed at this time. Evaluation dates are tentatively scheduled for April 27 through May 2, 2020.

~Parent Observation:

Classrooms will be open to parents twice a year in October and April. Parents will have the opportunity to observe their child's progress and learn more about the different skills involved in their student's technique training. Observation dates are tentatively scheduled for October 21-26, 2019 and April 20-25, 2020.

~Conservatory Etiquette:

- Students are expected to be **ON TIME** for every class. This means the student should be in the classroom before the class start.
- Students are expected to stay in class until the end and should not leave the classroom without permission.
- Use the restroom, get a drink of water, and secure hair, etc., before entering the classroom.
- No talking during class, aside from questions to the instructor or as part of a specified class activity.
- No chewing gum, eating, or bringing water/sodas/juice or any open bottles into a classroom or rehearsal without permission. Water in a reusable bottle should be consumed discreetly in class at permitted times.
- Food is prohibited in the studio and in the 2nd floor lobby area. Only water bottles are allowed in the studios. To eat, please go downstairs to the first floor lobby area.
- Ballet bags are allowed only in designated areas of YDC during class.
- Students are expected to keep the noise level to a minimum in the hallway and in dressing rooms.
- The school cannot assume responsibility for the loss of students' valuables.
- Arrival and departure from classes and rehearsals are expected to be punctual.
- Students and parents are responsible for reading all posted notices.
- It is highly recommended that parent(s) attend all meetings and/or check emails to keep informed of information regarding the school and performances.
- Proper understanding of the rules will lead to a more positive experience for all.

~YDC Dress Code:

- Creative Movement through Level 7 ballet classes: black leotard (no skirts attached); pink, seamless tights (feet must be covered, no ankle length tights); pink ballet shoes. Students training in more than one discipline are advised to wear convertible tights for ease of changing. No underwear should be worn underneath tights and leotard. Level 5-7 dancers may wear a skirt for pointe and rehearsals with permission of the class/rehearsal instructor.
- Black leotards may be in any traditional style (tank, 3/4 sleeve, spaghetti strap, cap sleeve, long sleeve). Hair should be in a neat bun. For the safety of you and other dancers, no jewelry may be worn, with the exception of stud earrings. On Saturdays, Level 4-7 dancers may wear a colored leotard for their classes.
- Full sole up to and including Level 3. Level 4-6 split sole. Ballet slippers should be pink for ladies and black for gentlemen.
- **Level 5-7:** Pointe shoes/technique shoes. Pointe shoes must be worn with tights over the feet unless the dancer is rehearsing for a particular role in which tights will not be worn.
- **Jazz:** pink/black footed tights or black jazz pants, any color leotard, jazz shoes.
- **Contemporary:** pink or black footless tights, any color leotard, bare feet.
- **Modern:** color leotard, footless tights, pants/shorts optional.
- **Stretch class:** shorts, leotard, convertible tights, socks, hair neatly fastened. Please supply your own yoga mat and Theraband.
- **Adult Ballet:** comfortable attire with proper undergarments, ballet shoes.
- **Men:** white, fitted short sleeve t-shirt, black tights/dance pants with proper dance undergarments, black ballet shoes.
- **Hair:** ballet bun pulled away from face.
- No watches, necklaces, bracelets, big rings, elastic bands, etc. Small stud earrings are acceptable.
- Dancers must wear cover-ups over dance attire when arriving and departing from dance classes.

~Ballet Bun:

With one hand gather hair into a “bunch” at the back of the head. With one hand, lightly spray hair around the head with water.

- Brush hair into a ponytail and secure with covered elastic. Ponytail should not be lower than middle from back of the head.
- Ensure the ponytail is centered between ears.
- Brush and smooth hair towards ponytail.
- Spray hair evenly around the head.
- Twist ponytail and begin to spiral around the elastic.
- Coil hair into a bun a bit at a time, insert hairpins at every inch.
- Repeat until all hair is spiraled and ensures it is as flat against the head as possible.
- **IMPORTANT: WRAP HAIR NET AROUND BUN!**
- Add a few extra pins. An additional spritz of hairspray may be used if needed.



~What to Have in a Ballet Bag:

- Small Towel
- Hairbrush
- Bobby Pins
- Hair Spray
- Elastic Bands
- Deodorant
- Extra leotard and tights
- Ballet shoes and/or pointe shoes
- Reusable water bottle
- Theraband

~Conservatory Policies:

- YDC is an alcohol, tobacco, and drug free environment. Use of such substances will not be tolerated at our facility or at any event venue.
- No foul language. Bad language and terminology will not be tolerated at YDC or any event/venue where you are involved with the school.
- No dancer or parent is allowed to dictate placement at the barre, order of class exercises, choice of music, level placement, beginning of pointe, or attire under any circumstances. The teacher of the class may place students where he/she feels is appropriate for that class.
- Your time and tuition are valuable, so students must arrive promptly for class. Disruptive and disrespectful behavior in class not only interrupts the learning process, but does not reflect the character of our school. Examples of inappropriate behavior such as, but not limited to, the following may result in dismissal from YDC:
 - Talking excessively in class.
 - Talking while the teacher is giving instructions.
 - Entering “Faculty Only” areas without proper permission.
 - Leaving the dance room and/or studio without permission.
 - “Talking back” to the teacher or otherwise conversing with the teacher or others in an impolite or ill-mannered way. In the event this occurs, the teacher may remove the student from class and no make-up will be offered.
 - Refusal to do as the teacher has instructed.
 - Bothering another student by touching them in an impolite or annoying way, including public displays of affection of a romantic nature.
 - Taunting others including any sort of bullying or intentionally intimidating behavior.
 - Participating in classes you are not registered for without prior permission of the director/teacher.
- Phones are not to be used in the studio. No texting or social media is allowed in the classroom.

~Absence/Tardiness:

- If a student will be absent from class, please contact YDC at csudance@columbusstate.edu or call 706.507.8368 prior to the class. The teacher will suggest the best class within the same level or lower level for a makeup. Because of the systematic progression of the class, a student will be considered late 10 minutes after the class begins. If the student is late, he/she may sit and watch the class, but may not participate. Classes must be made up within three weeks of the absence.

~Video Recording/Social Media Policy:

Video can be a very useful tool for learning choreography and reviewing one's own work. For this reason, students are allowed, with permission of the teacher, to have a friend video a portion of their rehearsal or class (it is not acceptable to simply set a camera/phone up to record the entire time). This video is to be used for personal purposes only, but may be shared with close family and friends privately. If you need a video for professional purposes (such as a summer intensive, college, or company audition) please consult one of your teachers for help and arrange a private lesson to create the video so it can be sure to show off your strengths in their best light and give you the best chance for success. When sharing images and video, please be sure to never "post" or share anything that may tarnish your own image, the image of a peer or teacher, or the image of YDC.

~Office Hours:

The YDC is open 30 minutes before the first class starts and closes 30 minutes after the last class. Should you wish to speak to a director or teacher please do so by appointment only. It is imperative that teachers are not disturbed before, during, or after class. Please ask your teacher about his/her preferences for how to contact them (leaving a message at the studio, email, phone) to schedule an appointment and abide by those preferences. For general questions, please leave a message at the Conservatory front desk or send an email to csudance@columbusstate.edu

~2019-2020 Payment & Registration Information:

All YDC classes are held at the historic Rankin Arts Center, 1004 Broadway in Uptown Columbus. All classes are priced by the year (August – May) but may be paid in monthly installments. Save 10% when you pay for the year in full by **Friday, August 10, 2019**.

You can register/make payments:

In Person:

You are welcome to register and make payments at YDC on the 2nd floor of the Rankin Arts Center at 1004 Broadway. Only credit/debit card payments are accepted at this location. During the school year, we are open 30 minutes before the first class starts and close 30 minutes after our last class. Please see our full schedule on-line at: ballet.columbusstate.edu

Alternatively, you may register and make payments at CSU Continuing & Professional Education's business office, located on the CSU campus at the corner of College Drive and East Lindsay Drive. The office is open Monday through Friday from 8:00 am to 5:00 pm. After 4:30 pm, you must have the exact change or plan to pay by check or credit/debit card. Make checks payable to Columbus State University.

By Mail:

Send your check or money order to:

CSU Continuing & Professional Education
Columbus State University
4225 University Avenue
Columbus, GA 31907

By Phone:

To register by phone, please call CSU Continuing & Professional Education at 706.507.8070 during normal business hours of 8:00 am and 5:00 pm Monday through Friday using your Visa/MasterCard/American Express/Discover card. Or, you can call YDC directly at 706.507.8368 during regular scheduled class hours.

~Payment Plans

If a student is paying their tuition in monthly installments, a written agreement must be signed at the Rankin Arts Center or the CSU Continuing & Professional Education business office agreeing to the terms of the payment plan. All payments are due on the 1st of each month. A **\$25 late fee** per household will be assessed for payments received in our offices after the 15th of the month. Failure to pay will result in the student being dropped from all current ballet classes. Payments may be made at the Rankin Arts Center by credit/debit card, or at the Elizabeth Bradley Turner Center on the main campus by credit/debit card, cash, or check. You may also make payments by mail or phone.

~Withdrawals:

Students register for the entire year.

Paid in full:

CPE requires that a cancellation request be submitted before the next installment due date in order to not be responsible for future payments. A **\$20 cancellation fee** will be charged per child. A prorated refund will be issued based on the number of months remaining in the dance year. No refunds will be issued after February 15th.

Payment Plan:

CPE requires that a cancellation request be submitted before the next installment due date in order to not be responsible for future payments. The student will then be dropped from the roster and the payment plan will be cancelled. If a student chooses to drop a class, a **\$20 drop fee** will be assessed.

Visit us online at: ballet.columbusstate.edu

“Like” our Facebook page: <https://www.facebook.com/CSUDanceConservatory>