



2022-2023

DANCER & PARENT HANDBOOK

Bitæmo Rossdale Families!

In this booklet you will find important information
for this dance year.

Please read thoroughly and retain for future reference.

Rossdale Ukrainian Dance School
6 Riverview Street St. Andrews, MB R1A 2X6

www.rossdaledancers.ca

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Dear Rossdale Families,

Welcome to all our new families, and welcome back to our returning parents and dancers!

This handbook is a resource tool for parents, dancers and instructors in order to find information about policies and expectations. Adherence to the policies as laid out in this document will help in fostering a positive and fun environment for our dancers and support our instructors in providing the highest level of dance instruction. Rossdale relies on the commitment and cooperation of parents, dancers, instructors and Board members in order to carry out the traditions of the school and help to preserve our culture through the art of Ukrainian dance.

We look forward to working with all the parents, dancers and instructors of the school this year as we prepare to celebrate 46 years!!

Sincerely,

Rossdale Ukrainian Dance School
Executive Board

CONTACT LIST

Rossdale Ukrainian Dance School 2019/2020 Executive Board			
POSITION	NAME	PHONE NUMBER	EMAIL
President	Lisa Marmillod	(204) 963-0149	lisa.hibbert@gmail.com
Vice President	Stacey Jira	(204) 461-0694	stacey363@yahoo.com
Secretary			
Treasurer	Janelle Kent	(204) 793-7306	janelleo@mymts.net
Costume Coordinator	Jennifer Bruce	(204) 960-1551	jenfbuce@gmail.com
Events Coordinator	Darcie-Lee Pyner	(204) 485-2804	dmpyner@mymts.net
Fundraising Coordinator	Crystal Johnston	(204) 990-4830	c_leochko@hotmail.com
Volunteer Coordinator	Amanda Kotowich	(204) 461-3299	aj.spakowski@gmail.com

Your Executive is always open to any comments, concerns or suggestions parents, dancers or instructors may have. Please feel free to contact an executive member at your convenience (either verbally or in writing) so the respective matter can be addressed immediately, or, if necessary, at a future Board meeting.

Please remember, that the Rossdale Executive is made up of parents that dedicate their time and efforts to making sure the parents, dancers and instructors work together to achieve the goals of Rossdale Ukrainian Dance School (RUDS) and have a positive and successful year.

RUDS Instructors, Classes & Times for 2022-2023

All classes occur on Monday evenings

Dance Level	Instructor(s)	Location & Time
Creative Movement	Sienna Kavanagh	Selkirk Community Church 6:00-6:45pm
Beginner	Carleen Stefaniuk Ben Kavanagh	Selkirk Community Church 6:00-7:00pm
Juniors	Amy Kavanagh	Selkirk Community Church 6:00-7:00pm
Intermediate	Kaitlin Vitt Oleksandr Hedrich	Selkirk Community Church 7:00-8:00pm
Pre-Senior	Amy Kavanagh Carleen Stefaniuk Oleksandr Hedrich	Selkirk Community Church 7:00-9:00pm
Vitretz	Kevin Groot Kristi Groot	Rossdale Hall 7:15-9:45pm

All dancers are assessed during an initial four-week trial period to ensure they are placed in the class which best matches to their ability. This trial period enables the instructor to ensure that the proper class placement is achieved and to serve as an integral part in developing the dancer's potential. Dancer placements will be finalized on October 1 of the current dance year.

COMMUNICATION:

Please ensure correct email address on registration (forward changes to rossdaledancers@gmail.com).

If you are not receiving e-mails or don't have access to email, please notify an Executive Member, as emails have been a very successful tool in keeping our families informed of school information. You will be receiving announcements, monthly newsletters, important information regarding schedule changes, cancellations, performances and volunteer reminders through email. We don't want any family to miss out on any information, so please check your email regularly.

Please utilize our website at rossdaledancers.com, like our Facebook page and join us on Instagram. We will be using social media and the website to keep families informed as much as we can. Please be patient with us as the website is still under construction.

In the event of adverse weather conditions, an e-mail will be sent out by RUDS by 5:00pm to inform you if dance classes have been cancelled.

REGISTRATION FEES:

- \$50 registration fee for dancers registering after July 31st, 2022
- Payments will be divided into 4 payments throughout the year (*no full payment option*).
- No refunds will be provided after October 25th, 2021.
- Cost of dance fees includes: All instruction, all performances, facility rentals.
- There will also be a \$150 Fundraising fee per family.
- All returning board members receive half off their total dance fees. New board members will receive a cheque for half off their total dance fees at the end of the year.

Dance Level	Instruction time (min.)	Instruction Fees	Costume Fee
<i>Creative Movement</i>	45	\$180	\$10
<i>Beginners</i>	60	\$250	\$15
<i>Juniors</i>	60	\$250	\$20
<i>Intermediates</i>	60	\$250	\$20
<i>Pre-Seniors</i>	90	\$350	\$25
<i>Seniors</i>	90	\$350	\$25
<i>Vitretz</i>	150	\$425	\$50

MULTI DANCER DISCOUNT

Families with more than 3 or more registered dancers in the same immediate family will receive the following discounts on dance fees only.

- Multichild discount 3 children – 20%
- Multichild discount 4 children – 25%
- Multichild discount 5 children – 30%

PAYMENT OPTIONS & REFUNDS

- Only cheque or e-transfer payments accepted only
- For cheques, must provide 4 post-dated cheques on registration night
- Please make all cheques payable to *Rossdale Ukrainian Dance School (RUDS)*.
- All payments will be deposited within 1 week of due date unless a delayed payment is received

*****Failure to submit payment by due date will result in dancer not being allowed to participate in dance practice*****

SOLO/DUET/TRIO DANCE INSTRUCTION:

Are you interested in performing a Solo/Duet/Trio? If so, please contact a RUDS Board Member. Instruction will be starting in December/January for interested dancers. Solos/Duets/Trios are geared toward dancers who are looking for an extra challenge and are willing to practice on their own after learning their extra dance. These classes may be on a different night and are subject to instructor availability. Solos/Duets/Trios can be entered into competitions and may be approached to perform in additional performances only if time in the show permits. All instruction & rental costs will be an additional cost to those who participate.

ADULT DANCE CLASSES:

RUDS will not be offering Adult Dance Class at this time.

COSTUMES & COSTUME DAMAGE DEPOSIT:

RUDS has a large collection of regional costumes, which allows our dancers to borrow from the school based on their regional dance. A costume damage deposit is required at time of registration. We request a cheque with the date left blank as we will keep the same cheque from year to year until your dancer is no longer a part of RUDS. At that time, the cheque will be returned as long as all costume pieces are returned in good condition. If at any time a costume piece is lost or damaged, your cheque will be cashed to cover all costs.

- Costume damage deposit \$100/dancer (*creative movement-seniors*) & \$200/dancer (Vitretz)

Please be reminded that costumes borrowed by dancers remain the property of RUDS and are to be returned on assigned days for inventory inspection, cleaning and storage.

All dancers required to have their own embroidered blouses and shirts will be notified by December 1st. If a shirt/blouse is required, it is the responsibility of the family to obtain one. Embroidery ribbon, printed tape or heat transfers on blouses or shirts are NOT acceptable at RUDS. For those interested in cross-stitching your own blouse or shirt, patterns are available to borrow from the school.

For performances, all dancers are required to supply their own dance slippers or other dance footwear and white bicycle shorts. Additional information regarding costuming for each class will follow at a later date.

RUDS works with some stores to provide a discount (*mention "Rossdale Ukrainian Dance School"*)

- Svitoch at 621 Selkirk Ave phone # (204) 582-5939
- Oseredok at 184 Alexander Ave phone # (204) 942-0218
- Dance Plus at 844 McLeod Ave phone # (204) 669-1606

ATTENDANCE:

Attendance is extremely important throughout the dance school year. The instructors are working towards teaching the dancers skills and preparing their dances for recital, competitions and upcoming performances. Dancers benefit most from consistency...so please makes every effort to attend all classes. All dancers are expected to attend at least 80% of practices throughout the year. For competitions and performances, dancers must attend at least the prior two practices before the event date. Failure to comply with expected attendance protocols will affect the dancer's placement in the dance(s), participation in the event and the overall participation of the group in the event. In the event that a dancer/group is pulled out of an event due to attendance issues, the dancer will be responsible for covering all associated fees.

"Practice makes you the best dancer you can be!"

Please e-mail rossdaledancers@gmail.com by 5:00 pm if your child will be away. Thank you!

DANCER MAKE-UP KITS & PERSONAL COSTUME REQUIREMENTS:

Due to hygienic concerns over sharing one make-up kit for the whole school, we are asking all RUDS dancers to have their own make-up kits. We have a standard kit for all dancers, and then add items for some of the older dancers. All items in the kit can be purchased at Shopper's Drug Mart, Wal-Mart or any local drug store. Please make sure you also have brushes, etc. to apply make-up.

- **Girls Make-up Kit** (*a picture will be provided at the beginning of the year*)
 - Creative Movement – Intermediate:
 - Black eyeliner (recommended- waterproof)
 - Pink blush (recommended- Annabelle #18)
 - Red lipstick (anything bright- MAC-Russian Red is nice)
 - Pre-Seniors – Vitretz:
 - Black eyeliner (recommended- waterproof)
 - Pink blush (recommended- Annabelle #18)
 - Red lipstick (anything bright- MAC-Russian Red is nice)
 - Eye shadow- white and dark brown (singles or a pallet including these)
 - Black mascara (recommended- waterproof)

- **Guys Makeup Kit** (*a picture will be provided at the beginning of the year*)
 - Black eyeliner & Pink Blush

ALL female dancers should also include a large supply of safety pins, bobby pins for hair and headpieces, hair net & hair spray in their kit.

All male dancers must wear black socks to all performances & include safety pins in their kit.

All dancers should wear white undergarments under their costumes - as you can often see coloured undergarments under costume pieces on stage.

REHEARSAL ATTIRE:

Dancers need to dress appropriately for dance class. Form fitting clothing allows the instructor to see body placement and make appropriate corrections. Loose clothing with pockets is often distracting to the dancers. Long pants that reach past a dancer's ankles are dangerous, as they may cause the dancer to trip or slip on them.

- **Female Dance Attire:**
 - body suit or fitted t-shirt (*no crop tops or open back shirts unless bodysuit is underneath*)
 - tights or leggings with/without shorts or skirt (*no bare legs & no jeans*)
 - sports bra (*as required*)
 - black leather ballet slippers (*not gymnastics slippers*)
 - hair must be back in a braid or a bun prior to class beginning. Loose hair interferes with the dancer's ability to properly execute some movements. An elastic may be provided.

- **Male Dance Attire:**
 - fitted sweatpants or dance pants (*no bare legs – no shorts & no jeans*)
 - fitted t-shirt
 - black leather ballet slippers (*not gymnastics slippers*)
 - Males must have hair pinned back off the face, &/or tied back in a ponytail.

Please note: If your child is not dressed appropriately, they may be asked to sit and watch the lesson for their own safety.

- Jewelry is not permitted during rehearsals or performances (*rings, necklaces, *earrings, watches, etc.*) We ask that dancers leave these items at home, so there is no chance of them getting lost during rehearsal. **Exception: studs and small sleepers may be worn if necessary. Medical Alert bracelets are allowed to be worn at all times.*
- All dancers must wear black ballet slippers with an elastic sewn over the arch. No dancer will be permitted to rehearse without proper dance slippers. Please label all slippers with the dancer's last name.
- All dancers are asked to bring a water bottle with them to class. Please label the bottle with the dancer's last name.

DANCER EXPECTATIONS:

- Arrive 10 minutes prior to scheduled class time, so outdoor clothing can be removed, slippers put on, bathroom breaks be taken and dancer is ready to begin class promptly at their scheduled time.
- All electronic devices (*cell phones, iPods, etc.*) should be turned off or put on silence and will not be allowed during rehearsals. If a dancer is found to be using any electronic device during class, the instructor will confiscate it until the end of the rehearsal.
- Dancers are expected to show respect to their instructors as well as their fellow dancers at all times.
- RUDS will maintain a zero tolerance to any bullying behaviors at rehearsals, competitions and performances.
- RUDS will maintain a zero tolerance to use of drugs and alcohol 24 hours prior to any performances and when attending any classes.
- Early dismissal from class will be permitted ONLY if the parent(s)/guardian(s) speak directly to the instructor or executive member. NO NOTES WILL BE ACCEPTED.
- There are some dancers with nut allergies. Please do not bring any food items to the school that contain any nuts or nut products

If a dancer will be absent from class, please notify the school by email at rossdaledancers@gmail.com. The message will be forwarded to their instructor.

The above rules are to be followed by all dancers.
Parents are requested to take the time to review these rules with your child(ren).
Please be supportive of these rules and ensure that they are adhered to.

PARENT EXPECTATIONS:

- All parents are to respect the rules and regulations of Selkirk Community Church when attending rehearsals.
- Any concerns, questions or comments should be directed to a RUDS board member only.
- **Any concerns, questions or comments regarding instruction should be directed to a RUDS board member only.**
- Parents are expected to respect other parents, dancers and instructors at all times.
- Parents are expected to fulfill their volunteer commitments or find another person to fill in.

PARENT OBSERVATION NIGHT:

RUDS will be planning at least one night for parents to come and watch their dancer(s) during their scheduled class. Please watch your emails for more information.

COMMITMENT SHEETS:

Each year, as part of its ongoing tradition, RUDS participates in various competitions and performances. Our school is recognized by various cultural organizations as a distinguished Ukrainian dance school and is regularly invited to perform at major venues. Dancers, instructors, school members and volunteers sacrifice countless hours in preparing for, organizing, and financing these events.

In order for our dancers to participate in performances and competitions, we require the commitment of all dancers. RUDS is a competitive dance school; therefore, each dancer is required to commit to a minimum of 2 performances/competitions throughout the year outside of the recital. If less than 65% of dancers in a group are unavailable, then that group may be no longer eligible to attend the performance/competition. There will be a confirmation email sent out to families prior to submission entries, but we ask to please maintain your original commitment.

There will be repercussions if a dancer fails to fulfill their commitment by opting out after the deadline or not attending the mandatory 2 practices prior to the event. In the event that a dancer does not fulfill their commitment, then he/she will be responsible for paying any fees incurred for their entry and deletion from the event. If the dancer's group dance(s) is pulled from competition due to a dancer(s) being unable to complete their commitment, the dancer(s) will be responsible for reimbursing RUDS the fees paid for that entire dance.

To avoid potential fees, please fulfill your commitments as originally pledged.

FUNDRAISING:

Fundraising plays a crucial role in fulfilling RUDS immediate and long-term goals and provides subsidization of registration fees, maintains high quality instruction, offsets travel costs of performances and competitions, and increases various regional costume inventory for the school.

Each year, The Executive members along with input from our families, will select a **mandatory fundraiser** which will minimize time requirements and maximize returns.

Throughout the year, RUDS may participate on optional fundraisers in addition to the mandatory fundraiser. These events are completely optional to families; however, are encouraged to support RUDS goals for the year. RUDS welcomes any new fundraising ideas that members may suggest.

PARENT VOLUNTEERING:

RUDS is run entirely by the tireless dedication of volunteers.

At time of registration, each family will be responsible to sign up for two mandatory volunteer positions. It takes all dance families to get involved to make the dance year run successfully!

Together, we can help RUDS run smoothly and provide our dancers with a positive and fun experience.

SELKIRK COMMUNITY CHURCH RULES & REGULATIONS:

RUDS enjoys the privilege
of using Selkirk Community Church for Monday dance classes.
Please review the following rules which must be adhered to
in order not to relinquish this privilege.

- Dancers should enter the building no more than 5 minutes prior to their scheduled class.
- Dancers should enter through the door on the right and will exit through the door on the left.
- All footwear must be removed at the front entrance. Please send your child with a bag to use of outdoor footwear.
- NO FOOD OR CANNED DRINKS WILL BE ALLOWED in the classrooms or gym. A water bottle may be brought to class (please label accordingly).
- Do not leave your valuables unattended.
- Dancers are asked to respect the facility and to stay in their designated classroom area. Bathrooms can be accessed at any time.

LOST & FOUND:

Should you leave a personal belonging behind at dance class, please send an e-mail to rossdaledancers@gmail.com and we will get back to you.

Rossdale Ukrainian Dance School wishes you
and your family an exciting and fulfilling year!