

Lake Dance Steps is forming a NEW competition team titled:

Novice Rhythm

This will introduce our younger dancers to the world of competitive dance! Novice Rhythm will offer a more conservative commitment than our older teams. We want our intro team to allow dancers to still participate in other extracurricular activities—but still be able to progress and experience how much FUN competition dance is!

Requirements:

Ages 7-up · 2 years minimum dance experience · Must enroll in ballet
Commit to the year (Sept-May) · No more than 3 unexcused absences
(must text teacher about missing class)

Checklist to see if your dancer is ready to join:

- Is your dancer open to trying new styles of dance like jazz, lyrical, contemporary, ballet, modern, acro, hip hop, musical theatre and so on?
- Is your dancer ready for the lights, camera, and action of large crowds?
- Is your dancer motivated enough to practice, stretch, and work on their technique at home?
- Is your dancer ready to be a team player? To help other dancers, show up to mandatory rehearsals, and put in extra work for the sake of a team?
- Does your dancer have the physical stamina, focus, and the attention span for rehearsals with a lot of repetition?
- Is your dancer ready to trust the process, hear corrections about their technique and be ready to apply those corrections to help further their confidence?
- Is your dancer ready to be happy for the opportunity to dance, even when competition results don't go the way they'd like?
- Is your dancer ready to go through a placement and/or audition process confidently where there is added pressure? We do this so we know they are ready for the big competition stage.

We are excited to introduce Amanda Mingo who will be instructing Novice Rhythm! Amanda Mingo has a broad range of both dance and

fitness experience. She has danced and trained for over 30+ yrs in all forms of dance. She Has taught/judged and coached national and award-winning dance teams in both the private sector as well as the high school and collegiate level. Amanda has performed at the competitive level in high school and college, and has multiple appearances in both TV/movies, Professional halftime shows, And Local performances as well as danced with popular names in the industry such as Mia Micheals, Chris Judd, and Tamra Squares.

Amanda's love for dance led her to the health and fitness industry where she holds her personal training license, and her degree in Physical therapy as an active licensed Physical Therapist Assistant specializing in orthopedic and pediatric therapy.

Class time: Novice Rhythm will meet Monday evening 6-7:30 pm (must also enroll in ballet).

Costume Fee: \$85 (1 costume plus t-shirt, jacket)

Competition Fees/Info: We plan to compete at American Onstage Kick Off Classic in Boise. It is February 13, 2021. We plan to take 1-2 team dances. Last year the fee was \$16/dance entered. We plan to compete in jazz. We may try to do a few parent-led fundraisers during the season to help with fees. Let us know if you would like to help.

Since this is our first year with a team this young, we want to be more flexible on our approach to the season. We may add another competition to the year—and we may even go to competition in Lagoon in May, but we will keep you updated. We also have plans to do additional performances at Emmett High School basketball games, etc.

Tryouts:

Tryouts will be Saturday September 12th from 10 am-noon.

Fee: \$15 (fee is due at registration and is non-refundable)

We will evaluate: skill, technique, performance, showmanship, flexibility, endurance and more.

Come ready for dance: black leotard and dance shoes (ballet or jazz), hair tied back. You will have a warmup – stretch out. The instructor may do something across the floor – for example leaps and turns. Then you will learn a combination. Please come to have a GREAT time, **enjoy yourself**, learn and perform!

The first Novice Rhythm class will start the week following tryouts on Monday September 14th.

Tuition for Novice Rhythm: \$60 +\$25 ballet/mo. = \$85/mo.

The attributes the performers gain from competitive dance are priceless! You'll find your dancer has more self-esteem, self-awareness, determination, perseverance, discipline, humbleness, and inspiration. These kids often improve on study and time management skills. It's an exciting program to be a part of but the dancers **MUST** be passionate about their classes and committed to their dance education.

Registration STARTS NEXT WEEK ONLINE!

www.lakedancesteps.com

