

San Mateo Dance



Dance Director: Olivia Reidy

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Welcome to SMHS Dance! I am so excited to have you as a student! I offer these guidelines to provide the best learning experience for all students. After reading the following pages, please sign and return the last page to Ms. Reidy by Friday, August 25th to show your understanding and acceptance of these policies.

Class Description: Students will study a range of dance techniques, including jazz, tap, contemporary, and hip hop. Class will include a warm-up routine, isolations, stretches, across-the-floor progressions, and choreography combinations. As students progress, technique and choreography will become increasingly complex and challenging. During the 2nd semester, ALL students will prepare for and perform in the end of year dance show, Mateo Motion, on May 1st and 2nd.

My Goal: To create well-rounded, open-minded, and confident dancers. Each of you will be learning/practicing a variety of dance styles each class and will be able to demonstrate your technique through rehearsals and performances. This class is not only about being able to learn dance steps/technique, but also being able to tell a story through your movement.

"We can't always choose the music life plays for us but we can choose how we dance to it."

Course Objectives (Based on the State of California Dance Content Standards)

A passing student will be able to:

- Develop an appreciation and be able to perform in multiple dance genres (Jazz-all forms, Ballet, Tap, Lyrical Contemporary, Hip Hop, and Theatrical Dance) with technical skill and clear intent.
- Assess and analyze dance works.
- Increase muscular endurance, flexibility, balance, coordination, and agility during class practice and rehearsal.
- Execute movements accurately within a pattern of time or established rhythm.
- Participate fully, while demonstrating physical coordination and control.
- Use, define, and demonstrate given terminology.
- Use technology to produce performance critiques.
- Present and perform choreography to the class.

- Perform at all shows in the spring dance concert, Mateo Motion XVII
- Develop or build upon social skills like cooperating with your peers and giving/taking constructive criticism.
- (Int/Adv) Create and develop solo/group choreography.
- (Adv) Perform at all school and community functions such as Fall Dance Intensive, 8th grade preview night, and the Little Big Game.

Evaluation/Grading:

Regular attendance is critical to succeeding in this class. Students must be on-time, dressed in dance attire, and committed to participating fully. Tardies and absences will affect your final grade so please be aware and responsible for showing up to class ready to work.

Your grade will consist of **3** main components:

1. Performance
2. Participation
3. Written Work

Performance: Performance will be measured through skills tests, tests on dance combinations, written work, and written tests. Students will be graded on memory, execution, characterization, rhythm/timing and technique.

Participation: Students earn 15 points a week for participation. 6 points per block day and 3 points per regular day.

Regular (1-7 Day) points are deducted as follows:

- Excused absences: 1 point
- Medical: 1 point (The student must bring a note from parent or, after 2 days, from a doctor. The student does not dress but must attend class and take notes on what is covered. The teacher must sign off on the notes at the end of the period.)
- Non-suit: 2 points (the students does not dress appropriately for dance class but DOES participate fully in class activities)
- Tardy: 2 points (the student must be on the dance floor, ready to dance 5 minute after the bell rings.)
- Non-participation: (The student does not dress and does not participate in class. The student must either take notes on what is covered in class OR do a teacher assigned research paper.)
- Truancy/Suspension/Unexcused Absence: 3 points

Block Day points are deducted as follows:

- Excused absences: 2 points
- Medical: 2 points
- Non-suit: 3 points
- Tardy: 3 points
- Non-participation: 6 points
- Truancy/Suspension/Unexcused Absence: 6 points

Written Work: Students will be expected to write one dance performance critique a semester. They will also complete various other assignments such as self-reflections and dance history summaries.

Absence Policy: It is extremely difficult to learn dance technique, routines, formations, and curriculum if you are not in class. There are no textbooks or worksheets that you can “catch up” with. For this reason, it is so important that you are in class! I want to see your smiling face!

Make-up work: A student can be given a chance to make up excessive absences, medical absences and unexcused absences. It is the student’s responsibility to contact Ms. Reidy about completing make-up work. Usually, make-up work involves coming into the studio during tutorial to practice or get tested on material that was missed or turning in a written assignment. Occasionally, make-up work may involve completing an extra dance project. *All written make-up work must be complete before the last week of the semester.*

Medical Excuses: Students may be excused for one class per parental request with a maximum of two requests per semester. Students that require modified participation longer than two days must have a doctor’s note outlining the requirements for modifications. Appropriate make-up work will be required as well as proper notes take for the days sitting out. The notes will be reviewed by Ms. Reidy at the end of each class.

The grading scheme is as follows:

A	100 %	to 94.0%
A-	< 94.0 %	to 90.0%
B+	< 90.0 %	to 87.0%
B	< 87.0 %	to 84.0%
B-	< 84.0 %	to 80.0%
C+	< 80.0 %	to 77.0%
C	< 77.0 %	to 74.0%
C-	< 74.0 %	to 70.0%
D+	< 70.0 %	to 67.0%
D	< 67.0 %	to 64.0%
D-	< 64.0 %	to 61.0%
F	< 61.0 %	to 0.0%

Dance Attire:

Please wear clothing that you feel comfortable dancing in. This can include leotards, fitted dance/sports tops, fitted t-shirts and leggings, sweats, dance pants, tights, basketball shorts AND proper shoes (either jazz or tap). If you wear baggy shorts, please wear compression pants/tights underneath.

Shoes:

- **Beginning Dance:** Jazz shoes (black) and Tap shoe (1 ½ inch heel, tan)
- **Intermediate Dance:** Jazz shoes (black) and Tap Shoes (either tan heels or black flats)
- **Advanced Dance:** Jazz shoes (black) and Black Flat Tap Shoes. You can wear half-sole shoes to class but will need jazz shoes for the show. You may also be using tan Heeled tap shoes and Tan Character Shoes during the year but you do not need to buy them now.

PLEASE NOTE: In order to keep costs down, I order shoes through a dancewear supplier. I will send a letter home with specific details at a later date. The approximate costs are as follows: Jazz shoes: \$17.00, Heeled tap shoes: \$26.00, Flat taps: \$54.00-75.00. Financial aid is available for purchasing tap shoes through the SMHS Dance Department. If you want to purchase shoes on your own, feel free to do so but be sure they meet the requirements for the class.

Discipline Policy:

Tardies: We will begin dancing 5 minutes after the bell rings. If you are not on the dance floor when I begin warm-ups, you are tardy. You will lose points and may be assigned push-ups. A written pass from a teacher is the only way to excuse a tardy.

Dance Studio Behavior:

The following are **NOT** allowed...

- Food or drink (other than water in a closed container) in the dance studio. LEAVE YOUR COFFEE/BOBA OUTSIDE! ☺
- Chewing gum
- Street shoes
- Sitting or leaning during class
- Leaving class without permission
- Cell phones (keep them in your Yondr pouch or they will be turned into the office).

Dance Concert/Fundraising

Dance Concert:

All students in dance will participate in the Spring Dance Concert, Mateo Motion XVII. **The dates are Friday and Saturday, May 1st and 2nd.** There will be three mandatory rehearsals after school on Monday-Thursday (April 27th-30th) from 6:30 p.m. until 10:00 p.m. **YOU CANNOT RECEIVE A PASSING GRADE FOR THE SPRING SEMESTER IF YOU DO NOT PERFORM IN BOTH NIGHTS OF THE DANCE CONCERT.** This is the culmination of all your hard work, you deserve this!

Costumes:

For the end of the year performance, you will be required to purchase or make your costumes. The cost can be anywhere from Free (by borrowing a costume we already have) to \$50. The costumes that you purchase will be yours to keep and we try to keep the cost to a minimum, but please be warned that this expense will come up. Because of the amazing job the students have done fundraising in the past few years, there have been NO costume costs!

Fundraisers:

The dance department receives very little money from the school to implement the program and this program can be VERY expensive to run. Here are a few ways dance money is spent:

- For Class: Master Classes, Music, Buses for field trips, Portable sound systems, Financial Aide for students in need.
- For Dance Show: Costumes, Music, Sound, Equipment, Lighting, Lighting Designers/Technicians, Stage Crew, Programs, Posters, Flyers

All money to run the program is generated through fundraisers, donations, and ticket sales for our dance concert. **All students are expected to participate in the fundraisers.** So far, we have two fundraisers planned for this year. I will let you know of others as they come along.

- Harmony Resources Cookie Dough (September)
- Mixed Bags (September)

If you really want to dance, do not drop the class due to financial issues. Things can always be worked out!



