

Welcome to the



Performance Team

2020-2021
M3 Performance Staff

-Director-
Lauren Blane Bogren

-Assistant Director-
Kaitlin Skye Collins

-Project Assistant-
Hailey Schield

M3 Performance Team

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Who We Are

M3 Performance is for boys and girls ages 5-18 who are interested in being more involved in the dance studio as well as the community. As a dancer with M3 Performance you will have the opportunity to engage in the community and have additional performance opportunities beyond recital. Dancers with M3 Performance rehearse weekly and take classes at Synergy Dance Academy.

Eligibility

Dancers who are training full time at Synergy Dance Academy are eligible to audition for the M3 Performance Team. Dancers must be enrolled in all their required classes and be in good standings with their attendance both in class and rehearsals in order to participate in any performance opportunities.

Student Expectations

As a member of the M3 Performance Team, dancers will be expected to follow both the M3 rules and regulations as well as that of Synergy Dance Academy. Failure to abide by the rules set in place will result in consequences that may or may not be limited to removal from pieces, exclusion from special events or activities, and/or dismissal from the program. All disciplinary action will be at the discretion of M3 Directors.

All members of M3 must remember they are not only representing themselves, but they are representing their program and their studio at all times. It is crucial that dancers constantly set our example both in and out of the studio, and establish themselves as leaders in their program and their studio by presenting themselves in a professional matter at all times.

- **Arrive on time** - Be on time or early for classes and rehearsals to properly prepare yourself
- **Be positive** - Come to classes and rehearsals with a positive attitude
- **Be prepared** - Come to classes and rehearsals knowing missed material and/or choreography. Dancers who come unprepared to class/rehearsal will be asked to sit out and observe until the material is learned
- **Practice makes progress** - Practicing class work and choreography at home will be expected.
- **Respect** - Be respectful to your teachers and classmates at all times. Do not be a distraction, ask silly questions, or bring less than your best effort to classes and rehearsals
- **Be kind** - Use words that are encouraging to both yourself and the people around you. Never speak negatively about yourself, another person, organization, dance, or event privately or publicly. Foul language or hurtful comments will not be tolerated.
- **Focus on yourself** - Focus on making yourself the best dancer you can be. Don't worry about the dancers around you, talk about them behind their backs, or whisper about them with your friends. If you can't say something nice, don't say anything at all
- **Support each other** - Encourage each other in class and rehearsals. We are all here to learn, grow, and dance, so please support your fellow classmates
- **Respect your surroundings** - Please clean up after yourself and treat all equipment with care
- **Respect the belongings of others** - Always ask before borrowing, and return things the way you received them. M3 and Synergy Dance Academy are not responsible for lost, damaged, or stolen personal items
- **Leave all distractions at the door** - Including Fit Bits & Apple Watches. Turn off and silence cell phones and other devices when arriving to class, rehearsal, or an event. This is your safe space to be free and express yourself!
- **Learn & Grow** - Constructive criticism is not an attack, but an opportunity to grow.
- **Be professional** - Demonstrate professionalism at every event, performance opportunity, and competition/convention

- **Be a good sport** - Show good sportsmanship by congratulating other dancers regardless of how your class or day has been going.
- **Be thankful** - Thank teachers after every class, rehearsal, and your family for their support.
- **Stay humble** - When receiving complements, accept them with grace and say “thank you”.
- **Attitude, commitment, positivity, hard work, and integrity should be displayed 100% of the time regardless of performance venue, class, or teacher.**

Parent Expectations

Parent support is essential in order to run a successful program. Your support and willingness to volunteer when you can is always greatly appreciated.

- **Communication** - each parent must have a valid and active email address on file.
- **Missed rehearsal** - If you are going to miss a rehearsal for any reason, please email Kaitlin at info@m3dance.com, send a message on the BAND App, or call the front desk at (630) 893-1444. Dancers are responsible for learning missed material and gathering missed notes before returning to dance.
- **Conflicts** - Please communicate any planned conflicts (vacations, weddings, etc) to Kaitlin. The more we know ahead of time the better.
- **RSVP ASAP** - In order to get rehearsal and performance schedules out in a timely manner, it's important that parents respond to all emails and messages as soon as possible. This allows the artistic team to commit to as many opportunities as possible.
- **Supporting your dancer** - Parents are encouraged to support their dancers by attending performances, getting involved with studio events, and promoting positive conversations.
- **Refunds for canceled events** - If a convention or event is canceled for any reason, M3 Dance will do everything in its power to receive a full refund from the vendor. In the event a refund is not received, M3 Dance cannot be held responsible for refunding each family.
- **Be kind** - Gossip, negative conversations, and talking about other students will not be tolerated. Parents or families that show disrespect to other dancers, the program, or the studio will be dismissed without refund.
- **Please remember** - As a parent of an M3 dancer, you are not only representing yourself, but you are representing your dancer, the M3 program, and Synergy Dance Academy.
- **Prompt payments** - In order for M3 to operate properly and provide your dancers with a quality dance education, a professional teaching faculty, a properly maintained facility, as well as other events and performance opportunities, your prompt payments are essential.
- **Get involved** - There are many opportunities throughout the year where parent volunteers are needed. Parents will be expected to volunteer at least once throughout the season. It is important that our dancers not only feel your support, but they see it as well.

Attendance

It is very important to respond to rehearsal/performance requests as soon as possible. Rehearsals are only productive if all the dancers are in attendance. In order to make the most of every rehearsal please be sure to inform Kaitlin of your availability promptly. Attendance will be taken at every rehearsal, and will be monitored closely. Bonding events are considered as part of the attendance rate. It is important that every dancer engages and participates in company events to ensure a strong sense of team spirit and community. Consequences for poor rehearsal attendance may result in dancers being pulled from dances.

- Multiple Day events (conventions, etc) must be attended in full, meaning dancers who have committed to an event or convention must attend all classes, tech times, activities unless they have cleared it by Kaitlin no less than 24 hours ahead of time. Absence from any part of an event or convention will result in an unexcused absence.
- Dancers must maintain a consistent attendance rate for all absences excused or unexcused. Attendance status will be shared periodically throughout the season.
- Any dancers demonstrating poor attendance will receive consequences determined by M3 Staff.
- Bonding events are considered as part of the attendance rate.
- If injured, dancers are expected to attend rehearsals and classes to observe, take notes, and participate in any way that is safe for their recovery. Every class/rehearsal is an opportunity to learn.
- If dancers are ill or feeling ill, they should not come to class or rehearsal, and they should notify Kaitlin of their absence. Dancers will be expected to collect notes, choreography, and any other material they missed and should know all missed material at the next class or rehearsal they attend.
- Understudies are considered as part of the cast of dancers and are expected to be at every rehearsal.

Communication/BAND App

All parents and company members will be required to download our BAND App. As performances, rehearsals and events are booked, you will be sent a notification from BAND. It is important to respond as soon as possible so rehearsals can be scheduled accordingly. Once you RSVP regarding your participation via BAND, it is essential you follow through with the corresponding rehearsals and events. If your response changes for any reason, please notify M3 Staff immediately so adjustments can be made if necessary.

Social Media

You are a representative of M3 dance and Synergy Dance Academy both on and off of social media. Any dancers who post inappropriate material on social media that compromises the integrity or image of M3 Dance or Synergy Dance Academy will be asked to remove the inappropriate content immediately. Instagram posts, bios, and stories, Facebook, Snapchat posts & stories, TikTok, and all other social media platforms will be monitored. Inappropriate posts and content that involve the M3 Dance or Synergy Dance Academy brand are punishable by suspension or dismissal from the program at the discretion of the Directors.

Social media handles and/or bios that include "M3 Dance", "M3", "Synergy Dance Academy", or "SDA" must be approved by the Directors to ensure dancers are representing their programs in a positive light.

***Always think twice before posting. Once it's out, you cannot take it back.
Post responsibly.***

Fundraising

Fundraising is an integral part of helping M3 keep costs down for each family. Funds raised will go towards costumes, rehearsals, guest choreographers, etc. All M3 dancers are expected to participate in fundraising events, and families are expected to aid in our fundraising efforts.

Dues & Tuition

Families will be billed by M3 Dance for rehearsal dues and Synergy Dance Academy for class tuition. These will be delivered to families in two separate bills.

M3 is happy to provide a multitude of opportunities to its dancers, but these opportunities come with a cost. Costumes, choreography, classes, teacher fees, choreographer fees, administrative fees, props, and many other expenses accrue in order to offer your dancer the best experience possible. These expenses are often times paid ahead of time by M3 and later billed to families to ensure accurate billing.

Your prompt dues payments allow M3 to continue to provide your dancer with as many wonderful experiences that we can fit into a season. We understand dance is an expensive activity and we are more than willing to work with families individually to find a payment plan that works for them. A complete breakdown of M3 Dues and class requirements can be found on page 6.

Late Fees & Penalties

- A \$5.00 late fee per week will be added toward tardy payments. Late fees will be applied each Monday at 9:00pm.
- Credit cards will receive a 2% service charge on all transactions.
- If dancers pull out of a piece after the dance has been choreographed, there will be a \$100.00 re-blocking fee.
- If dancers pull out of a dance convention or paid event, you will be liable for the full cost of the event. There are no refunds for paid conventions and events for which you have committed.
- Costumes are property of M3 Dance. There will be an \$80.00 costume fee charged to any dancer who damages a costume. This includes but is not limited to stains, rips, lost costumes or accessories, or any other mistreatments.

COVID-19

In the event an uncontrollable situation arises that keeps the dancers from having a full competition season, in person classes, or other opportunities, the Director's will do their best to keep students active and engaged by creating additional educational experiences and opportunities. We are limited to what we know for certain, but we can promise to provide the most positive, educational, and creative solutions that we can under these circumstances.

In the event a venue cancels its convention/competition, we cannot promise a full refund of entry fees or competition fees paid for each family. Some events will "reschedule" their competitions and/or give studio's "credit" for the following year in place of a true refund and will not return money to the schools. M3 and Synergy Dance Academy will do everything in their power to return those funds to you in full, but cannot be responsible for reimbursing families in cash if we are not reimbursed in cash ourselves.

Teams

Dancers will be split into teams based on age, skill level, and technical abilities. Dancers will have opportunities to work not only with their teammates but with dancers from other teams as well. Each team will have a set of required classes to be taken at Synergy Dance Academy as well as a weekly rehearsal.

M3 Performance Class Requirements

<u>Level</u>	<u>Class Requirements</u>	<u>Elective Class Options</u>
M3 Level 1	1 Weekly Ballet Class (75) 1 Elective Class (60) TOTAL - 2.25 hrs/week	Jazz Modern
M3 Level 2	1 Weekly Ballet Class (90) 1 Jazz or Modern (60) TOTAL = 2.5 hours/week	Ballet 2 Jazz Modern Hip Hop Musical Theater Tap
M3 Level 3	1 Weekly Ballet Class (90) 1 Jazz or Modern (60) 1 Electives Class (60) TOTAL = 3.5 hours/week	Ballet 3 Jazz Modern Hip Hop Musical Theater Tap

** Dancers are always welcome to take additional classes beyond what they are required. **

Class durations are subject to change

Prices are approximations and are subject to change

M3 Performance Dues

All dancers will be required to pay Dues to M3 Dance for rehearsals, costumes, administrative costs, etc, for the year. Dues are paid in addition to class tuition.

<u>Dues</u>
\$ 300/year

Additional Expenses Beyond Tuition

<u>Fee</u>	<u>Explanation</u>	<u>Expense</u>	<u>Details</u>
Team Uniform	<u>Mandatory</u> team jacket (new dancers only), black spaghetti strap leotard, black leggings	\$55.00/jacket	Please present cash or checks payable to Sparkle Spirit to the studio front desk for jackets.
Make Up	<u>Mandatory</u> for performances and events.	Purchase on own or Optional \$45.00 to Kaitlin for a personalized makeup bag, 2 lipsticks, black eyeliner, and eyeshadow	Foundation/base, Blush, Eyeshadow (neutral browns and grays), Mascara, Black Eyeliner, and 2 Lipsticks (1 pink & 1 red)
Essential Items	<u>Mandatory</u> class/ performance materials not included in tuition such as tights, nude leotards, and shoes.	\$20.00-\$100.00 based on need -Plain black camisole leotard, black and flesh colored slip-on jazz shoes, black and flesh colored footed tights, flesh colored footless tights.	An order form for any additional items needed will be provided
Summer Classes	Pop-Up Summer classes and workshops will be offered this summer.	\$10.00 each	
Guest Choreographer Fees	Additional opportunity not covered in tuition	\$50.00-\$100.00/ dance	The choreographer's fee is split evenly amongst the dancers cast in the piece.
Bonding Events	Outings and events to strengthen the family atmosphere within M3	\$10.00-\$30.00/event	Ex: lock-ins, dinners, etc.
Competition/ Convention	<u>Optional</u> conventions will be offered to all M3 dancers. Convention expenses are in addition to tuition expenses and are not included in tuition or in your Dues.	-Entry fees starting at \$350.00 per competition/convention -\$100.00-\$200.00 per night at a hotel (if necessary) ** Prices are approximations and not certain amounts.	Fees vary by convention. Each dancer will need to have up to date tuition and dues payments before entering into competitions. Competitions are tools, they are not the means to becoming a better dancer. Training will always be the most important part of our program.

Year at a Glance

Below you will see what this season looks like with M3. Please note that additional opportunities may be presented throughout the year as optional events.

Month	Breakdown of Events
August	Aug. 10th - Pre-Professional Classes Begin
September	Sept. 7th - Labor Day (No Classes) Sept. 8th - Synergy Classes Begin (Elective Classes Begin)
October	Oct. 31st - Halloween (Classes in Session)
November	Nov. 24th-28th - Thanksgiving Break (No Classes Tuesday-Sunday)
December	Dec. 21st - Jan. 3rd - Winter Break (No Classes Monday-Sunday)
January	Jan. 4th - Classes Resume
February	Feb. 19th - 21st - <u>Optional Convention</u> : <i>ASH (Artists Simply Human)</i>
March	March 19th - 21st - <u>Optional Convention</u> : <i>Tremaine</i> March 30th - April 4th - Spring Break (No Classes Monday-Sunday)
April	April 5th - Classes Resume April 9th - 11th - <u>Optional Convention</u> : <i>Dancemakers</i>
May	TBD - M3 Showcase TBD - CBC Showcase May 31st - Memorial Day (No Classes)
June	June 1st - June 7th - Last Week of Classes (Tuesday-Monday) June 8th - 11th - Synergy Dance Academy Recital Week June 12th - Synergy Dance Academy Recital TBD - Summer Classes Begin
July	TBD - Summer Classes Continue

M3 Performance Schedule Form

Dancer's Name: _____ Age: _____

Dancer's Birthday: _____ Assigned Level: _____

Program Focus: M3 CBC Competitive Performance

Parent Email: _____

Please fill out the table below with every class you will be taking to fulfill your Pre-Professional class requirements. Be sure to include your mandatory classes and rehearsal classes.

	Class	Day	Time	Class Length
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				

My child(ren) and I have read this packet thoroughly and agree to all of the terms and conditions M3 Dance has put in place for the 2020-2021 year. I understand that if my child(ren) or I fail to abide by any of the rules stated in this packet, the M3 Directors will enforce consequences that we are obligated to abide by. By signing below, I agree to all the terms of M3 Dance.

Student
Signature: _____

Parent
Signature: _____