



MoBu Dance Studio

Policies & Definitions

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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!

DANCESTEEM CLASS DESCRIPTIONS

Modern/Ballet Pre-K	Teaches basic modern & ballet steps and movement <i>Attire:</i> dance leotard (No tutu. If you want skirts they must be attached to leotard), ballet tights & slippers; long hair in ponytail or bun.
Modern/Ballet K-1	Builds on basic modern and introduces more ballet basics <i>Attire:</i> dance leotard (No tutu. If you want skirts they must be attached to leotard) ballet tights & slippers; long hair in ponytail or bun.
Modern/Ballet 1st & 2nd	Introduces pop steps <i>Attire:</i> dance leotard, ballet tights & slippers; long hair in ponytail or bun.
Modern/Ballet 2nd & 3rd	Introduces more defined modern dance steps and technique <i>Attire:</i> dance leotard, ballet tights & slippers; long hair in ponytail or bun.
Modern/Ballet 3rd & 4th	Introduces jazz steps <i>Attire:</i> leotard, ballet tights and jazz shoes; tight tank top, black leggings also an option (no baggy tees, if cold layer over tank top); long hair in ponytail.
Contemporary 5th and up through Teen IV	Contemporary dance and choreography - Improvisation <i>Attire:</i> tight tank top (no baggy t-shirts, if cold layer over tank top), leggings, toe pads (see note on next page); long hair in ponytail.
Company I & II	Contemporary choreography, improvisation and dance show production for students in upper grades of high school, taking multiple classes or taking school dance program, with 5+ years in the program who have expressed commitment, interest and shown discipline. <i>Invite only.</i> Students in Company I & II are required to participate backstage during annual performances as part of mentorship of younger dancers and to gain experience in show-production. <i>Attire: Same as contemporary above.</i>
Workshop I&II Workshop I: grade 5th–7 th Workshop II: grade 8 +	For dancers with 3 years + at MoBu who want to take an extra class as a technical <u>add-on for those already in a contemporary class</u> . This class explores new areas of dance technique, movement and choreography and can also be useful for students pursuing school dance programs to prepare for auditions. <i>Attire:</i> tight tank top (baggy layering ok over tank top), leggings, toe pads; long hair in ponytail.
Hip Hop Classes	Explores all aspects of Hip Hop style and technique. <i>Attire:</i> loose pants & top; Hip Hop dance sneakers (no Converse).

Hip Hop Teen II Breakfast Club	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> <u>Attire:</u> loose pants & top; Hip Hop dance sneakers (no Converse).
Ballet	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.

A note about tuition refunds during the semester: Refunds will be given on a prorated basis up until the ½ way point of each semester. After the half-way point, we cannot offer refunds.

Last day for refunds 2019/2020 dance year:

Fall 2019 -- Oct. 15

Spring 2020 -- Feb. 29.

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!

Dance supply shops in San Francisco:

San Francisco Dance Gear, 351 9th Street, San Francisco

1887 Dance Shop, 2206 Union St, San Francisco

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

Capezio: www.capezio.com

Discount Dance: www.discountdance.com

Amazon.com

Dancewear Solutions: www.dancewearsolutions.com

* Toepads, foot paws, or foot undeez are used in contemporary dance classes 5th grade and up, 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.

TEACHING ASSISTANTS (TAs)

MoBu's philosophy fosters mentorship and mutual support among dancers, and there are many opportunities for older students to support younger students. Becoming a Teaching Assistant is one:

<p>Regular Season TA Positions</p>	<p>For 6th grade students who have been in the program 3 + years, show interest, and are able to meet the demands and commitment of being a class TA. This position comes with considerable expectations as well as great benefits to the student TA and those in their class. There are limited TA spots and placement depends on openings and student's schedules. Once Takami knows there is interest and has discussed expectations with prospective TAs, she will ensure that open spots are offered to those interested. TAs are expected to:</p> <ul style="list-style-type: none"> ● Take the position seriously; it is considered a job you have been hired for ● Attend all classes, and be on time (exceptions: if sick, a mandatory school event, or important family occasion. Give Teacher advanced notice.) ● Be prepared to support the teacher (demo choreography to class, work with kids who need extra help, teach the class with teacher support, etc.) ● Attend all show rehearsals for TA class, provide support backstage for this class at Creative & Annual performances. ● Work as a team with lead Teacher: be open to learning from teacher and share constructive feedback ● Be a positive role model for students in TA class and all of MoBu community, showing mentorship, supporting and actively upholding principles of DancEsteem. <p>Benefits:</p> <ul style="list-style-type: none"> ● Experience teaching ● Tuition discount semester class fee: <ul style="list-style-type: none"> 10% 1st year TA 15% 2nd year TA 20% 3rd year + TA
<p>Summer Camp TAs</p>	<p>Same expectations as above.</p> <p>Eligibility:</p> <ul style="list-style-type: none"> ● For students who are already TAs during the regular year (6th grade and up) ● Students who are not regular TAs are eligible if they have 3 years dance in program and are entering 8th grade and above. ● Must attend an orientation meeting before camp starts. ● Must be present Monday - Friday of camp week, and be available to stay certain days for clean-up. ● Must stay after show on Friday of camp week to clean-up and debrief the week as a group with teachers and TAs. <p>Benefits:</p> <ul style="list-style-type: none"> ● Experience as a teaching assistant in an intensive summer camp program. ● A small stipend.

ANNUAL PERFORMANCES

DancEsteem hosts two performances each year:

1. **Creative Showcase** (usually December but this is tentative): a pre-annual performance warm up where all Modern/Ballet & Contemporary classes Kinder through Company II & all Hip Hop classes perform in the Creative dance show. There are no costumes other than what student already have, and rehearsals take place on the same day as the show. The dances and Creative style is more improvisational, student-centered choreography where dancers work and perform in small groups they have been working with for a few weeks prior. Each grade level adds on certain Creative techniques each year.
 - Pre-K, Workshop & Ballet classes do not perform in this show as it is not a method practiced in those classes.

2. **DancEsteem Annual Spring Performance** (usually first or second weekend in May): this is a professionally choreographed and produced show with full costume at a professional theater. All classes participate in this show.
 - Performances are not mandatory, but strongly encouraged as a way to showcase your child's hard work all year in dance and to gain experience on the stage. It is a fun community event and a professionally produced show that is amazing for the dancers as well as the audience. Please notify your teacher as soon as possible should your child decide they are unable to perform for any reason.

Certificates: Takami bases her certificate award program on this Japanese saying “*Even a rock gets warm if it sits for 3 years.*” DancEsteem celebrates and recognizes students on stage at the annual performance and awards yearly certificates to those who have been in the program 3 years and up.

Annual Performance Solos & Anniversary Dances:

At the Annual Performance, in addition to students performing with their regular class/es, at certain anniversary benchmarks dancers are invited to celebrate their accomplishments, commitment and hard work in the program over the years.

Solos	5th and 12th year students Takami and selected teachers provide a series of 3-5 private lessons to develop choreography. Students work with instructor to choose music and costume.
Duets/trios	8th year students. These duets and trios will be grouped by Takami who will mix kids with students in other classes and ages who are also in their 8th year, and assign a Teacher to work with each group for a series of 3-5 choreography lessons.
10th year anniversary	10th year anniversary dance for students reaching the awesome benchmark of 10 years in DancEsteem.
Graduating students	Graduation dance for all students who are graduating high school and moving onto college.

- Deadline to tell Takami if dancer is not performing in annual performance: Jan. 31st. After this date all dancers are responsible for costume and performance fees.

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, school mandatory event, celebrated religious holiday. Please talk to your teacher to let them know in advance). 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>Japan Cultural Exchange Program</p> <p>Our 8th year took place summer 2019</p> <p>The next trip will be the 9th in summer 2021!</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 6th grade or above, with more than 5 years of participation in the program and take ballet class along with Takami's class. This has become a popular program. The limit is 10 dancers and there is often a waitlist. Waitlist students get first chance to take a spot in the following trip.</p>
<p>Mexico Cultural Exchange Program</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>International Dance Festivals</p> <p>Past trips: The Prague International Dance Festival</p> <ul style="list-style-type: none"> ● 2010 (7 dancers, 2nd place choreography) ● 2014 (8 dancers, 3rd place choreography & City of Prague Awards) ● 2018 (5 dancers: 3rd place Choreography). 	<p>International Dance Festivals are a great opportunity to meet people from all over the world, learn new dance techniques, participate in master classes, perform on stage to showcase our style, and explore a new country together. DancEsteem teens have participated in the Prague International Dance Festival three times over the past decade. Many festivals have started to emerge all over the world and Director Takami will look for an exciting opportunity coming up for MoBu dancers to participate in.</p> <p>When a festival trips happen, DancEsteem prepares the group the spring prior with a group choreographed showcase piece and competes with this dance at the festival. The piece is always previewed at MoBu Dance Studio's DancEsteem Annual Performance.</p> <p><u>Requirements for participation:</u> 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.</p>