

## Dance II (2<sup>nd</sup> Year P.E.)/Theatrical Dance II (Performing Arts) – ADVANCED Level – 6<sup>th</sup> Period 2017-2018

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### Description of Course Objectives and Goals

The students in Advanced Dance train and perform in multiple dance genres, including ballet, modern, jazz, hip hop, and Pilates, integrating an advanced level of technical skill. Students will learn to critically assess and derive meaning from works of dance, performance of dancers, and original works according to the elements of dance and aesthetic qualities. By the end of this course, students will be able to connect and apply what is learned in dance to learning in other art forms, subject areas, and careers. A variety of concert dance styles will be used in choreography. The goal of this class is to prepare the dancer for performance skills at the high school level and to prepare the dancer for further dance study, training, and performing at the college, university, conservatory, or pre-professional level. A second goal of this course is to introduce the high school dancer to the various dance expressions of the “dance-as-art” world, and to engender in the student an understanding and appreciation of dance in world cultures. This class combines dance training, audition skills, composition, performance experience, and historical and cultural appreciation of dance.

### Dress Code

- Ballet: Girls must wear a black leotard with footed pink tights (under leo) and pink ballet slippers. No skirts, tee shirts, or shorts. Hair in bun and long bangs bobby pinned or clipped out of face. Boys must wear a black or white body hugging tee shirt and black leggings/tights with a dance belt and black or white ballet slippers.
- All Other Classes: Girls must wear a leotard and tights/leggings for technique work. Black spandex shorts with tights and leotard are okay. Any colors are permitted for non-ballet classes. You can wear socks, dance paws, or bare feet for modern and the first part of jazz. Jazz shoes or socks are advised for turns and jumps across the floor. Clean-soled sneakers (not to be worn outside) can be used for hip hop classes, but they are not required. No bulky tops, bottoms, or wraps allowed. Tight fitting sweats and warm-ups are appropriate for cold weather during the first exercise of class only. Ponytail or bun with bangs pinned back. Boys may wear a body hugging tee shirt, leggings/jazz pants, and a dance belt.
- Remove large dangling or sharp jewelry before class.

### Daily Class, Rehearsal, and Performance Requirements

Admittance in this class is by audition only. The class routine includes warm ups, technique, progressions across the floor, choreography, and stretches/cool downs. The class will also include discussions, oral presentations, choreography projects, informal class performances, and written or typed responses related to dance history and culture. These activities may alter the weekly schedule of technique classes. Ordinarily, the weekly schedule will be:

Mondays: Modern Class

Tuesdays: Ballet Class

Wednesdays: Jazz Class

Thursdays: Pilates / Ballet Class (1<sup>st</sup> Thursday of the Month: Ballet Master Class with Tish from 2:30-4:30 p.m.)

Fridays: Choreography/Hip Hop

Advanced Dance will include technical training, rehearsals, and performance preparation. Part of your work will be to participate in at least two dances for each of the 2017-2018 major productions: *Fall for Dance* (November) and *Spring Dance Concert: Contemporary Classics* (April). Participation in these performances and the rehearsals that prepare for them are mandatory and constitute part of your passing grade. In addition to the daily Advanced Dance class, some additional after-school and weekend classes/rehearsals will be mandatory. Once per month on Thursdays, a former professional ballerina (Tishia Hicks) will teach an advanced 2-hour ballet class from 2:30-4:30 p.m. that Advanced Dancers are required to attend. Choreography for performance will be taught during 6<sup>th</sup> period class time, but Advanced Dancers will be required to attend rehearsal with Jesse Beck (from New York) and participate in one piece (minimum) with this guest choreographer, who will be visiting on February 16-20, 2018. Advanced Dancers will also be required to attend the tech and dress rehearsals to prepare for our fall and spring dance productions. Additional performance opportunities, including the *17<sup>th</sup> Annual Student Choreography Showcase* (February), the Ohlone Festival (March), and the community productions of *Winter Dance* (December) and *STARZ* (April) will be voluntary for students who are available and interested in participating.

## **Grading**

### **Class Participation and Citizenship: 50%**

Since dance is a physical participation class, attendance and active participation are essential to improving your skills. Your body is your instrument. It must be tuned, trained, and refined. This training occurs only by practice, repetition, and guidance from your teacher. Therefore, attendance and participation weigh heavily in the grading process. Each day that you participate fully in class, you will earn up to ten points. Written make-ups or note taking are worth a maximum of seven points daily. Points will also be deducted if you are tardy, unprepared, or disruptive. To earn full participation credit, you are expected to demonstrate readiness to dance (the dancer's discipline), self-motivation and perseverance in dance training, and a positive, team-player attitude. If you are absent, you may make up the absence by attending an after-school workshop, a rehearsal, or by writing a one page handwritten or typed report on a researched dance-related subject. You can only make up five days (plus one documented medical or family emergency) per semester with written work. After your fifth absence, points for each subsequent absence will be doubled, and you may be ineligible for voluntary rehearsals/activities (you will still be required to attend the mandatory rehearsals/performances). If you have a serious illness with a projected long-term recovery period (broken bone, chicken pox, pneumonia, etc.), see me for an accommodated participation plan. .

### **Rehearsal and Performance Participation: 20%**

As stated above, some additional after-school and weekend classes/rehearsals are mandatory for this co-curricular class. These include the staging, tech, and dress rehearsals for all performances. "Countdown" is the term we use for the critical weeks of classes and major rehearsals leading up to the production. It is very important to attend classes and rehearsals during the countdown period. Please schedule appointments (e.g. dentist, doctor, etc.) around your dance class period or rehearsals so that you do not miss out on important show preparations. Your body needs consistent training, and performance notes are reviewed daily in classes and rehearsals. Unexcused absence from the required countdown classes and/or rehearsals, including staging, tech, and dress rehearsals during countdown may result in your being staged out of the show completely. If you become ill, it may not be safe for you to perform in the show. Your health always needs to be the top priority, so parents need to determine whether or not it is safe for a student to attend, even just to sit out and observe. If you are not feeling well, but are not contagious, standing in or sitting and taking notes so that you know your steps and staging will count as attendance at a rehearsal. However, if you are unexpectedly ill or have a family emergency and cannot attend a rehearsal or performance, please contact Mrs. Wadman as soon as possible at (530) 273-4431 ext. 2103. If you do not attend rehearsals, even with a valid excuse, you are in danger of being dropped from the dance or you may not be included in whatever section of the dance is being worked on at the rehearsal(s). Unexcused absence from class or a major rehearsal during countdown will result in a ten percent reduction of your performance project grade for that production, and unexcused absence from a performance will result in a failing grade for that individual performance project.

### **Projects/Journals/Writing Assignments: 15%**

You will have group choreography projects, oral reports, and presentations throughout the year. You will need a small composition notebook to complete dance journal entries on concepts learned in class. A limited supply of notebooks is available to students who are unable to provide their own classroom materials. Students will be required to see a minimum of four live performances per school year (one per quarter) and write performance critiques. Students will set fitness goals and track their progress towards their goals in weekly reflections. A rubric will be provided for specific grading criteria for projects and writing assignments.

### **Quizzes/Tests/Performance Assessments: 15%**

For each course unit, you will have movement examinations; you will be evaluated on technique skills' acquisition, performance quality, and choreography performed in class throughout the school year. All performance assessments will be considered "Tests". You will also have written quizzes and exams on dance topics discussed in class, including dance vocabulary, elements of choreography, dance history, anatomy, components of physical fitness, etc.

## **Class Rules**

1. Be dressed in appropriate dance attire in order to participate. Leotards and tights were developed for dance for practical as well as aesthetic reasons. They show the shapes and lines of the body. They allow technical errors to be seen so that they can be corrected. A limited supply of dancewear is available for check-out to students who are unable to purchase their own dance clothes. Students are expected to strictly respect and follow the class dress code policy (beginning Tuesday, September 5, 2017). Students arriving unprepared for class will be required to borrow dance clothes for the day and complete a code of conduct reflection form for homework. Repeated instances of being unprepared for class will result in a disciplinary referral.

2. Be on time and prepared for class. You must be in the locker room before the tardy bell rings. In dance, it is neither professional nor safe to be late. Dancers must develop the habit of being ready to dance when class begins:
  - Class starts 5 minutes after the tardy bell and ends 5 minutes before the passing bell. You will be counted tardy if you are not in your place on the dance floor as I start class.
  - If you arrive before class starts, then please go directly to your place on the dance floor to begin warm up, and practice material to be performed in class. You can always improve by rehearsal.
  - If you are late to class, then you must present a hall pass, and you will need to begin with a proper warm-up on the side of the room before joining your classmates in subsequent class exercises.
  - Weekend/Theatre rehearsals: 15 minutes early to warm up and be ready to go! Warming up is critical for dancers – it helps to reduce the risk of injury, and it makes movement/exercise easier and safer for your body. The better your warm up, the better prepared you will be to perform your very best! Even if your choreographer is going to give a class, it is best to arrive early and do what you need for your body. It also gives you time to prepare yourself mentally as well as physically for rehearsal.
  
3. Have a medical excuse if you are unable to fully participate in class and/or rehearsal:
  - If you are ill or unable to physically participate in dance class, you need to bring a signed parent note with phone number on the day of your non-participation in order to be excused from physical participation. Parent notes are allowed for only three consecutive days. A physician's note specifying limitations and modifications must be presented if illness/injury lasts more than three days. You can receive full credit for the day by dressing into dancewear and doing modified exercises in class (e.g. strengthening/stretching or floor barre on a mat on the side of the room).
  - When you have an excused note to sit out a class, you still must actively participate by taking notes on the entire lesson given that day. There are four different observation forms that students may choose from to fill out reflection questions and to take notes on the lesson that day. These notes are to be handed in to me immediately after class; they make up that day's absence from physical participation for up to seven participation points.
  
4. Follow class etiquette rules. These are general habits to develop in the world of dance and dance classes:
  - Please keep street shoes off the studio dance floor. Shoes can carry in glass, pebbles, and dirt from outside. For the health and safety of all dancers, please leave your street shoes in the cubbies by the door.
  - Dispose of gum/food before stepping onto the dance floor.
  - Please be attentive during class and listen carefully. If you have a question, please raise your hand. Limit conversation to course or rehearsal material and save personal conversations for after class.
  - Many corrections in dance are given by touching or physically placing the student's body into alignment, but if you are not comfortable with your teacher or choreographer giving you a physical correction, be sure to inform and remind them in a polite way. Remember that when your teacher gives you a correction, it is an honor. It means your teacher is investing time and effort to help you become a better dancer. Whether a class correction or an individual correction, listen to them all and absorb them as if they were directed especially at you.
  - Observe other students in class. This can help you develop an eye for line, design, correction and inspiration. Encourage your peers when they are struggling and acknowledge accomplishment and artistry. Dancers receive a lot of criticism, work very hard, and push way beyond the average human capacity. We all can benefit from sincere kind words and applause.
  
5. Follow all school rules and uphold the Miner Code of Conduct at all times. Your commitment to yourself as a growing dancer who needs to work hard to perform well, and as a team member who needs to work consistently with your fellow dancers in order for the whole dance to look good, is a primary requirement of this course. You are ambassadors of this program, and you represent N.U. to our community through your public performances. As a result, any major violation of a school rule (e.g. bullying another student, engaging in illegal behaviors) will result in a school disciplinary referral as well as removal from the upcoming public performance production/event. Students can work as backstage crew to receive participation credit in the event that they are unable to perform. Repeated or ongoing violations may result in removal from the dance program.

### **Electronic Devices**

All electronic devices must be put away and should not be visible during class or rehearsal. Students will be notified when an upcoming lesson or choreography project will require research or use of an electronic device. In certain instances, students will

be encouraged to bring their device to class to assist in research, to play music or to view choreography videos.

### **Late Work Policy**

It is each student's responsibility to ask for any missing assignments or makeup work due to absences from the class. Students will be given one day for each day's excused absence to complete missing work. Assignments need to be turned in on the due date for full credit. Late work will be accepted with a reduction of 10% on the grade for that assignment.

### **Lockers**

You will be issued a locker for your own use. Keep it locked and don't share your key or combination. If you already have a P.E. locker or a sport locker, you may use that for this class. Key locks tend to get lost, so I recommend a combination lock. You will need to supply your own lock and bring the lock with you on the second day of school for our locker room orientation during your dance class period.

### **Expectations**

I expect you to treat each other, me, and all your guest teachers and choreographers with respect. I expect you each to work to your individual capacity and to improve. Your success in Advanced Dance is very important. Please communicate any challenges with the assignments that you might have, and I will be happy to help you. Your commitment to yourself as a growing dancer who needs to work hard to perform well, and as a team member who needs to work consistently with your fellow dancers in order for the whole dance to look good, is a primary requirement of this course. Dance is a tremendous amount of work and tremendous fun. If you work hard and keep yourself open to new ways of moving as well as thinking, by the end of the year you'll have a skill to be proud of, no matter where you started the year. I look forward to helping you develop your passion for dance and the performing arts!

## **Required Co-Curricular Events for Advanced Dance**

### ***Fall for Dance – Don Baggett Theatre***

- Tech Rehearsals in the Don Baggett Theatre – Pieces by Schedule –dancers will only need to be present for their individual piece(s), and a more specific schedule of tech times will be announced as we get closer to the show. Dates/times for tech will be scheduled for November 6, 7, 8, 9: 3:30 p.m. to 6:30 p.m.
- Dress Rehearsals: November 13: 2:30-6:00 p.m. (collaboration schedule – 1<sup>st</sup> run-through) and November 14, 15, 16 (preview performance for staff/sponsors): 3:30-5:30 p.m.
- Performances: Friday, November 17<sup>th</sup> 7:00 p.m. to 8:30 p.m. (CAST CALL at 5:00 p.m.) and Saturday, November 18<sup>th</sup> 2:00 p.m. to 3:30 p.m. (CAST CALL at 12:00 p.m.)

### ***Spring Dance Concert: “Contemporary Classics” – Don Baggett Theatre***

- February 16, 17, 18, 19 (President's Day Weekend) – Rehearsal with New York choreographer, Jesse Beck (one piece minimum)
- Staging/Tech Rehearsals – Pieces by Schedule – dancers will only need to be present for their individual piece(s), and a more specific schedule of tech times will be announced as we get closer to the show: April 9-13 and April 16-19: 3:30-6:30 p.m.
- Dress Rehearsals –April 20: 3:30-7:30 p.m. (photo shoot, staging bows, and 1<sup>st</sup> runthrough), April 23: 2:30-5:30 p.m. (snow make up day / collaboration day schedule), April 24: 3:30-6:00 p.m. (preview performance for N.U. staff and sponsors)
- Assembly Performance Wednesday, April 25: 10:00 a.m. to 12:00 p.m. (CAST CALL 8:00 a.m.) (schools visit)
- Performances on Thursday and Friday, April 26<sup>th</sup> and 27<sup>th</sup>: 7:00-8:30 p.m. (CAST CALL 5:00 p.m.) and Saturday, April 28<sup>th</sup>: Matinee Performance 2:00-3:30 p.m. (CAST CALL 12:00 p.m.) & Evening Performance 7:00 p.m. – 8:30 p.m. (CAST CALL 5:30 p.m.)

### Voluntary Theatrical Dance Events

*Please Note: fees may be required for some trips/special events, and some choreography rehearsals may be by audition only.*

**Hip Hop Crew:** Thursdays at Lunch from August to November (Auditions on August 24<sup>th</sup>)

**Enrichment Classes:** Tap Class with Sommer on Mondays from 3:30-4:30 p.m. and Fusion Class with Sommer on Fridays from 4:30-5:30 p.m. Advanced Ballet/Pointe class and choreography with Stephanie Stevens: Wednesdays 5:00-6:30 p.m. – talk to Mrs. Wadman for more information or to register. Start dates and pricing will be announced soon!

**San Francisco/Berkeley Field Trip:** Wednesday, October 11<sup>th</sup> and Thursday, October 12<sup>th</sup> (Visit LINES Ballet, UC Berkeley, attend the OCD Performance of *Boulders and Bones*, overnight at the Embassy Suites. Next morning, take a class at ODC, and enjoy lunch at Pier 39 before returning home) – price TBA

#### **Requisite Dance Master Class and Performance – N.U. Dance Studio**

- Master Class with company director, Jenna Monroe: Friday, October 27<sup>th</sup> (during class/ensemble time)
- Performance by Requisite Dance on Saturday, October 28<sup>th</sup> from 11am to 1pm (\$15 suggested donation)

**Winter Dance Community Dance Performance:** Dec 1 & 2, 2017

#### **17<sup>th</sup> Annual Student Choreography Showcase: “Uplift and Inspire” – Don Baggett Theatre**

- Weekend Choreography and Staging Rehearsals in the Dance Studio (1 piece = 2 hour rehearsal. Times for each piece will be announced once casting is complete)
  - September 16 & 17
  - October 14 & 15
  - November 10 & 11 (Friday and Saturday)
  - December 2 & 3
  - January 13 & 14
- Run-throughs on Thursdays during ensemble time (except on advanced ballet master classes with Tish – see calendar for details). Friday afternoons (during ensemble class time) will be added in January.
- Tech Rehearsals in the Don Baggett Theatre – Pieces by Schedule – dancers will only need to be present for their individual piece(s), and a more specific schedule of tech times will be announced as we get closer to the show. Dates/times for tech will be scheduled for January 22-25: 3:30-7:30 p.m.
- Dress Rehearsals: January 26: 3:30-7:30 p.m. (finale, stage bows, photo shoot, run-through), January 29, 30, 31 (preview performance): 3:30-6:00 p.m.
- Performances on Thursday, February 1st and Friday, February 2nd: 7:00 p.m. to 8:30 p.m. (CAST CALL at 5:00 p.m.) and Saturday, February 3rd: 2:00 p.m. to 3:30 p.m. (CAST CALL at 12:00 p.m.)

**Ohlone Festival Field Trip** to Fremont, CA: March 16 & 17, 2018 (Compete in Theatre and World Dance categories and watch performances from Bay Area schools)

**Auditions for the 2018-2019 school year:** Wednesday, March 21<sup>th</sup> 3:30 p.m. – 6:30 p.m.

**Starz Community Dance Performance:** April 13 & 14, 2018

**Dance Research Conference –** Wednesday, May 30<sup>th</sup> from 6:00-7:30 p.m. in the Science Lecture Hall

*Dancers will be notified as soon as possible of additional performance opportunities and voluntary rehearsals with additional guest choreographers throughout the school year. If you have any questions or concerns regarding our rehearsal/performance schedule, please contact me as soon as possible, especially regarding any potential schedule conflicts.*

# NEVADA UNION HIGH SCHOOL

*Culture of Collaboration – Communication - Accountability*



August 16, 2017

Dear Parent or Guardian of NUHS Dance Student:

We are very happy to have your child enrolled in our dance program at Nevada Union High School. To ensure the best possible experience in this art form for your student, it is important that you be aware of the co-curricular requirements for this class. Your support is essential to maintaining the high level of quality dance education at this high school. Please read carefully all of the information about the course policies for Advanced Dance, and communicate any potential conflicts or concerns you may have regarding our schedule of required events. Sign this form as acknowledgement of having received the information, and then have your student return this form to Mrs. Wadman.

STUDENT NAME: \_\_\_\_\_ PERIOD: \_\_\_\_\_

I have read and understood the responsibilities, expectations, and grading policy for Advanced Dance at Nevada Union High School.

PARENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT EMAIL ADDRESS: \_\_\_\_\_

(Please print clearly) \*This is very important as I send reminder and update emails.

CELL PHONE #: \_\_\_\_\_ and/or HOME PHONE #: \_\_\_\_\_

STUDENT SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

If there is any information that you would like to share with me regarding your child's involvement in my class, feel free to contact me via email or phone at your convenience. You may also include in the space provided below any additional comments, questions, concerns, etc. that you would like to share with me:

**Comments/Questions:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Please return this signed form no later than Friday, August 25<sup>th</sup> for 10 points.*