
RCDC COMPANY PHILOSOPHY

Dance education encompasses far more than technique and the steps your children learn. We believe the discipline of dance training gives young people a better understanding of commitment through learning, experiencing the spirit of teamwork, and discovering what they can accomplish through hard work. Our goal is to educate the minds, bodies, and souls of our students, teaching them the skills needed for successful life, whether or not they stay involved in dance.

THE RCDC COMPANY WAS FOUNDED ON FOUR PILLARS:

RESPECT CHARACTER DEDICATION CREATIVITY

RESPECT RCDC Company members think, feel, and act respectfully toward their peers, the adults in their lives, and themselves. They respect the dance profession and uphold our values and standards of conduct. Company members support and encourage one another at all times.

CHARACTER RCDC Company members display high levels of personal integrity, leadership, and responsibility for oneself and others. They have courage and willingness to face issues and concerns with maturity and dignity. Company members avoid gossip, criticism, or denigrating comments for any member of the dance community, parent, or peers. They recognize themselves as a role model at all times.

DEDICATION RCDC Company members lead by example and honor all commitments to themselves and their team. They are wholly devoted to their training, their team and the art of dance.

CREATIVITY RCDC Company members love and respect the study of dance as a universal art form. They strive to push the creative boundaries of the art and practice of dance. RCDC strives to be a safe place where creativity flourishes and all company members are encouraged to aspire to artistic professionalism.

RCDCETJODT



Rock City Dance Center **PARENT SUPPORT**

We all know that children's success can thrive with the support of their parents or guardians. Rock City is at its strongest when everyone works together to create a fun, safe environment for EVERYONE and remembering these key elements...

POSITIVE atmosphere and experience for students, parents, and faculty

RESPECT for other parents, students, and faculty

COOPERATION is necessary and expected

TEAMWORK is ESSENTIAL

WE ARE ALL ON THE SAME TEAM!

This support, encouragement, and partnership makes an important LASTING impression on the children.

COMMON GOAL

Parents and teachers may look at a child's learning from different perspectives. However, we believe they share a common goal; to ensure that every child receives the best possible training, both physically and mentally. WE ARE ALL ON THE SAME TEAM!

BLURRED LINES

We find that the healthiest and most successful dancers have parents who do not blur the lines between parent and coach. According to psychological research published by developmental expert Tim Elmore, these are the three healthiest statements parents can make to their child athletes:

BEFORE THE COMPETITION/PERFORMANCE: **"HAVE FUN"** **"PLAY HARD!"** **"I LOVE YOU!"**

AFTER THE COMPETITION/PERFORMANCE: **"DID YOU HAVE FUN!"** **"I'M PROUD OF YOU!"** **"I LOVE YOU!"**

Researchers Bruce Brown and Rob Miller asked college athletes what their parents said that made them feel great and brought them joy when they played sports. The six words they most want to hear their parents say were **"I love to watch you play."** That's it. Nothing aggrandizing like "you're an all-star", and nothing discouraging like "here are a couple of things I noticed that you can work on." Just "I love to watch you play."

DANCE TRAINING

Dance is an INDIVIDUAL art form and children need to be allowed to achieve at a pace that's comfortable. No two students will progress at the same rate, even if they experience that exact same training. It's important to encourage children to focus on themselves, give their all, and be satisfied with their own accomplishments and progress. No two dancers are alike.

THE COMPETITION EXPERIENCE

For dedicated dancers, the satisfaction of an excellent performance is all the motivation they need to work harder to continue improving. Don't judge how you feel about your performance by the size of the trophy or the color of the medal.

THE FOCUS IS NOT SIMPLY ON COMPETITION

It is our goal to encourage our students to develop a passion for performing rather than merely the desire to win awards. Our solid reputation for quality reflects our attitude toward competition and our goal to develop in each student a genuine respect for dance as an art form. We consider student's participation in competitions not merely part of their dance training; it's also an important part of how we influence their growth as people. With the right focus, the experience gained in competition can be an excellent source of self-confidence. If the dancers feel good about a performance and understand that they become better each time they go onstage, they are truly growing through the competition experience. Hitting that stage and doing the best they can is what it's all about; whether they win – or which award they win – is secondary.

Through participation in competition, we hope to instill in our students an appreciation for other dancers and studios. We are not out to beat anyone; instead, we hope to motivate both students and faculty by exposing them to the highest caliber of talent available. Only then can we produce the best dancers and teachers possible. For us, competition is an education!

RCDC Company Benefits

Only a small percentage of the dancers in the RCDC Company will move on to professional dance careers; therefore, the program focuses on educating young people to strive for their personal best in anything they want to accomplish. We achieve our goals for the program by offering young people the chance to:

- Gain a sense of balance in life by managing their commitment to both dance and academics;
- Participate in physical activity that enhances understanding of the value of a healthy body;
- Develop confidence when speaking in public setting, which is a great benefit in college and job interviews;
- Work with mentors and teachers who are focused on the students' success inside and out of the dance classroom
- Enjoy friendships that last a lifetime and a sense of belonging to an extended community & family of fellow dancers, teachers, and parents;
- Discover the results of hard work and determination; and develop a lifelong appreciation for the arts.

TOGETHER: We are stronger. We learn from each other, We share our successes

Commitment For Dancers

The first step to becoming a successful competitive dancer is making a solid commitment to your classes, rehearsals, and performances. Strong technique is a key ingredient and class is where you develop that technique. Come to each class prepared to learn and without personal distractions. Class time is your chance to focus on yourself, so try to leave your concerns or worries at the studio door. True progress is made when you look at each class, rehearsal, or performance as an opportunity to become better at what you love to do. Dance full-out, stretch a little further, come prepared, become more aware of your technique, and make the most of every class.

The RCDC Company is a privilege that dancers and their parents must appreciate and respect. Participation in the program is restricted to dancers who are ready to make achieving their personal best a priority. There will be times when classes, rehearsals, or performances will be scheduled when your non-dance friends or family may be headed to the mall or the movies or a birthday party. The RCDC Staff is committed to your training and excellence and we ask that you share in this commitment with us.

GENERAL Performance & Competition POLICIES

Audience & Dancer Etiquette

Enthusiastic applause for every RCDC dancer is encouraged. We love seeing RCDC parents to wear RCDC gear and colors to show support. Present yourself in a professional manner, when wearing RCDC gear. Treat competitors and teachers from other schools with respect. Treat the directors and staff of the competition/event with respect. Inappropriate comments, behavior, foul language or bullying will not be tolerated. Please help keep the RCDC area of the dressing rooms clean and never bring food or drink where it is prohibited.

Awards

When presented with an award, dancers should always show professionalism. Unsportsmanlike behavior will not be tolerated. Groups will have an award representative for each competition to gather and distribute the group awards. Solos, Duets, and Trios will get their own awards and can keep any trophies, plaques, ribbons and pins they receive. Dancers must wear their company jacket at all awards. Cash and scholarships awarded to groups will stay with RCDC to be utilized for master classes, guest choreographers, and other team building activities related to the RCDC Company. Dancers in solos, duets, and trios will receive an account credit for the award amount. To credit your account, you must save all paperwork given to your dancer by the competition and turn it into RCDC. Credits will be given when the award dictates and for the event/competition listed.

Costumes

Costume balances must be paid in full by January 15th. Costumes are not yours to keep until they are paid in full.

- No nail polish on fingers or toes. Clear/neutral is the only color acceptable!
- No panties. If you need an undergarment, please wear items made to be worn under costumes.
- Costumes should be clean, pressed and steamed, shoes clean, and all accessories accounted for.
- If you are missing a costume or any part of your costume, you will not be allowed to perform. Please check your costume list before EVERY COMPETITION. This includes: missing headpieces, incorrect shoes, missing gloves, wrong tights etc.
- Do not eat or drink in costume. Please wear a cover up when eating.

Competition Scheduling

When planning a competition weekend, be prepared for performances on Friday, Saturday, and Sunday. Once a schedule is prepared you may find that your dancer does not dance the entire weekend. Approximately 10 days prior to the event, the competition company will supply RCDC with a detailed schedule. These detailed schedules will be emailed to all dancers and their parents. We pride ourselves on being an organized, professional studio and we do not request changes to the dance competition schedule (except in the case of emergencies).

Group Call Times: We will have assigned "Group Call Time" for dancers who are in groups. The daily call time will vary based on the competition schedule and will be announced when the competition releases their detailed schedule. All group dancers are required to attend for stretching and team meetings. Group Call Times are mandatory.

Attendance & Class Attire

Attendance in training classes and rehearsals is a must for a successful competition team. Dancers are allowed 2 absences per class each semester. After two absences in a single fundamental class, make-ups are required. There are no make-ups for company rehearsals - you may only miss a max of two per dance - per semester.

Dancers should wear a leotard (any color) and tights to every ballet class with hair secured back in a bun. Dress code is form fitting dance attire for all other fundamental training classes & rehearsals.