Welcome to the UNCSA Summer Dance! We are looking forward to another exciting, dance-packed summer, and are very pleased that you will be joining us!

In preparation for your Intensive, we are sending you the following information and policies of the School of Dance that all dancers enrolled in all programs must be aware of.

After you and your parent or guardian read this, please sign Form #1 (towards the end of this document) and return it by June 1, 2020. Students will not be allowed to attend classes until they (regardless of age) - and the parent/guardian of students under age 18 - have signed the statement indicating that they have read the School of Dance policies and that the student agrees to abide by them.

YOU MUST BRING THIS HANDBOOK WITH YOU TO THE INTENSIVE FOR REFERENCE.

You are also required to read, fill out and sign Form #2, which pertains to your current ability to participate in classes. **Note: A doctor's signature is required ONLY if there are physical limitations.**

I look forward to seeing you at orientation! Until then, may you be healthy and dancing!!

Ashley Lindsey

**ATTENDANCE POLICY**

Students are required to participate in all scheduled weeks of the program.

All students must attend all classes in which they are enrolled regularly and punctually. Students arriving in the dance studio after the class has begun will be required to observe rather than participate in the class. No student may leave class without the teacher's permission. Appropriate procedures to follow when ill or injured are described below. **Any student with an unexcused absence, or any student who has not participated in at least 80% of their dance classes may not be allowed to perform in the concert on July 24.**

Students should not miss class due to a doctor's appointment without special permission from the summer dance director. All appointments for any situation must be scheduled around the student's class schedule when possible, including appointments with the Wellness Center.
WHAT TO DO WHEN ILL OR INJURED:

Residential Students Under 18
When a student is not able to attend class because he/she is ill, the student must report to the Wellness Center prior to dance class time. A student is either told by the Wellness Center that he/she is "confined" to his/her room for bed rest, except for meals or medical appointments, or the student is told to go to class. Students who are reported by the Wellness Center as “confined” to bed will be excused from dance classes and rehearsals.

Residential students who are not confined to bed, but have been recommended not to dance must observe their dance classes. If such a student fails to observe class, this absence will be considered unexcused.
*Note: Only a teacher may excuse a student from observing his/her class.

If a student is injured, he/she should go to dance class, explain the injury to the dance instructor who will either ask the student to partially participate or observe, or refer the student to the athletic trainer.

Non-Residential (Commuter) Students under 18
When a commuter student is not able to attend dance class because he/she is ill or injured: (1) A parent or guardian must notify by telephone the School of Dance at (336) 770-3209 of the student's absence prior to dance class time. Or (2) upon the student's return, the student must submit to the director a note written by the parent/guardian which includes the date(s) of absence(s) and reason for absence(s), such as family emergency, health issues, etc. Otherwise, without verification, the absence(s) will be unexcused.

Commuter students who have been recommended not to dance must observe their dance classes unless illness prevents this. If such a student fails to observe class, this absence will be considered unexcused. Note: Only a teacher may excuse a student from observing his/her class.

Residential and Non-Residential Students over 18
The Wellness Center does not issue daily confinement slips for college age students who are ill or injured. College age students are expected to act maturely and to make decisions as to their need for medical evaluation. They should exercise use of good judgment in determining if they need to rest and in making sure they don’t expose their fellow students to illness. Verification will be needed for those students with extended illnesses or injuries.

If a college age student is ill or injured, he/she must contact the Dance Office BEFORE the class(es) the student will miss begins and leave a detailed message: give your name, reason for absences (family emergency, health issues, etc.), what class(es)/rehearsals to be missed, and the telephone number where you can be reached. Otherwise the absence(s) will be unexcused. The Dance Office number is (336) 770-3209.

Process for Pre-arranging Absences due to Special Circumstances
Requests for excused absences for personal reasons, such as family emergencies, special events, transportation problems, etc. will be considered by the summer dance director on an individual basis upon presentation of a written statement from a parent or guardian for students under age 18 or from the student age 18 and above. To be given consideration, the written statement must be submitted to the summer dance director during the first week of the summer course. If the absence is due to an unforeseen emergency, the written statement must be submitted to the summer dance director as soon as possible. Family vacations are not a valid reason for excusing absences.

WITHDRAWAL OR DISMISSAL FROM SCHOOL
In certain cases, such as serious illness or injury, when the student cannot participate in his/her dance classes for an extended amount of time, it may be recommended that the student withdraw from the Summer Intensive. Each case must be discussed with the summer dance director.

Any violation of the rules and regulations as stated in the Summer Campus Life Handbook could result in dismissal.
DRESS CODE

It is the student's responsibility to adhere to the dress code as posted. Dress code violations will affect the student being allowed to participate in class and could impact on attendance and continuation in the program. The dress code is not simply about regimentation; rather it is connected to the unification of our student body, places emphasis on the student's ability to understand and implement direction, and creates a atmosphere of self-respect and preparedness. There are no exceptions to the dress code.

*NOTE: Items students are to bring with them are noted in bold with ♦

Dress code for all Ballet Classes
Women: Solid black leotard ♦ with pink footed tights♦ Students must wear presentable pink ballet slippers♦ with elastics sewn on shoe. Presentable pink pointe shoes (if taking pointe classes), ♦ (recommended to bring at least 3 pairs with sufficient strength to support the foot, appropriate elastics and ribbons sewn on shoe). Hair must be neatly put up in a bun. No leg warmers or sweats are allowed, unless the class is a "warm up" or the teacher running a rehearsal allows it.

Men: Form-fitting white ♦-shirt ♦ (not tanktops), without any print or logo, tucked inside the tights. Footed black tights ✷, supported by a belt at the waist, and rolled over the belt at the waist. Black ballet shoes ✷ with elastics sewn on shoe. Dance belt♦ must be worn. No leg warmers or sweats will be allowed, unless the class is a "warm up" or the teacher running a rehearsal allows it.

Dress Code for All Contemporary Dance Classes
Women: Solid black unitards or black leotards♦ and black tights♦. Tights may be worn inside or outside the leotard. Unitards and tights must continue below the calf muscle. Leotards should be worn as designed without alterations. No leg warmers or sweats will be allowed unless the class is a "warm up" or the instructor running a rehearsal allows it.

Men: Solid black unitards or black tights♦ with black leotards♦ or form fitting black t-shirts or tank tops♦ (no print or logos). Unitards and tights must continue below the calf muscle. Dance belt♦ must be worn. No leg warmers or sweats will be allowed unless the class is a "warm up" or the instructor running a rehearsal allows it.

Women and Men: For composition/improvisation classes, students may wear warmers/sweats while sitting and observing, or at any time the instructor chooses to allow them. Any warmers or sweats are merely in addition to the dress code and do not replace it. All classes are conducted in bare feet.

General Dress Rules
All students will take Hip-Hop or Jazz and must bring jazz shoes ♦ or sneakers♦. These must be dedicated to dancing and not worn outside of the studios.

Character dance will be taught to some students in the Classical Ballet Intensive. Women should bring with them character shoes ♦ with 1/2”, 1” or 1 1/2” heel with buckle strap (tan or black is fine) and a character skirt (white, tan or black is fine) ♦ (full-circular, mid-calf or knee length – not mini or A-line).

We also recommend ALL students to bring Knee Pads♦ and a Yoga Mat for optional Pilates♦.

For health and safety reasons, only simple earrings may be worn in classes and rehearsals. No other jewelry or watches should be worn.

Extraneous clothing such as leg warmers, sweat pants, shorts, loose sweaters, plastic coverings of any sort, sweat bands on wrist, head bands, bandanas* may not be worn without permission of the instructor.
Students are required to keep their hair in a state that is relative to the art form they are practicing. Punk styles and colors are unacceptable for men and women. Students wishing to alter their hairstyle prior to a performance must first receive the permission of the Directors, and/or choreographer and assisting faculty before any changes are made.

The Directors have the ability to implement specific hairstyles for any performances. Men must be clean-shaven for all performances.

*Men may be allowed to keep hair out of their face with a black bandana.

**Please bring sewing materials* to keep clothing in proper repair.** Unsightly rips, runs or holes will not be tolerated.

Students, whether actively participating or functioning as an understudy/cover, must wear clean practice clothes for all classes and rehearsals. No street clothes will be allowed to be worn by any student participating in a class or rehearsal, regardless of venue.

Because of the close proximity of persons that dance requires, personal hygiene is essential! Deodorant must be worn at all times, particularly when wearing costumes provided by the Dance Costume Shop. Even if a student has been typically allowed to depart from the dress code for rehearsals, the student may still be required to rehearse in dress code upon notification. Again, this is at the discretion of the person running the rehearsal.

**Other Important Information**

Students attending the Classical Ballet or Contemporary Dance Intensives must be prepared to take placement classes on Monday & Tuesday, June 22nd & 23rd, 2020. Students should check the dance bulletin board for the exact time and location of their placement classes.

**Please do not have your parent(s), guardian(s), or your local teacher call us concerning your class placement. The faculty of the University of North Carolina School of the Arts will place you in the class in which they feel you will receive the best possible training. Class placement will not be final until the end of the first week. If your class placement is changed, please follow the schedule of the new class.**

Written evaluations of students’ work will not be provided.

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**Tickets to the performance may be obtained through The Stevens Center Box Office: 336-721-1945. General seating. Dance students will receive two complimentary tickets. Please call the box office to reserve those or to purchase additional tickets.**

**Students can leave for home immediately after the performance, or may check out of their dorm room by 12 noon the following day.**

**The Summer Dance Concert will be:**

**Friday, July 24th, 2020 at 2:00pm**

**Stevens Center**

**405 W. 4th St.**

**Winston-Salem, NC 27101. Go to mapquest.com for directions!**
SCHOOL OF DANCE
/Form #1/

I/we have read the policies of the School of Dance of the University of North Carolina School of the Arts.

I agree to adhere to them while enrolled for the 2018 Summer Session as a student. I/we understand that failure to adhere to these policies may result in dismissal from the School of Dance.

I am aware that students will not be allowed to attend classes until they and their parent/guardian* have signed this statement indicating that they have read the School of Dance policies and that the student agrees to abide by them.

Student—print name (required): __________________________________________

Student’s signature (required): __________________________________________

Signed: __________________________________________ *PARENT/ GUARDIAN SIGNATURE REQUIRED FOR STUDENTS UNDER THE AGE OF 18 ON JUNE 21, 2020

Date: __________________________

PLEASE RETURN BY June 1, 2020 to:
UNCSA Community and Summer Programs
1533 S. Main St.
Winston-Salem, NC 27127
or
email to fogartys@uncsa.edu

STUDENTS MAY NOT PARTICIPATE IN SUMMER INTENSIVES UNTIL THIS FORM HAS BEEN READ, SIGNED AND RETURNED!

University of North Carolina School of the Arts Office of the School of Dance phone 336.770.3208
TO DANCE STUDENTS WHO HAVE BEEN ACCEPTED INTO THE 2020 SUMMER PROGRAM
(FORM #2)

Students should be aware that professional training in dance is extremely rigorous and is particularly stressful to the muscular and skeletal structures of both the upper and lower body. In addition, there are special considerations and care to be taken with the bone structure and muscles of the head, neck, shoulders, back, feet, ankles, lower legs, knees, thighs and hip joint. Because of the susceptibility of dancers for injury to these muscles and bone structures, particular attention will be given at the time of audition and in subsequent evaluations to the dancer’s fitness in these areas and to the effects of stress placed upon these structures by the rigors of the dancer’s regimen.

In order to insure a positive training program at UNCSA, we ask that you inform us of any current physical limitations that could prevent you from actively participating and performing fully in the program. If there are no physical limitations, check the appropriate box, sign your name and return the form to the address below.

Please note: A doctor’s signature is required ONLY if there are physical limitations.

☐ I can actively participate in all my dance classes

☐ I have the following current physical limitation* (see box below)

Required: Student print name: ___________________________ Student’s signature: ___________________________

*You must ask your doctor to provide the following information and return with the rest of your packet by June 1, 2020. Please ask your doctor to send any X-rays pertaining to the limitations to the Wellness Center. It will be helpful for our therapist to have them on file.

Current Injury, Condition or Other Limitation:

Diagnosis:

Treatment or restrictions prescribed:

Activity level: ask your doctor

☐ No dance. **Length of time prescribed: ___________________________

☐ Dance to pain tolerance. Length of time prescribed: ___________________________

☐ No jumping. Length of time prescribed: ___________________________

☐ No pointe work. Length of time prescribed: ___________________________

☐ No lifting. Length of time prescribed: ___________________________

☐ Other: ___________________________ Length of time prescribed: ___________________________

Previous Injuries, Conditions or Other Limitation: Diagnosis:

Treatment or restrictions prescribed:

Chronic Injuries, Conditions or Other Limitations: Diagnosis:

Treatment or restrictions prescribed:

Doctor’s Signature

(REQUIRED ONLY IF THERE ARE CURRENT PHYSICAL LIMITATIONS)

**If you are not able to begin the session at full physical capability as described above, please contact the Dance Office to discuss your situation with the director of the summer program.

STUDENTS MAY NOT PARTICIPATE IN THE SUMMER PROGRAM UNTIL THIS FORM HAS BEEN READ, SIGNED AND RETURNED! DUE NO LATER THAN JUNE 1, 2020

Mail to:

UNCSA Community and Summer Programs
1533 S. Main St.
Winston-Salem, NC 27127
or email to fogartys@uncsa.edu