



## *Our Values \* Who We Are*

DancEsteem's mission is for young dancers to develop their own **identity** and **creativity** through **movement (dance)**. If they find themselves loving dance, they will find **self-confidence** and **self-esteem** in their **own way** and in their own time.

We *commit to work hard* and *do our best to learn* in class and *have fun dancing with discipline*.

We *lift up* and *support each other*.

If we see and/or hear a put-down, *we will speak up* and *encourage a positive learning environment*.

We remind each other that this is an *affirming* and *safe place*.

*We do not discriminate* and *we celebrate our differences*.

We are all special and *bring unique talents*; we know that each of us always has more to *learn from each other* and *our teachers*.

We practice *constructive critique* to *recognize strengths* and with a *positive mindset*, *we offer feedback to help each other grow*.

We will *resolve conflict* between classmates, and understand that *teachers are always there for students* to consult and help resolve issues or concerns.



***Our ultimate goal is to create a place where you can be yourself!***



<b>Hip Hop Teen II Breakfast Club</b>	This is the Company class for Hip Hop for those who have been in Hip Hop for several years, 8th grade +, who have expressed commitment, interest and shown discipline. <i>Invitation only.</i>
<b>Ballet</b>	MoBu's Ballet classes teach technique, discipline, form, strengthening and Ballet skills. MoBu offers Ballet 1x week to compliment Modern/Contemporary classes and give dancers access to important foundations in dance and is therefore different from other programs that offer Ballet as a focus requiring 2x+ per week. <u>Attire:</u> ballet leotard, ballet tights & shoes; no ballet skirts or tutus; hair in ballet bun

**Ideas on where to purchase dancewear:**

*MoBu Dance Studio has two bins of used ballet and jazz shoes, found on the shelves of the waiting room. Students are welcome to go through the bins to see if a pair fits for personal use until they grow out of them. We appreciate donations of any dance shoes your child has grown out of to replenish these bins!*

Unfortunately SF Dancewear, where many of our dancers would get their gear, has closed :<

One shop still open in San Francisco is:

**1887 Dance Shop**, 2206 Union St, San Francisco, CA 94123

Otherwise, we recommend looking online, and here are some options...

**Capezio:** [www.capezio.com](http://www.capezio.com)

**Discount Dance:** [www.discountdance.com](http://www.discountdance.com)

**Amazon.com**

**Dancewear Solutions:** [www.dancewearsolutions.com](http://www.dancewearsolutions.com)

\* Toepads, foot paws, or foot undeez are used in contemporary dance classes 5th grade, there are different brands, sizes and styles, but this is what they look like in general:



MoBu Dance Studio also has DancEsteem logo dancewear available for purchase for middle-school through teen dancers.





## SHOWTIME EXPECTATIONS

- Participate in all classes during spring season - if a student has to miss more than 3 classes after January 31st, they will not be able to perform in the show (exceptions: serious illness with doctor's note). This is important to be sure classes are ready for the performance. Excessive absence affects not only the individual's performance quality but also negatively impacts the rest of their classmates who have worked hard to master the group choreography.
- Attend all tech rehearsals assigned (during the Wed-Sat. prior to performance days). On-stage tech rehearsal is critical for students to get used to spacing, lighting, etc. Missing this rehearsal seriously affects the absent dancer's performance quality and impacts the rest of the class.
- TAs and Company I & II dancers participate in all aspects of show production and help backstage as assigned by staff.
- Follow backstage etiquette during the shows to guarantee a successful show for all dancers:
  - Keep belongings labeled, organized and together in one spot in assigned dressing rooms.
  - Clean up after yourself at all times (food, wrappers thrown away properly, etc., and keep track of costumes & all belongings). Do your part as a member of DancEsteem to share and care for the tight spaces backstage in an organized and responsible way.
  - Be silent directly backstage and in all side-stage areas.
  - Remind your parents that they are not allowed to enter backstage (space is limited and parents hovering adds to chaos). Younger dancers are taken care of by teachers and TAs and are in good hands.
  - All dancers will show respect for teachers and older students who are assisting with backstage show-production and management and will follow their lead if asked.
  - Encourage others! This is our dance community and we can create a positive environment backstage and cheer on all ages and class levels.
  - Be a mentor! Share positive comments and advice to help lift up the confidence and calm nerves of jittery dancers.
  - Remember that all comments out-loud about dancers' costumes, hair, make-up and choreography must be complimentary (imagine how a put-down would feel before going on stage!) Show your support so that everyone can feel confident and supported when performing.
  - Remind yourself and your classmates to do all of the above and in doing so to reflect the values of DancEsteem.

## INTERNATIONAL PROGRAM

<p><b>Japan Cultural Exchange Program</b></p> <p>Our 8th year trip is happening summer 2019.</p>	<p>Our Cultural Exchange program with Sanae Hara Modern Dance Academy in Shizuoka, Japan began in 2004. This means that my students and her students perform at each other's annual performance. This exchange program's goal is to create the opportunity for students to experience different cultures and people through dance.</p> <p><u>Requirements for participation:</u> The program is offered to all students who are committed to dance and want to work hard. They must be going into 5th grade or above, with more than 3 years of participation in the program and take ballet class along with Takami's class. This has become a popular program. The limit is 12 dancers and there is often a waitlist. Waitlist students get first chance to take a spot in the following trip.</p>
<p><b>Mexico Cultural Exchange Program</b></p> <p>Past trips: 2015 2017</p>	<p>This program started in 2015. Takami met director Cecilia Lugo of Mexico City's Contempodanza - Center for the Professional Development of Contemporary Dancers at the Prague Dance Festival in 2014. Both of us had the same idea of dance and goals, so we decided to do an exchange. Mexico dancers participate when they can in our Annual Performance and take a master class with our teachers, and when we go to Mexico, we take their master classes and showcase a choreographed piece and a Creative dance on an open air stage in the center of Coyoacán, Mexico.</p> <p><u>Requirements for participation:</u> This program is for high school students who have been in the program at least 5 years, are committed to dance and working hard. They must take at least 2 classes a week.</p>
<p><b>New Prague International Dance Festival</b></p> <p>Past trips:</p> <ul style="list-style-type: none"> <li>● 2010 (7 dancers, 2nd place choreography)</li> <li>● 2014 (8 dancers, 3rd place choreography &amp; City of Prague Awards)</li> <li>● 2018 (5 dancers: 3rd place Choreography).</li> </ul>	<p>The Prague International Dance Festival is festival and competition that brings together dancers from around the world to participate in master class workshops, meet dancers from other countries through a variety of gatherings and explore the beautiful city of Prague, Czech Republic. DancEsteem prepares the group the spring prior with a group choreographed showcase piece and competes with this dance at the festival. The piece is previewed at MoBu Dance Studio's DancEsteem Annual Performance.</p> <p><u>Requirements for participation:</u> This program is for Teen dancers (high school students) who have been in the program at least 5 years and are committed to dance and working hard. They are required to take at least 2 classes a week. We participated in The Prague International Dance Festival in 2010 (7 dancers, 2nd place choreography) and 2014 (8 dancers, 3rd place choreography &amp; City of Prague Awards), and 2018 (5 dancers: 3rd place Choreography).</p>