



COMPETITION *TEAM*

SUMMER TRAINING

All Competition students must audition at our **3-day Intensive June 29, 30 and July 1st from 4-7pm each day**. This year we have summer drop in style classes on Tuesdays and Thursdays all summer long. The teachers & styles will vary throughout the summer. You must sign up for class online at least 2 hours before the class begins. All team members must take 6 classes over the summer. All soloists must take 12 classes.

This will keep them training throughout the summer without having a rigid summer schedule. Our goal is to keep summer training fresh and exciting. They will not find out what style the class is until they arrive so bring all shoes to summer classes.

We will also begin choreography for some routines over the summer like previous years. This gives the dancers extra time to learn routines and helps spread it out over summer and fall. Typically we do rehearsals for choreo on Saturday mornings in the fall.



IN SEASON REQUIREMENTS

In season, team dancers must take 7 classes this year: Ballet, Tap, Jazz, Lyrical, Acro & Tumbling, Tricks, Turns & Technique, and Rehearsal Block/Strength & Conditioning.

New this season is Rehearsal Block/Strength & Conditioning. We will keep this class all season to use for cleaning and running competition routines, as well as building strength and conditioning.

Some of the more advanced dancers will be selected to take Contemporary Ballet to further challenge them and fine tune their body control, flexibility and movement quality.

Hip hop is also an optional class.

All competition dancers will be expected to attend extra rehearsals to learn and clean their competition routines. We are planning to begin choreography over the summer so we can finish all routines by early fall. Choreography typically takes place on Saturdays. The schedule for rehearsals is not consistent and is subject to change based on necessity and instructor availability. We are aiming to compete at 3 competitions between March & May 2027. They will also have routines in the end of year Recital between their competition dances and recreational dances. Solo, duos and trios do not perform in the end of year recital unless we need filler pieces for quick changes. We will select which group dances perform in the recital. As we grow as a studio we will only do some of our competition dances at recital.

FINANCIAL COMMITMENT

Item	Description	Price Estimate
3- Day Summer Intensive/Audition	3-day mandatory dance Intensive June 29 th , 30 th and July 1 st . Sign up online by heading to our schedule on June 29 th .	\$200
Choreography Fees	Due July 15th	Price varies based on the type of dance (solo, duo, trio, small group, etc.) For a relative idea of what the fees were like last season take a look at the next pages.
Costume Deposits	Due August 1st	\$75 per competition dance
Warm-ups	Due August 1st for new members or existing members who need an updated size.	\$260 (based on last year's price)
Competition Entry Fees	Each dancer pays an entry fee per competition. They pay a fee for each dance they are in. Solos are the most expensive to enter, then duos, trios, small groups, etc. Each dancer will have their own entry fee calculated based on the dances they are in. There are no tickets for competition. Due dates will be given out once we are enrolled for competitions.	Fees vary by type of dance. See following pages for details.
Competition Costume Balances	The remaining balance will be due October 1 st once exact costume selections have been made.	Expect to pay between \$150-300 per costume in total. You will have broken up the payment with the initial deposit that was due back in August.
Summer Classes	All Team Members will take 6 Classes over the summer. Soloist are required to take 12.	\$120 for 6 Classes \$215 for 12 Classes
Monthly Tuition Minimum for 7 Required Classes	Due the 1 st of each month.	\$310



New Space!!

We have some exciting news!!!! We are expanding our space specifically for our competition team. Nicole has invested in space downstairs that is stage sized to show her dedication and commitment to her students and their growth, as well as the growth of the competition team itself. The space is underway and will allow them to practice their routines in a stage size studio. We are so excited to watch the space come to life and be filled with our hardworking students.



COMPETITION FEES

PLEASE NOTE:

EVERYONE WHO MAKES THE COMPETITION TEAM WILL BE SELECTED FOR AT LEAST ONE GROUP DANCE. SOME DANCERS WILL BE SELECTED FOR MULTIPLE GROUP DANCES. GROUP SELECTIONS ARE MANDATORY. SOME SMALL GROUPS MAY BE LISTED AS OPTIONAL FOR A DANCER.

THIS IS A RELATIVE GUESS BASED ON PREVIOUS YEARS PRICING. PRICES ARE CALCULATED BASED ON WHAT THE INDIVIDUAL COMPETITION CHARGES FOR ENTRY FEES AND WHAT THE COSTUME COMPANIES CHARGE.

GROUP DANCE

ITEM	FEE
3- DAY INTENSIVE/AUDITION	\$200
6 SUMMER CLASSES	\$120
MINIMUM MONTHLY TUITION (7 CLASSES)	\$310
WARM-UPS	\$260
CHOREO FEE (PER GROUP DANCE)	\$75
COMPETION 1 ENTRY FEE (PER GROUP DANCE)	\$110
COMPETION 2 ENTRY FEE (PER GROUP DANCE)	\$110
COMPETION 3 ENTRY FEE (PER GROUP DANCE)	\$110
COSTUME FEE (PER GROUP DANCE)	\$150-\$300

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DUO/TRIO DANCE

ITEM	FEE
CHOREO FEE	\$200
COMPETION 1 ENTRY FEE	\$130
COMPETION 2 ENTRY FEE	\$130
COMPETION 3 ENTRY FEE	\$130
COSTUME FEE	\$150-\$300

COMPETITION FEES

PLEASE NOTE:

A SOLO IS AN INVESTMENT. PLEASE DO NOT FEEL PRESSURED TO DO A SOLO IF YOUR DANCER IS SELECTED FOR ONE. THEY ARE ALWAYS OPTIONAL AND YOU MAY OPT OUT. YOU CANNOT DO A SOLO INSTEAD OF THE TEAM GROUP DANCES. ALL SOLOIST MUST COMPLETE ALL MANDATORY DANCES.

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SOLO DANCE

ITEM	FEE
12 SUMMER CLASSES	\$215
CHOREO FEE	\$375
COMPETION 1 ENTRY FEE	\$215
COMPETION 2 ENTRY FEE	\$215
COMPETION 3 ENTRY FEE	\$215
COSTUME FEE	\$150-\$300

The Vitality Place

PLACEMENT

Placement in The Vitality Place's Competition team is based on the following criteria: technique, potential, commitment level, enthusiasm, attitude and behavior in class, attendance, movement quality and stage presence. We place students together in groups that we feel will work best together in rehearsals and performances. Competition team members are selected by instructors and will be invited into the appropriate dance routines. Please note that group dances come first! If you are offered a duo, trio or solo you must participate in the group numbers to have the opportunity to compete a duo, trio or solo. For example, if the dancer is placed in a solo, trio and group dance. The dancer can choose to just be in the group dance, or they can choose to be in the group and the trio, or they can choose to be in the group, trio and solo. They cannot only choose the solo option. This is a team sport and therefore the team always comes first. It is also important to note that if you were selected for a specific dance the previous year, it does not mean you will be selected again for the same. Every year is different, and nothing is guaranteed. When you receive your selections, they will be clearly marked as mandatory and optional. The dances marked as mandatory are a requirement for your dancer to be part of the team. The dances marked as optional are additional dances you can choose or choose not to be in.

ATTENDANCE

A dance company is a team. Just as sports teams require all players to attend practices, dance companies require their dancers to attend all classes and rehearsals. Absences will not only affect the individual dancer, but the team as a whole.

Each dancer is allowed up to three (3) unexcused absences from team classes and rehearsals. Please let us know if the dancer will miss class in advance.

The following are considered "excused" absences:

- Death in the family or family emergency
- Scheduled school programs or performances
- Wedding or religious dedication of you or a member of your family
- If you are ill or infectious

Dancers will watch class/rehearsal in the case of injury. Dance requires consistent ongoing training, and dancers who excessively miss classes will not be able to perform at the same level as those who have attended all classes regularly. Company members must be present in ALL their classes and rehearsals the week prior to every performance and competition.

Being a member of a dance company is a privilege and comes with responsibility. Personal accountability is essential for a successful season, and commitment to your other company members is a vital component of this success. When a member of the company is not present, it negatively impacts your entire team. Please do not consider being a part of the team if you expect regular scheduling conflicts with other sports or activities.

CONDUCT & ETIQUETTE

All team members will be held to the highest standards of conduct. Communicating negatively about anyone in or outside our studio will not be tolerated. Competition members are expected to show courtesy and respect to all instructors and other students. Any student who exhibits repeated negative or disrespectful behavior will be asked to leave the competition team. If a dancer is dismissed from the team, refunds for payments made are not refundable. Our dancers are always expected to be respectful, supportive, encouraging and are positive in spirit, attitude and behavior. The dancer's behavior at competitions is a direct reflection of the studio and poor attitudes will not be tolerated. Our behavior is of the utmost importance, and we must all represent our studio with grace, respect, and professionalism. The way we conduct ourselves on and off the stage speaks volumes about our values, and it is essential that both dancers and parents maintain a positive, respectful attitude at all times.



FOR OUR DANCERS:

- 1. Respect Your Peers and Fellow Competitors:** Always be kind, supportive, and encouraging to fellow dancers. Whether they are from our studio or others, we want to be known for our camaraderie and respect.
- 2. Professionalism On and Off Stage:** When you are in the competition venue, always be aware of your behavior. Even if you are not performing at the moment, conduct yourself in a way that reflects the pride we have in our studio.
- 3. Timeliness and Preparation:** Be punctual! Come prepared, with all the necessary costumes, tights, headpieces, and shoes. We aim to show our dedication through attention to detail and readiness.
- 4. Sportsmanship:** Whether we win or not, always show respect for the judges, other teams, and the competition process. A good sport is a true reflection of a confident, skilled dancer. After you watch a dance come off stage always say good job. Before dancers perform wish them good luck. Compliment dancers on their costumes. The way you treat other people is the most important part of the day, far more important to me than any successes that happen on stage or at awards.
- 5. Positive Attitude:** The energy you bring is contagious. Stay positive, and support your fellow dancers, especially if they are feeling nervous or need encouragement. A team thrives on positivity!



FOR OUR PARENTS:

1. Support and Encouragement: Your role as a parent is vital. Be a constant source of support and encouragement for your dancer, and remember that your words and actions also reflect the studio's values. Leave the coaching/ critiquing to us teachers. Your job is to bring positivity and support to your dancer; we will handle the rest.

2. Respect the Event Schedule and Venue: Please be mindful of the competition schedule. Help your dancer arrive on time and respect the rules and regulations of the venue. We want to maintain a good relationship with the event organizers. Please remember that dressing rooms are a shared space, and we kindly ask for your cooperation in keeping it clean and respectful for all studios. Before leaving, please ensure any trash or personal items are properly disposed of.

3. Maintain a Professional Demeanor: Your behavior in the studio, competition audience or dressing room matters. We ask that you remain respectful of all competitors, event staff, and other parents both inside and outside of our studio. Please do not gossip or make jokes about anything at any time during the event. Remember that it takes a lot of courage for dancers to get up on stage and that only positive comments are expected. Our actions speak louder than words, and a positive image of our studio is built by everyone.



DRESS CODE:

All Dance Competition team members must wear appropriate dancewear to every class. Forgetting dancewear, shoes, proper hair and/or wearing inappropriate clothing is not acceptable. The dress code is laid out in your student handbook for the season as well as the PDF called "Dress Code." It is extra important that our team members follow a strict dress code to be good role models to all other students and to set the tone for a disciplined and hard-working environment.

CELL PHONE POLICY:

Cell phones are not allowed in class. We have a team "band" account where all choreography will be posted for at home practice.

QUESTIONS & CONCERNS:

Any and all questions or concerns should go through the director, Nicole White. Please contact her via the studio phone or email. Under no circumstances should the individual instructors be contacted without Nicole's knowledge.

WARM-UPS:

It is mandatory that all competition members have a warm-up jacket & pants. The cost for warm-ups is about \$260 (that was last year's price). We recommend buying a bigger size so that it will last longer and you will not have to buy a new jacket/pants every year. Payment for warm-ups is due by August 1st.

KEY LIFE SKILLS

Finally... Don't forget to have fun! You'll gain a lifetime of great memories and friendships during this time together so enjoy every second! We strive to make this the most positive and rewarding experience for our dancers and look forward to having another incredible dance season full of learning, growth & development. The Vitality Dance Competition Team will teach your dancer so many skills outside of dance that will help them lead successful lives as they grow up. Being part of a dance competition team teaches far more than just choreography and performance. It builds a foundation of life skills that shape dancers into resilient, capable, and confident individuals well beyond their time here in the studio.

Here's a list of some key life skills that competition dancers gain and how they translate into real-world success:



Professionalism & Accountability

- **What they learn:** Showing up on time, being prepared, meeting expectations, and representing their team with respect.
- **Life impact:** Helps them thrive in school, work, and future careers where reliability and professionalism are essential.

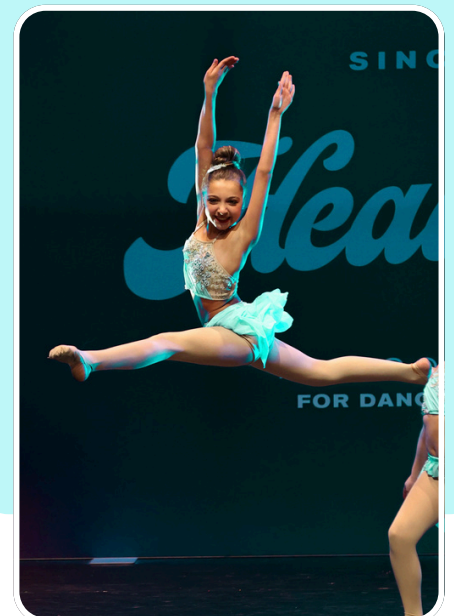


Teamwork & Collaboration

- **What they learn:** How to work closely with others toward a common goal, compromise, and support one another.
- **Life impact:** Builds emotional intelligence and makes them strong collaborators in school projects, sports, workplaces, and relationships.

Discipline & Work Ethic

- **What they learn:** That growth takes consistent effort, practice, and perseverance even when things get tough. They will learn how to respond to disappointment with grace when they do not place, score as high as they would like, or if they don't get selected for something they really wanted, etc.
- **Life impact:** Instills a growth mindset and prepares them to meet academic and career challenges head-on.



TIME MANAGEMENT

- **What they learn:** Balancing school, dance, family, and social life.
- **Life impact:** Teaches them to prioritize and stay organized which are skills that are critical for adult life.

CONFIDENCE & STAGE PRESENCE

- **What they learn:** How to present themselves with poise, even under pressure. Getting up on stage when they are nervous and putting themselves out there. Pushing past their fears.
- **Life impact:** Boosts self-esteem and prepares them for public speaking, interviews, and leadership roles.

CONSTRUCTIVE CRITICISM & GROWTH MINDSET

- **What they learn:** How to receive feedback without taking it personally, identify areas for improvement, and use corrections as opportunities to grow.
- **Life impact:** In school, careers, relationships, and personal development, success often depends on the ability to learn from feedback. Dancers learn that being corrected isn't a sign of failure, rather it's a sign that someone believes they are capable of more. This helps them develop resilience, humility, self-awareness, and a lifelong commitment to continuous learning and improvement.



Respect for Authority and Peers

- **What they learn:** How to take constructive criticism, follow instructions, and respect team dynamics.
- **Life impact:** Develops humility and maturity, helping them build positive relationships with teachers, mentors, and coworkers.

Goal Setting & Personal Achievement

- **What they learn:** The power of setting personal goals and working toward them over time.
- **Life impact:** Encourages self-motivation, long-term thinking, and a sense of purpose.

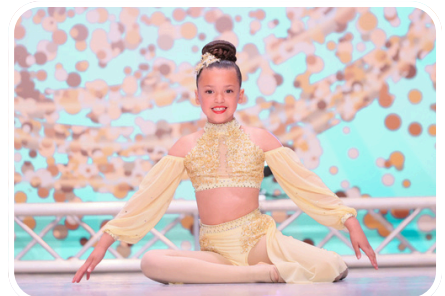


Adaptability & Problem Solving

- **What they learn:** How to adjust quickly when something goes wrong like missed steps, costume issues, or changing routines.
- **Life impact:** Builds resilience and the ability to think clearly and stay calm in unpredictable situations. They will learn to have a solution-oriented mindset which will set them up for success in everything they do.

Cultural Awareness & Expression

- **What they learn:** To appreciate different music, stories, and movement styles from around the world. Dance is a part of so many different cultures and has been shared and passed down for so many years.
- **Life impact:** Fosters empathy, creativity, and open-mindedness. Allows them to feel the significance and importance of being a part of something bigger than themselves.





If you are auditioning for the team, please sign and return this page and bring it with you to our 3-day Intensive.

Keep this dance team contract for your reference.

Both dancer and parent have read and understood all that is expected as a member of The Vitality Place Competition Dance Team. We understand that these policies are created to ensure the absolute best training and most positive and rewarding experience for every dancer. Both dancer and parent understand that failure to meet the conditions set forth in this contract could result in the dancer's dismissal from specialty dances or the dance team as a whole.

Dancer's Printed Name: _____

Dancer's Signature: _____ Date: _____

Parent's Printed Name: : _____

Parent's Signature: : _____ Date: _____