

Ballet Theatre *of* P H O E N I X

Dear Parents,

Welcome to Ballet Theatre of Phoenix! Our mission is to provide excellent classical ballet instruction that trains the whole dancer in order to help students understand themselves not only as an artist and performer, but also as a person. Ballet is a means of expressing ones' soul through technique and the freedom of movement it engenders. We individually nurture each student - helping them reach their utmost potential as a dancer and as a person. By providing high quality training that is based on each student's individual physical, intellectual, and emotional needs, we give students the tools they need to thrive in the world of ballet, or in any discipline they should pursue.

The following document is a brief guide to our values and expectations. It will help you and your child to successfully prepare for ballet class and get the most out the learning experience here at BTP. Please read this document fully and sign the attached form to confirm that you have read and understand our expectations and policies.

Sincerely,

Jennifer Cafarella
School Director

Our Values

We are persistent

We try and try again until we are successful. We are not afraid to make mistakes because we know that every time we fall or make a mistake, we can just pick ourselves up and try again. We strive for perfection, even though we know that it is impossible, because that is how greatness is born. Practice, practice, practice.

We are focused

We know that our time in the studio with a teacher guiding us is precious. During class, and whenever we dance, we think only about our dancing and how we can use this time wisely in order to reach our highest potential as dancers.

We are dedicated

We know that excellence does not come easily, but requires hard work and dedication. This means that we are always thinking of how we can improve our dancing inside and outside of class. We stretch every night, and find ways to practice on our own in a safe and meaningful way by looking to our teachers' suggestions.

We learn from every experience

When we dance, every mistake that we make is a learning experience, because we get to see what we need to do differently to improve. Our teachers give us corrections because they want to see us reach our potential and become the greatest dancers we can possibly be. We listen to and apply every correction given to ourselves and to others. We observe our peers to see what it is they do and learn from their successes and mistakes.

We are prepared

Being prepared is one of the most important jobs of a dancer. We are always neatly dressed and ready for class or rehearsal, and use the time we have before class begins to warm ourselves up. We know that if we are not prepared, not only do we risk injury, but we also miss valuable learning time and future opportunities.

Our Expectations of Ourselves and Others

We listen with eyes, ears, mind, and body

When a speaker is talking, whether it be the teachers, another student, or a guest, we listen by Standing tall, Looking at the speaker, Actively listening, Nodding our head, and Tracking the speaker with our eyes if they move across the room.

We work hard when we dance and are still when not dancing

We put our best effort forth in every combination. Between combinations and when others are dancing, we move smoothly, calmly, quietly, and with grace. We watch others dance silently when it is not our turn to dance.

We are polite and raise our hand to speak

Ballet dancers are examples of grace and politeness. We never interrupt others when they speak. If we wish to speak during class, we do so by silently raising our hand and waiting to be called on.

We respect ourselves, our teachers, and each other

We create a safe learning environment by respecting each other's space, beliefs, opinions, and feelings. We complement each other and look to find ways to help each other improve.

We follow directions the first time

We understand that our teachers are here to help us learn and be prepared to be dancers. We follow their directions because it will help us and the whole class improve and reach our potential.

Studio Procedures and Routines

Being Prepared

Being prepared means entering the studio with the following items when class begins:

1. Hair is properly done for ballet. Boys – hair is neat and out of the eyes. You may need to use gel to keep your bangs slicked back. Girls – hair is slicked back in one high, flat and secure bun, using a hairnet, bobby pins, and gel or hairspray to keep it back. No doughnuts, please.
2. You are in the full BTP Ballet dress code for every class. You have no jewelry of any kind besides small stud earrings. This includes elastic bands or string bracelets.
3. All students Level 1 and up are expected to have a filled water bottle with them in class. You will not be allowed to leave class for a drink of water. Because we live in a desert, it is essential that you bring water with you and ensure it is filled before class begins.

Entering the Studio

1. If the instructor has not already called the class into the studio, line up outside door silently.
2. Once the class enters, go directly, calmly, and silently to place your water bottle and any valuables (Level 1 and up) at the front of the room – neatly placed with all zippers closed. Please only bring valuables to conserve space.
3. Silently find your place and prepare yourself to begin class.

Participation

All students are expected to actively participate in every class. If you are unable to participate due to chronic illness or injury, you must present a doctor's note. If you do not participate for any reason, students in Level 1 and up will be required to take notes - writing or drawing the combinations as well as corrections.

Bathroom

Every second of every class is extremely important. You will not be allowed to leave the studio use the bathroom or get a drink of water during class time unless it is an emergency. Use your changing time wisely.

Re-entry into the Studio

If you need to leave the studio for any reason or are tardy, upon return, wait silently at the door until the teacher calls you in.

Exiting the Studio

1. After Reverance, students will line up and curtsy or bow to the teacher and say, "Thank you, Ms./Mr. _____."
2. Silently gather your belongings and exit class.
3. If you have a question, wait until all other students have said, "Thank you."

Homework

Ballet is an art form that requires practice and dedication. All students will be expected to practice outside of ballet class. You will be taught stretches to do every night and conditioning exercises in class that you may do at home safely as homework.