



Competition Troupe & Solo Handbook

Guide for parents, students, and teachers of CBDS

OVERVIEW

Dance competitions are an opportunity for students to take their dance education and experience to the next level. Preparing for competition troupe, solos & duos requires additional commitment and hard work, on top of that already required for students' regular classes.

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 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

Integrity

Choosing to be honest, truthful and accurate in one's actions and words.

Respect

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

Teamwork

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

Commitment & Dedication

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

Excellence

High achievement is recognised and rewarded.

Creativity

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

COMPETITION DANCE STYLES INCLUDE:

Ballet (Classical)
Ballet (Character)
Ballet (Neo)
Jazz
Musical Theatre
Song & Dance
Tap
Slow Tap
Waltz Tap
Latin Tap
Speed Tap
Song & Tap
Contemporary
Lyrical
Hip Hop
Acrobatics
Own Choreography
Improvisation

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.

CHAMPIONSHIPS

Some competitors offer championship sections for Tapping, Modern Jazz, Classical and Theatrical genres this can require multiple dances for the one section.

PREREQUISITES

Who is eligible to enter dance competitions?

The short answer - any CBDS dancer who is willing to commit and take the next step in their dance progression.

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

COMPULSORY CLASSES

All students who are undertaking private tuition for competition solos must also be attending the regular class of the genres in which they are competing, as well as Ballet and Technique class.

Results show that versatile dancers are the most successful at competitions. We recommend that all competition students undertake dance education in a range of styles.

COMPETITION SECTIONS

A wide range of styles and genres of dance are available, usually in solo, duo/trio, and troupe sections. The specific classification of styles may vary between competitions. CBDS will make sure that the criteria for all competitions entered is met.



CHOREOGRAPHY & REHEARSAL

Learning a competition routine

Students can expect to learn their routine in approximately 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.

Students are encouraged to bring an iPad or other recording device to help them remember their routines for practice. This is not the teachers responsibility.

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 with teachers.

Parents are to email all private and competition enquires to (cherylbradleydance@outlook.com). 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. This will be completed in the first few weeks of Term 1 Semester 1.

If any changes are required to private lessons, please email cherylbradlyedance@outlook.com 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 12 hours notice will be charged at the regular private lesson 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



PRIVATE TUITION RATES

1 student (solo)

30 mins: \$45
1 hour: \$80

2 students (duo)

30 mins: \$ 25.00 each
1 hour: \$45.00 each

3 students (trio)

30 mins: \$20 each
1 hour: \$30 each

4+ students (troupe)

Term block \$180

30 mins: \$9 each
1 hour: \$18 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 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.

Ongoing private tuition

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.

Competition Troupe tuition

Competition troupe is via audition only. Troupes train 1 hour per week and depending on determination and work ethic of the team can possibly learn up to 3+ routines per year.

This is a fantastic opportunity to work hard and improve in technique and performance skills while also learning in a team environment.

CBDS Troupes for 2024:

- Junior Competition Troupe (8-12) 12/U
- Intermediate Competition Troupe (12 -16) 14/U
- Senior Competition Troupe (16 +) 16/Open

Depending on dancer's ability and maturity, CBDS Management may offer for students to dance in an older age groups.



COSTS

Competition entry and miscellaneous fees

All entry fees for solos, duos and 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 \$150 per item.

In most cases, all entries will be processed by the studio.

Some competitors may require the student or parent/carer to submit the entry, you will be advised if this is the case.

In cases where the studio is submitting entries, the full cost of entry must be paid to the studio before entry can be processed with competition organiser's.

All other competition expenses, e.g. audience entry and programs are required to be covered by parents as they apply to their children

Costumes

Teachers will select items, likely from Weissman or IDS, or other costume providers. Parents will be advised of the cost (including shipping) which is to be paid in to the CBDS Costume Club account.

A custom costume may be required, 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 for solos. With troupes we aim to keep costs at \$100 per item.

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

ATTENDING COMPETITIONS

What happens on the day of competition?



2024 CBDS COMPETITION SCHEDULE

Please note:

August will be a very busy month with RAD & CSTD Exams and competitions

Follow Your Dreams 3
15th - 17th August 2024

Supreme Dance Experience
31st Aug - 1st September 2024

Dancelife Unite
28th - 29th September 2024

National Competition 2024
TBC - January 2025





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 on USB

Arrive and check-in - usually at a main desk in the venue foyer, sign off with the organiser's 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 focused

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.

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

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. In most instances music will be uploaded by CBDS management however it is recommended that Parent's have a copy handy incase of any technical errors.

Parent supervision is required for their children at all time whilst at a competition.

Teacher's role

Teachers are not always available to provide support at competitions. However, CBDS aims to have a representative present at ALL competitions to support the 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.

CBDS teachers volunteer their time to do this.

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

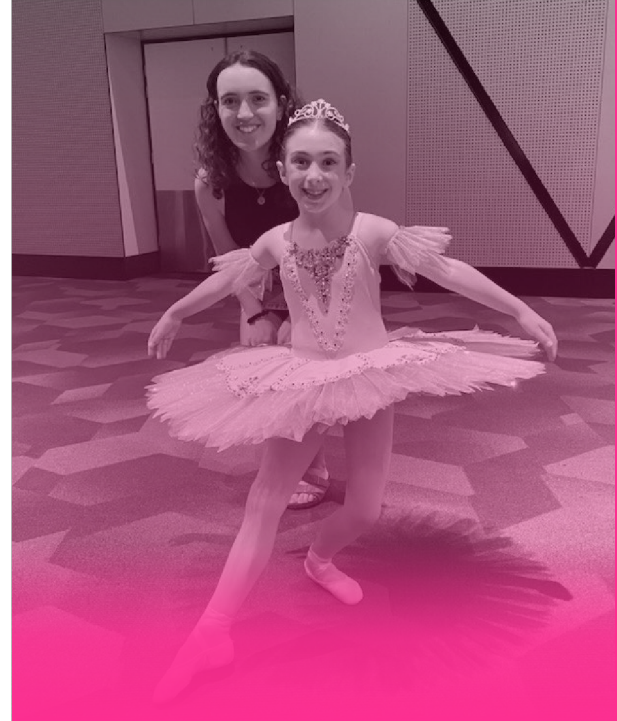
Members of the CBDS team including teachers, parents and students attending competitions, as well as any family or friends attending in support, are expected to represent the studio in accordance with our values at all times.

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

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

At CBDS we pride ourselves on the product and service that we provide our CBDS members. We look forward to wiring with you all in 2024.

LET'S GO!



COMPETITION DAY EXPECTATIONS

Teachers

Advise in advance
required format for music
submission

Supervise warm-up and
practice

Provide encouragement
and advice prior to
performance

Escort dancer backstage,
and wait to collect them
after performance

