

CCA Dance and Performing Arts Program Rules and Regulations



1. No food, drink or gum allowed in rehearsal.
2. Water in a clear container is allowed.
3. Students must maintain the GPA established between the principal, parent and student.
4. Consistent attendance and effort is key to improvement. Students must attend class regularly or they risk losing their spot to a student willing to commit.
5. Students must be on time to class a late entry poses a distraction to the other students who are focused on learning.
6. Students must attend all rehearsals in order to participate in performances. While extenuating circumstances may arise, the teacher should be contacted in advance.
7. Students must sign in at the beginning of every class/rehearsal period and sign out upon exit.
8. Students may not leave the rehearsal area once they enter. This is for the student's safety and accountability.
9. Students are expected to be courteous and respectful at all times. This will be a supportive and encouraging environment. No bullying, name calling and rude behavior allowed.
10. Students must be picked up promptly after class.
11. Students will keep a notebook for class notes, vocabulary and rehearsal reminders. Students must bring a notebook and writing utensil to every class.

Modern/Ballet Rules:

- 1 Ballet students are required to wear a leotard or form fitting t-shirt and dance shorts. Leggings, tights and skinny sweatpants are permitted. **No booty shorts allowed.**
(Boys are allowed to wear basketball shorts)
2. Hair should be secured at all times. (Ex. Bun) ponytail must be kept away from the face.
3. Warm up is extremely important in ballet, therefore students more than **10** minutes late will not be allowed to participate in that days class session. Failure to properly warm up may result in injury. The student must sign in and observe the class session.
4. No excessive jewelry allowed (**bangles, hoop earrings, large necklaces, anklets**)
5. This is a more relaxed form of ballet and while ballet shoes are recommended, they are not required. Some type of footwear must be worn. (**Cotton tube socks, peds or paw socks**) If the student wishes to purchase ballet shoes, there will be an opportunity to order them online as a group after classes begin. More information regarding types of acceptable footwear will be given.
6. Do not hang/lean on the ballet barres.

Hip Hop/Freestyle Rules:

1. Self-expression through physical attire is encouraged. Students must be changed and ready to go once class begins. Loose clothing is encouraged so that movement is not restricted.
2. No open toed shoes allowed. Footwear must be worn at all times.
3. No bare mid-drifts, booty shorts or clothes with paraphernalia deemed inappropriate by the instructor (**ex. marijuana, drugs etc.**)
4. No excessive jewelry allowed (**bangles, hoop earrings, large necklaces, anklets etc.**)

I understand and acknowledge that participating in the **CCA Dance and Performing Arts Program** is a privilege not a right. Failure to comply with the regulations and rules will result in a warning, followed by a meeting with the principal, parent (s)/Guardian (s); if a student has repeated violations, CCA has the right to release the student from participating in the dance program.



CHEAHA

creative arts

CELEBRATING & PROMOTING THE ARTS

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Providing Fine Arts Education At An Affordable Cost

A Recognized 501 (c) (3) Not-for-Profit Organization

THE NATIONAL REGISTER KILBY HOUSE
AFTER SCHOOL FINE ARTS PROGRAM

Cheaha Creative Arts, Inc. Dance and Performing Arts Program Rules and Regulations



Corporation: Rose Munford, **President**
Julie Brown, **Marketing**
Anne King, **Volunteer**

Board of Directors: Angela Beichley, **President**,
Michelle Donovits, **Vice-President**
Vacant, **Secretary**, Vacant, **Treasurer**
Member: Elizabeth Whatley

CCA Dance and Performing Arts Program
Participant Information



Student Name: _____ Age: _____ Email: _____

Cell (optional - will be used for announcements regarding classes, rehearsals and Performances **only**): (____) _____ - _____

Parent/Guardian (s) Name (s): _____

Parent/Guardian (s) Email (s): _____

Home Phone: (____) ____ - ____ Cell: (____) ____ - ____ Work: (____) - ____

Dance Experience? Y/N If yes, please list type and years studied: _____

Medical Conditions: _____

Emergency Contact (must be **different** from above information); In an event the father and mother cannot be reached, these persons should be contacted regarding any situations which any officer, agent or employee of the Anniston City and the Calhoun County School systems find to be an emergency situation involving the student:

Name: _____ Phone: (____) _____ - _____

Relationship: _____ Optional No. (____) _____ - _____

Genres of Interest: Contemporary Modern/Ballet Freestyle/Hip Hop

Dance Line/Team

Hobbies/Interests: _____

Favorite Subject: _____ Birthday: _____

Something you would like the instructor to know about you:

Something you would like the world to know about you:

CCA Dance and Performing Arts Program
Participant Information



Dear Student, Parent (s) and/or Guardian (s),

Thank you for your interest in **Cheaha Creative Arts, Inc. (CCA)** Dance and Performing Arts Program. **CCA DANCE** program provides fundamental concepts, knowledge, techniques and skills for various dance techniques including: **Contemporary Modern/Ballet and Hip Hop** performance. Dance can culturally enrich the lives of the students from the Calhoun County area through better physical fitness and endurance.

The dance program is taught in an open group format to a maximum class size of fifty (**50**) students (**Hip Hop**), twenty-five (**25**) students (**Modern/Ballet**) by one instructor for a 1 and 1/2 hour class period for one day per week at a **NO** cost fee.

The focus of this class will be to train students to:

Warm-Up

Instruction in dance requires basic warm-up activities to help reduce the possibility of injury. The teacher may lead the class in stretching and basic physical activity to allow students to warm-up their muscles and be prepared to perform simple and complex movements most individuals do not perform during normal day-to-day activities.

Technique

Dance often involves honing skills on specific techniques to perfect a specific style of dance. Dance teachers assist students in learning specific techniques required to improve the students' dance skills. This can include skills such as leg and arm extensions and positions, toe pointing, spinning, jumping and proper foot movements.

Dance

Once techniques have been learned, a dance teacher instructs students on different dance styles to allow students to showcase their abilities and combine the techniques to create complete dance routines. Most students will perform these routines in front of an audience to showcase their skills.

Attached you will find the student/parent agreement, which outlines the requirements to participate in this program. Parent and or/guardian permission is required to participate in this program. Please ensure all necessary forms are completed and turned in to the main office so that your child may participate.

Thank you again for your interest in the **Cheaha Creative Arts Dance and Performing Arts Program** and we look forward to working with you and your child.