



# **bellaBeats**

## **PERFORMANCE HANDBOOK**

### **2024/2025**



*More Than Just Great Dancing!*<sup>®</sup>  
Affiliated Dance Studios

# Beats Calendar

## 2024 / 2025



AUGUST						
S	M	T	W	T	F	S
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SEPTEMBER						
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### SPECIAL DAYS & COMMUNITY EVENTS

- Sep 5th-8th:** Bella Beats Boot Camp
- Sep 11th:** First Day of Classes
- Sep 21st:** Nutcracker Auditions
- Oct 19th-20th:** Groove Street Convention (Edmonton)
- Oct 25th:** Potential Performance at Haunted Hootennany
- Dec 8th:** Holiday Market
- Dec 14th:** Beats Sleepover / Holiday Party
- Jan 2025:** Potential In-Studio Convention
- Feb 14th:** Potential Event with Aven's Center
- March 29th:** Potential Performance at SnowKing Festival
- June 15th:** Student Appreciation Performance
- July 1st:** Parade & Canada Day Performance
- July 19th/20th:** Performance at FOTR

### STUDIO CLOSED

- Sep 2nd:** Labour Day
- Sep 30th:** Day for Truth & Reconciliation
- Oct 14th:** Thanksgiving
- Oct 31st:** Halloween
- Nov 11th:** Remembrance Day
- Nov 24th-30th:** Closed for Nutcracker
- Dec 17th-Jan 5th:** Winter Break
- Feb 17th-22nd:** Inter-sessional Break
- Mar 16th-30th:** Spring Break
- Apr 18th:** Good Friday
- May 19th:** Victoria Day
- July 1st:** Canada Day

### EXTRA REHEARSAL DAYS

- Feb 1st/2nd, 8th/9th, 15th/16th:** Rehearsal prep for Beats Showcase
- Feb 17th-18th:** Rehearsals for Beats Showcase at Studio
- May 31st:** Full Team Rehearsals
- June 1st-8th:** Year End Show
- June 17th, 24th, 31st:** Rehearsal prep for Canada Day
- July 8th, 15th:** Rehearsal prep for FOTR

*All Bella Beats Rehearsals are tentative, and will adapt to the season schedule as additional community events are scheduled.*

### PERFORMANCES AT NACC\*

- Nov 29th/30th:** Nutcracker Performances
- Feb 19th-22nd:** Bella Beats Showcase
- June 2-9:** Year End Performance Week

\*Studio & Office closed during Performance Weeks

### COMPETITION DATES

- Mar 5th-9th:** Evolve Dance Competition (Edmonton)
- Apr 11th-13th:** Star Talent Competition (Kelowna)
- May 8th-11th:** Summit Dance Challenge (Victoria)

*Events are tentative, and based on community needs throughout the season.*

# Bella Beats Overview

## **The Dance Troupe**

The Dance Troupe is a dance team for dancers aged 6 – 18 who are looking for an outlet for training and performing with a highly dedicated and talented group of dancers.



## **More Than Just Great Dancing**

At BDA our mission is enriching lives through the arts. We are passionate about working together to achieve our goals, building strong connections between our Bella families, students, and faculty, and community service. We want our dancers to learn so much more than dance - we want them to become confident, conscientious, and contributing members of our community.

The BDA 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 troupe handbook provides dancers and families with clear knowledge of the responsibilities and commitments involved in participating in the Bella Beats Performance Troupe.

We believe that DANCE lessons teach LIFE lessons! We teach dance to not only create strong dancers, but we also use dance as a platform to teach lessons that are invaluable to our students throughout their lives. Work ethic, team work, determination, compassion, confidence, responsibility, respecting instructors and peers, the ability to manage their time and make wise decisions, taking feedback and applying it, accountability, resiliency, adaptability and being prepared for their commitments are just a few of the values that we are instilling in our dancers.

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

# Bella Beats Overview

## A Program with Purpose

BDA's Bella Beats Dance Troupe is designed to provide students with a well-rounded, fun, exciting and professional dance experience! That experience includes 4 key elements:

**Accelerated Training:** Bella Beats dancers learn skills earlier, at an accelerated pace, and with higher standards. Learning in an environment focused on growth gives dancers the opportunity to develop their skills and technique while learning and perfecting their performance strength.



**Additional Performing Opportunities:** Bella Beats dancers perform at several community events throughout the season, as well as at our Winter Showcase Performance at NACC.



**Additional Learning Opportunities:** Bella Beats will have several additional learning opportunities: leadership classes, studio workshops and classes with guest choreographers and visiting dance companies.



**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. Throughout the year dancers have opportunities to connect with others on the team through our troupe events, fun activities and of course the memories made performing, learning, and growing together in the studio and beyond!



## Objectives

**The Performance Teams** will focus on developing confident performers, work on learning and performing choreography, building repertoire & improving technique, and will commit to community involvement and leadership opportunities.

# Bella Beats Overview

## **Styles of Dance**

The Performance teams focus on jazz, hip hop, lyrical, contemporary, musical theatre, tap, ballet, and other various styles of dance throughout the year. The teams will learn new pieces of choreography, (and revisit older pieces of choreography) throughout the season, and prepare these pieces for performances. They will also work on strength and conditioning, as well as cleaning pieces of choreography to prepare for performances.

## **Faculty Members**

The Bella Beats Program Director is Phoenix Smith. Miss Phoenix will facilitate most team classes. Many instructors and guest instructors may run workshops or classes. Fitness Instructors, Yoga Instructors as well as nutritional experts and motivational speakers may also be brought in for additional workshops. Additional workshops may happen outside of weekly scheduled classes, and team members will be given as much advance notice as possible.

## **Dress Code**

**The following dress code is mandatory for your audition and ALL troupe rehearsals, classes, workshops:**

**Option 1:** bodysuit, tights (black dance leggings, shorts or skirt are optional)

**Option 2:** black moveable shorts or pants and white fitted shirt.

**For the audition**, ballet shoes, jazz shoes or bare feet are appropriate footwear. Your hair must be in a ballet bun, length permitting. If too short for a bun, hair must be tidy, pulled off neck, and out of dancers' eyes.. No street clothing or shoes will be permitted. Please bring a water bottle (labeled with your name) to your audition and every rehearsal.

All dancers accepted onto the team will require ballet shoes, and black jazz shoes. Dancers on teams III & IV require dance socks. All footwear will be available at the Bella Boutique in late summer.

# The Audition Process

## Application Package/Online Registration

All Bella Beats candidates are required to submit a completed Application Package to the office no later than June 24th, 2024.

Please access the [Application Package](#) for all details on applying.

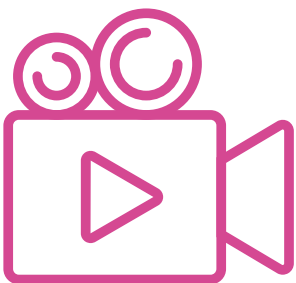


## Auditions

Auditions will be held annually. Team auditions will be held in the summer for the following season. Members will be required to re-audition every season.

The audition will consist of a ballet/modern/jazz class, solo choreography, as well as improvisational exercises and will be conducted at the studio. Pre-Registration is required. **Specific audition times will be confirmed after Application Packages have been received on June 24th.**

**Auditions will be held in person at the studio on June 26th from 5:00 p.m. - 9:00 p.m.**



**If you cannot attend the scheduled audition time, video applications will be accepted.** In order to audition by video, please create two pieces of choreography in different styles, which are approximately 60 seconds in length each. Videotape yourself performing the two pieces (in dress code) and submit to the office (via email to [info@belladance.ca](mailto:info@belladance.ca)) with your Application Package no later than June 24th, 2024. Video auditions will only be granted by video if a dancer is out of town. Please note that all auditions are closed to spectators.



# Team Commitment

## **Involvement**

Being a team member involves being fully committed to rehearsals, classes and performances from September 5th, 2024 until July 21st, 2025. We expect a 90% attendance rate for troupe rehearsals and at least an 80% attendance average in all Bella classes. Any member who does not fulfill their class requirements may be removed from specific performances, pieces, or the team, and will impact next season's (25/26) applications. In order to be a member of the Competition Team, one must also be a member of the Performance Team in good standing.

Occasionally, team performances or events will conflict with weekly scheduled classes. Dancers are automatically excused in these cases, and attendance rate will not be impacted.

## **Classes/Workshops**

All members will be expected to take part in all weekly scheduled team classes. Exact class times will depend on final team selection, and can be found on the 2024/2025 schedule - anticipate Tuesday afternoon/evenings depending on age, as well as the potential of Saturday afternoons. Class times may vary throughout the season. Classes will begin on September 10th and will continue until mid/late July 2025. All classes are held at Bella Dance Academy. Educational workshops may be available for all team members and attendance is considered mandatory.

## **Mandatory BDA Classes**

All team members are required and encouraged to continue training in other classes.

**Team classes run more as rehearsals, and do not have the same focus on technical development as the BDA technique classes. This is why attendance in other classes is so important, and why we require all team dancers to take additional classes:**

**All members of Teams II, III, or IV must be enrolled in (at least) two styles of dance at Bella Dance Academy in addition to the troupe.** One of these styles must be Ballet. The other style must be Contemporary/Modern or Jazz (Pointe will not be considered as one of the two styles).

# Team Commitment

## Mandatory BDA Classes

**All members of Team I must be enrolled in (at least) one style of dance at Bella Dance Academy in addition to the troupe.** This must be Ballet (Combo will satisfy this requirement if age 6), Modern, or Jazz.

It is strongly recommended that all dancers take additional weekly classes, allowing rapid progress and to support their best development as a high performance team member.

## Choreography & Boot Camp

To ensure our dancers have a large repertoire of choreography with which they can perform at community events, all successful candidates of the Bella Beats Performance Team must participate in the Bella Beats Boot Camp in September. Dancers must be available for a 3-4 day Intensive (Thursday & Friday evening, Saturday and Sunday) September 5th - 9th to learn some of their season choreography, as well as participate in team building exercises, strengthening & cardio building, and flexibility. Exact schedule TBD.

**Boot Camp is mandatory for all team members.** Exceptions will not be made, however attendance via Zoom will be accepted if necessary and discussed in advance.

## The Boot Camp Fees are as follows:

**Team I:** \$119+GST (5 hours)

**Team II:** \$269+GST (12 hours)

**Teams III/IV:** \$299+GST (15 hours)

**This fee is non-refundable and will be automatically charged to the Credit Card, or EFT account on file on August 1st, 2024.**





# Team Selection

Placement onto a team will be based on the strength of the application package, which will be measured based on completion including all required documents, history of attendance, work ethic & behaviour, audition performance, etiquette and participation. **We will not be selecting dancers by age, we will be selecting dancers by how well they dance together.** Because there are a limited number of team levels, dancers may spend several years at the same level, regardless of age. All dancers who audition may not be given a spot on the team, and some dancers may not be invited to dance in all pieces.

Please carefully consider the audition process, as all placement decisions are final. We carefully plan placement for your dancer and want what is best for their growth as a dancer. We are happy to meet with you before auditions take place regarding your expectations, but questions regarding placement must not come after auditions.

All dancers will attend weekly rehearsals.

- **Team I:**

- 1 hour rehearsal per week (Tuesday)
- Same Performance Opportunities - Local Events
- Boot Camp (September) mandatory (5 hours)

- **Team II:**

- 1 hour rehearsal per week (Tuesday)
- Same Performance Opportunities - Local Events
- Boot Camp (September) mandatory (12 hours)

- **Team III:**

- 1 hour rehearsal per week (Tuesday)
- Same Performance Opportunities - Local Events
- Boot Camp (September) mandatory (15 hours)
- 1 hour strength/cardio/flexibility per month (Saturday)

- **Team IV:**

- 1 hour rehearsal per week (Tuesday)
- Same Performance Opportunities - Local Events
- Boot Camp (September) mandatory (15 hours)
- 1 hour strength/cardio/flexibility per month (Saturday)



\*Team III/IV - Please note the change in weekly rehearsals. Saturdays will be set in advance at the start of the season and you will know what Saturdays you are required to attend.

**All team selections will be complete on or before July 10th. All successful candidates will be notified via email and all decisions are final.**

# Exciting Opportunities

## Performance Opportunities

The Performance Troupe repertoire will be showcased in various live community events throughout the dance season such as: SMILES, Various Community Galas, Parcel of Rogues Winter Show, SnowKing Castle, Bella Dance Academy's Student Appreciation Day, Chamber of Commerce Indoor Trade Show, Canada Day Parade, Canada Day Celebration, National Ballet's Sharing Dance, Folk on the Rocks, as well as a Winter Showcase Performance @ NACC. We may also perform 2 pieces in Bella Dance Academy's year end performance (one production number as well as one piece per team). The Troupe will apply and perform in as many local events as possible and schedules will be released with as much notice as possible. The Troupe will help enhance the skills the dancers already have, focusing on style, attack and a professional performance feel.



## Travel Opportunities

### Conventions

We feel strongly that the dancers grow extensively during conventions as well as create wonderful memories and friendships with both fellow dancers and dancers from other studios and cities. The Groove Street Convention is in Edmonton. This convention is offered to all troupe dancers but isn't mandatory.

Dancers over the age of 11 will be permitted to travel with a chaperone, dancers under the age of 11 must have a parent/guardian attending the event, although we do encourage family members to travel for this event. Additional travel expenses and workshop fees will apply. We will discuss associated fees and travel, as well as the convention opportunities as soon as the teams have been chosen.

This event will be optional but is highly encouraged. Please see schedule for dates. More information will be released in July.



# Fees

## Registration Fee

Registration Fee is due at the time of successful application. **This will be automatically charged to credit card or EFT account on file upon dancers' acceptance to the team, and is non-refundable.**

All dancers = \$215+GST (includes new team jacket\* & Beats tank top or t-shirt)

*\* Please note that unfortunately our current team jacket is no longer being made, and we will need to order a new style for all dancers.*

Sizing charts will be sent out with acceptance emails. Team gear is expected to be in house by the end of October.

## Monthly Tuition

Monthly tuition is based on Bella Dance Academy's hourly fee structure, and is dependent on troupe hours danced per month by your dancer. Tuition discounts do not apply to troupe rehearsal tuition. **Tuition fees will be automatically charged to credit card or EFT account on file on the 1st of each month for the following months:**

### Performance Troupe I & II:

September 2024 - July 2025: \$78 + GST / month

### Performance Troupe III & IV:

September 2024 - May 2025: \$92 + GST / month

June 2025 - July 2025: \$78 + GST

Fees are due every month or may be paid in a lump sum. 5% discount will be given for annual tuition payments made with cash or cheque. Dancers are committed to completing the entire year of training. No refunds will be granted unless an injury or special circumstance occurs. Discounts will not be offered on Bella Beats tuition.



# Fees

## **Costume Fee**

**Performance Team costume fees are \$100+GST, which includes one full costume and are due on November 15, 2024.** Troupe families will have the option to pay for costumes on a payment plan starting November 15th.

All costume fees will automatically be charged to credit card or EFT account on file with an added 3.5% processing fee. If you prefer to pay cash, or cheque, please let us know.

## ***Late Fees/NSF Charges and Credit Card Processing Fees***

There is a \$30 charge on all NSF cheques and/or returned EFT payments. Incomplete and late accounts will be charged a 5% late charge on the first month and 10% on each month afterwards. All additional costs (travel, workshops, etc) are subject to a 3.5% credit card processing fee if payment is made by credit card or EFT payment.



# Additional Information

## **Beats Dance Society**

The Beats Dance Society is a non-profit organization that provides parents/guardians of Bella Beats Dance Troupe the opportunity to become members of the society. The main purpose of the society is fundraising. Membership is available to all troupe members who will be traveling outside of the NWT during that dance season who want to help offset those costs.

The Society is led by the Executive (and not Phoenix or other faculty at BDA) who determines how fundraising shifts will be allocated based on the number of trips out of the territory that will be happening for each dance group. More information on the Beats Dance Society will be available in September, 2024.



## **Communication**

All Bella Beats correspondence will occur via direct email - "Team Tuesdays" and on our closed Facebook group. Please ensure that you have been added to the Facebook group, and that your email is updated with the program director to ensure effective communication. It is recommended that dancers have also submitted their email address, so they can be accountable for their attendance and participation in all classes, events, etc.



# Dancer Agreement

Dance Troupe is intense, time consuming and requires a full commitment from Dancer and Family. By accepting a spot on the team, others are relying on your commitment and positive energy. You will be removed from the team with no refund by failing to attend rehearsals, classes and/or performances, for having a poor attitude or disrespect towards any team member, Instructor, Guest or Choreographer in troupe rehearsals as well as weekly classes at BDA. If you are successful throughout the audition process, you will be selected as a member of the Bella Beats Troupe and agree to the terms stated on the online registration form and listed in the Bella Beats Dance Troupe 2024/2025 Handbook.

**Being a team member involves being fully committed to rehearsals, classes and performances from September 2024 until July 2025.**

As a Bella Beats Dance Troupe member, your behaviour while traveling or at any event must reflect positively on Bella Dance Academy, Bella Beats Dance Troupe as well as yourself in general. While on any troupe trips and at events, you must adhere to all Bella Dance Academy and Bella Beats' rules and expectations. Failure to do so will mean that you will be sent home at your parents expense, will not be permitted to attend any further troupe trips and will forfeit your spot on the team.

Please review the Dancer Agreements in the application form.



# Parent Agreement

My child participates in dance to have fun, share their passion, and make lifelong friendships.

As a PARENT/GUARDIAN:

- I will be a positive role model for my child, encourage sportsmanship, and maintain BDA studio culture. I will respect my dancer's teammates by acknowledging their intrinsic value as a human being, speaking to them appropriately, being mindful of my choice of words, listening to them, and treating them with kindness.
- I will not engage in any unsportsmanship-like conduct by speaking negatively about choreography, costumes, abilities, belittling my child's teammates or using profane language. If I have a concern or conflict I will follow up with Miss Phoenix at an appropriate time and not in front of my child's teammates.
- I will not correct my child's teammates or offer corrections for their dances. I will promote the mental and physical wellbeing of my child and other students.
- I will celebrate my child for performing well and trying hard, and any successes that they have. I understand that when I speak negatively about an experience, it can diminish my child's feeling of success.
- I will remember that there will always be room for growth and improvement.
- I will emphasize my child's personal best and the team's best, and encourage my dancer to do their best.
- I will get my child to performances, rehearsals, and events on time. I know that if they are late they will impact the mental preparedness of themselves and their teammates.
- I recognize that I will not be permitted backstage at NACC for the Bella Beats Showcase, and that my dancer must be able to get themselves ready for this event.
- I will know my dancer's schedule and will make sure that they are at classes, rehearsals, and performances on time.
- I will positively support and represent my dancer, BDA, and their team in classes, performances, competitions, and on social media.
- I have reviewed and understand the financial commitment involved with the team.



# **bellaBeats**

## **AUDITIONS**

**WEDNESDAY, JUNE 26TH**

**5:00 P.M. - 9:00 P.M.**

Specific times will be released after Application Packages have been received. Auditions will be no longer than 30 minutes for dancers ages 5-7, and approximately 60-75 minutes for dancers ages 8+.

**A completed Application Package must be submitted by June 24th, 2024.**