



Competitions Handbook

Guide for parents, students, and teachers

Version 1 updated January 2019

OVERVIEW

Why do we enter competitions?

How do we define success at competitions?

Dance competitions are an opportunity for students to take their dance education and experience to the next level. Preparing for competitions requires additional commitment and hard work, on top of that already required for students' regular classes. As such, the process of preparing for and eventually competing at competitions is a way to help 'fast track' the improvement of students' technique and performance.

At CBDS, competitions are not just about winning. Our aim is always for students to dedicate themselves to doing the absolute best they can, both in the lead-up to a competition and when they finally take to the stage. The standard and depth of competition can vary greatly between events, so doing their best might sometimes result in a 'placing' finish, but not always. Not finishing with a medal does not mean the entire experience has been for nothing...

The CBDS team consider the following things when evaluating a student's competition experience:

- Did they work hard to learn their routine, rehearse, and perfect it?
- Did they put in the extra effort to improve their technique and develop new skills?
- Is the student more confident following their performance?
- Were they a positive supportive, encouraging CBDS team member at the competition?
- Did the student have fun?
- Can they say they have now done something they hadn't done or couldn't do before?

These are our indicators of success, not just medals, trophies, and ribbons. Achieving these things is what makes the CBDS team proud of our dancers.

The teachers who work with competition students will, throughout their time together, discuss these different elements. We encourage parents to also discuss, in a constructive way, these measures of success, to help control nerves and maintain perspective as 'crunch time' approaches.



COMPETITIONS PROMOTE CBDS VALUES

Excellence

High achievement is recognised and rewarded.

Commitment & Dedication

Taking initiative and investing the time and energy required to improve and strive for excellence.

Respect

Students and teachers take pride in themselves and in the studio, and are considerate of other members of the studio community.

Creativity

Discovery and expression is at the heart of dance as an art form.

Teamwork

The bonds of friendship and cooperation promote strength, unity, reliability, and support.

COMPETITION DANCE STYLES INCLUDE:

Ballet (Classical)
Ballet (Character)
Ballet (National)
Jazz
Musical Theatre
Song & Dance
Tap
Song & Tap
Contemporary
Lyrical
Hip Hop
Acro
Own Choreography
Improvisation

CHAMPIONSHIPS & CHAMPION DANCERS

Tapping Championship*
(Slow & Fast Tap)

Modern Championship*
(Jazz or Musical Theatre plus
Lyrical or Contemporary)

Theatrical Championship*
(Song & Dance plus Song &
Tap)

**Available only at the SA
Stage Dancing Society
Eisteddfod*

Champion Dancers

At competitions offering this section, an additional fee is paid for selected routines to also be judged to a higher level of criteria, to be eligible for an overall "Champion Dancer" award. In some cases this involves performing again.

PREREQUISITES

Who is eligible to enter dance competitions?

The short answer - any CBDS dancer who fits into an available age division at a given competition.

CBDS teachers will determine if a student is of the standard required to do a competition item in any requested genre.

All students who are undertaking private tuition for the purpose of entering a competition must also be attending the regular class of the genres in which they are competing, as well as the compulsory Technique class that all CBDS students must take.

Results show that versatile dancers are the most successful at competitions. We recommend that all competition students undertake formal dance education at the studio in a range of styles. Ballet in particular provides a very strong foundation of technique and style (yes, even for Hip Hop!) as it develops great posture, nice lines through arms, and precise footwork.

COMPETITION SECTIONS

A wide range of styles are available, usually in solo, duo/trio, and troupe sections. The specific classification of styles may vary between competitions.

Novice v Open Sections

Novice sections are available at certain eisteddfods, intended for dancers who are relatively new to the competition environment. In some competitions this section may be given a name such as 'Rising Stars' as opposed to 'Elite Stars'. Dancers who place in a novice section in a particular style are then required to move into the open section when they compete in that style at that competition again.



CHOREOGRAPHY & REHEARSAL

Learning a competition routine

Students can expect to learn their routine in 2-3 hours of private tuition. Depending on students' schedule, preference, and availability of space, this might happen in 30 minute or 1 hour blocks of lessons.

Teachers will have music and choreography prepared ready for teaching at these first private lessons. A copy of music (including any edits made) will be made available to students for practice. Students are encouraged to bring an iPad or other recording device to help them remember their routines for practice.

Booking private lessons

As time and space available for lessons is limited and often in high demand, all private lessons must be booked through CBDS management - parents are under no circumstances to arrange these directly.

All communication regarding to booking and scheduling of private lessons must be in writing.

Parents are to contact CBDS management via email (cbdsadmin@adam.com) specifically requesting which routines they would like lessons for, with a proposed day and approximate time. Our team will schedule lesson/s as best fits the availability of parents and dancers, teachers, and studio space. Private lessons will be confirmed by email.

If any changes are required to private lessons, please email cbdsadmin@adam.com.au as soon as possible, so that they can be rescheduled factoring in the availability of all parties. Private lessons that are cancelled with less than 24 hours notice will be charged at the regular rate.

Invoices will be issued for private lessons, and can be paid for using the same methods as regular term fees.

All outstanding fees for private lessons at the end of a term must be paid in full before any more private lessons can be booked for the following term.

**ALL COMPETITIONS &
PRIVATE LESSON COMMUNICATION**

cbdsadmin@adam.com.au



PRIVATE TUITION RATES

1 student (solo)

30 mins: \$35

1 hour: \$65

2 students (duo)

30 mins: \$17.50 each

1 hour: \$32.50 each

3 students (trio)

30 mins: \$12 each

1 hour: \$22 each

4+ students (troupe)

30 mins: \$8 each

1 hour: \$16 each



REHEARSAL EXPECTATIONS

Students

Remember choreography
(record during lesson if
required)

Practice routine between
private lessons (review video
if necessary)

Attend private lessons with
energy and enthusiasm,
ready to work HARD!

Teachers

Provide an electronic (MP3)
copy of music, via email or
copied onto a USB provided
by student/parent, for at-
home practice

Observe practices in lessons
carefully to provide detailed
feedback

Balance support with
constructive criticism to
continually improve routine
and performance

Communicate with student
and parents elements that
can be practiced at home

Ongoing practice and polishing

Once the choreography for a routine has been taught, ongoing private lessons will focus on improving and 'polishing' the dance. This will mean perfecting technique, a focus on small details, and in some cases this may mean small changes to choreography.

Students will continue to work with their initial teacher during this early rehearsal and polishing process. At some stage, this teacher may then 'hand over' to another for a fresh set of eyes on the routine, with an 'outsider's' opinion on what needs additional work or improvement, and possibly new advice on improving technique or performance. Depending on scheduling, more than one other teacher may be involved in the polishing process. Don't worry! This is not a reflection of the initial teacher's work or the student's progress, rather a way to give students as wide a range of feedback as possible, and therefore the best possible chance to compete at their highest standard.

The number of private lessons required during the rehearsal and polishing process will vary greatly between students, dependant on their confidence and progress. The amount of time students can dedicate to practice away from the studio can have a big impact on how much ongoing tuition is required with their teachers.

Ongoing private tuition

Students who just want to 'have a go' with a competition routine may feel comfortable with the recommended 2 - 3 hours of private lessons to learn their routine, and then a few to check in as they approach their competition.

Dancers who are aiming to achieve high results, possibly placing with their routines, should be aware that continual tuition is essential to achieving this, and expect to continue their private lessons weekly or - at most - fortnightly.

Advanced Competition Training class

Dancers are need to commit significant time, effort, and energy to the training and preparation required to become an elite level competitor and achieve high results. To support this, CBDS offers an additional opportunity for advanced dance training on top of regular classes and private tuition.

This group class is designed specifically for competition dancers, to rapidly progress technique and performance in a range of styles.



COSTS

Competition entry and miscellaneous fees

All entry fees for solos, duos, and trios (and in selected cases, troupes) are to be covered by students or their parents/ caregivers.

The entry process can vary between competitions. This can range from \$12 per item to \$100 per item.

In some cases, all entries must be processed by the studio, whereas in others students or their parents must submit entries themselves. The CBDS team will provide instruction on a case by case basis.

In cases where the studio is submitting entries on behalf of dancers, the full cost of entry must be paid to the studio before entry can be processed with competition organisers.

Different competitions may incur different additional expenses - entry to the theatre to watch competition sessions, programs, ribbons or medals if won. Parents are required to cover these costs as they apply to their children.

Costumes

Teachers will discuss with parents any requirements for costumes (i.e. a particular style or prop needed, colour and fabric suggestions).

For ease and convenience, we recommend ordering costumes from Weissman or IDS. Teachers will select items from these catalogues, and arrange purchase through CBDS management. Parents will be advised of the cost (including shipping) which is to be paid in to the CBDS Costume Club account.

If a ready-made costume is not ordered, it is the responsibility of parents to source fabric and materials for costumes, and a dressmaker if required. Regular checks should be made with the teacher to ensure the finished costume meets requirements and suits the dance.

Any costume-associated costs are to be covered by parents - there are no requirements for minimum or maximum spend... whatever parents are comfortable with.

The sooner a costume can be completed for dancers to practice in the better!



2019 COMPETITION SCHEDULE

Fierce Talent Competition
26th - 28th April

Get The Beat 1
13th - 19th May

Rainbow
14th - 16th June

Follow Your Dreams
30th August- 1st September

KAR - Kids Artistic Revue
11th - 13th October



COMPETITION DAY EXPECTATIONS

Students & Parents

Arrive at competition venue at agreed time (usually at least an hour before performance, if this time is known)

Bring all costumes and props plus hair products and make-up

Apply own make-up and style hair at competition or prior to arrival

Bring water and light snacks. Check if food is available at the venue - if not, come prepared with snacks or a healthy meal if you'll be there for a while.

Students - wear neat and tidy studio uniform or merchandise

Warm-up and practice dance prior to performance

Bring music in format required by competition, hand in to

ATTENDING COMPETITIONS

What happens on the day of competition?

A lot of competition day proceedings vary greatly between events. The CBDS team will endeavour to make available as much information specific to a competition as possible prior to the start of that event. There are a few basics that are fairly consistent across different competitions:

Arrive and check-in - usually at a main desk in the venue foyer, sign off with the organisers to confirm you are competing that day

Find a dressing room spot - it may be specifically allocated by studio, or a general shared space

Warm-up - get the blood flowing, muscles stretched, and mind focussed

Get stage ready - put on costume, and do final touches on hair, and make-up

Be prepared to wait - it's often difficult to know exactly what time you'll take the stage. Give yourself plenty of time, and be prepared to wait for a while, keeping your muscles warm and mind "in the zone" as you do

Final run-through - we recommend having an iPod or similar device with music ready to play for a couple of mark-throughs, to keep choreography fresh in mind

Relax and enjoy - once your performance is done, relax in the auditorium and watch the other competitors. Be inspired and motivated by the other talent you see. Cheer them on and support them as you would want to be supported.

Dancer and parents' responsibilities

Part of the competition experience for students is taking personal ownership of their dance/s and the process of getting them ready for the stage.

On performance day, dancers (with support from parents if required) are responsible for all of their costumes, props, and accessories, plus styling their hair and doing their make-up - teachers are there to provide guidance or support only.

It is the responsibility of competitors or their parents to have a copy of their music ready for the competition. Prior to the

competition, competitors will be advised of how their music is to be provided to the competition. This could be:

- On a CD, in some instances with a specific label provided by the competition
- On a USB (as an MP3 file)
- Uploaded via the competition website prior to the event

Parents are required to supervise, or have arranged supervision for, their children at all time whilst at a competition, except for when a CBDS team member escorts dancers to the backstage or waiting area before competing.

Teacher's role

Teachers are not always available to provide support at competitions. However, CBDS aims to have a representative present at competitions to support their students and assist with final preparations before they go on stage. Depending on the competition schedule, teachers may be supporting multiple students at one time. **Teachers volunteer their time to do this.**

Where a teacher is unable to attend a competition to put their student/s on stage (escort them side stage, handle music if required), another CBDS team member may be present to provide this support, if the competition is one officially endorsed by the studio on the regular schedule of competitions.

Teachers responsible for putting students on stage will aim to be onsite at the venue approximately 1 hour prior to the scheduled or approximate competition time.

A positive team

Members of the CBDS team and students attending competitions, as well as any family or friends attending in support, are expected to represent the studio in accordance with our values.

Positive behaviour, good sportsmanship, and friendliness and encouragement towards all competitors is expected.

Members of the CBDS team are encouraged to wear their studio uniform and/or official studio merchandise when they are attending competitions.



COMPETITION DAY EXPECTATIONS

Teachers

Advise in advance required format for music submission

Supervise warm-up and last minute practice

Provide encouragement and advice prior to performance

Escort dancer backstage, and wait to collect them after performance