



Parent Orientation/Information Package for Competitive Programming

Membership Requirements/Membership Agreement
2015-2016

The information in this package outlines the requirements for Competitive Team Membership for the fiscal year commencing July 1, 2015 to June 30, 2016. This package contains guidelines, policies and procedures for training in the competitive program.

Each year, parents must read through this package, and sign the Membership Agreement, which is found at the end of this information package. The Membership Agreement is binding for parents and participants. The Membership Agreement cannot be altered without approval from the owner's of Dancemakers. Parents must accept the Membership Agreement as written for membership and training to begin.

This parent package contains information necessary for your athlete's excellence in dance or gymnastics. We expect all members in the Competitive Program to study the information in the Parent Package and follow guidelines set by Dancemakers's staff and owner's. For any information that cannot be found in this package, please address your questions to Bobby and Mijka Hooper.

About Dancemakers

Dancemakers strive to assist young athletes in developing a positive attitude and achieving fulfillment through extra-curricular activities. Our mission is to provide the environment, facilities, and instruction that will allow member competitive athletes with the desire and ability, the opportunity to achieve their highest level. Our programs are amongst the best in Ontario due to the excellence in our teaching/coaching staff.

Our staff is dedicated to teaching your athletes important values in sportsmanship. We teach them that winning is not everything, but trying to win is. We teach them not to hate their competitors but to admire their skill. Teach them the importance of teamwork and to be supportive of their teammates. We teach them to tune out negative chatter and believe in themselves. We teach them to respect the judges and that the judges' decision is final. We at Dancemakers celebrate successes and support our athletes through their challenges, we encourage excellence through their efforts and "I can't" is not in our vocabulary!

Dancemakers Competitive Team Standards

Attendance

Participation is expected to be 100% for all competitive programs. Please remember to phone/email if you will be more than 10 minutes late, or will be absent. Absenteeism must be given with a reason. Athletes who are absent up to 7 days in the program, jeopardize their position on the competitive team. Athletes who take family holidays must advise Dancemakers at least 2 weeks in advance.

It is mandatory attendance at every training session 2 weeks prior to all scheduled competitions for safety reasons. Any athlete absent during this 2 week period will not compete.

Punctuality

Parents must escort all children under the age of 10 into the facility for their class for safety reasons. It is recommended to arrive 10-15 minutes before the class begins.

WARM UP IS THE MOST IMPORTANT PART OF TRAINING. Please be on time for your class. It is very difficult and very disruptive for the instructor to ensure a proper warm up for your athlete if they are late. During warm up there are many activities performed such as stretching, preventative exercises, cardio, body line drills and progressions, strengthening, and basic skills.

Parents are expected to pick up their children by entering the studio facility, no later than 10 minutes after class has ended. It is appreciated if a parent is going to be late, to phone the studio and leave a message. Parents who are late for pick up frequently, will be invoiced for the inconvenience.

Missing Training Other Than Illness

Setting priorities is an important skill learned by competitive athletes. For example, if an athlete is invited to a birthday party/sleepover of a good friend, provided it is not close to a competition, it is perfectly acceptable to attend the party and miss training. However, if an athlete has training the next day, it would be a smart decision to not attend the sleepover in order not to miss training two days in a row. Under rested athletes can potentially cause harm to themselves from being over-tired and not focusing during training. Personal parties should be arranged around your training schedule.

Water

During training, athletes may drink water only. All athletes must bring their own water everyday. All containers should be labeled with their name. Beverages high in sodium and/or sugar are unhealthy to drink, especially during training. It is recommended to drink cool or room temperature water during training and to drink small amounts at a time. Water should be consumed generously after training and on days off.

Head Lice

Your athletes hair must be tied back at all times. Lice do not like hair products so it is beneficial to use gel or hairspray. Check your athletes hair regularly for any signs of nits. If your child has lice or nits DO NOT SEND THEM TO CLASS. There is zero tolerance for head lice at Dancemakers. If your child has lice, their head must be treated and ALL nits must be removed before returning. If your child has lice, they must be treated again 1 week following initial treatment. Please remember, when a child has lice, it is no way indicative of their home environment. Lice are inconvenient pests and anyone can get lice.

Plantar's Warts

Athletes must have all warts covered with tape and seeking treatment for removal.

Lockers

No personal medication is to be left in the lockers. Lockers are assigned to athletes according to the hours trained. Lock your locker using a combination lock or 3 digit number. All combinations must be submitted to Mijka Hooper. Lockers must be kept clean and tidy, the owners have the right to remove locker privileges at any time.

Attire

Our dress code is designed to ensure the safety of our athletes. It also allows our staff to observe the technique and posture of the participants to ensure the movements are executed in an appropriate and safe manner. The dress code also installs a sense of discipline and pride in our students and maintains their focus on dance/gymnastics. Athletes who do not follow the dress code will be asked to sit out. All dance and gymnastics attire can be purchased in the Dancemakers Boutique.

Physical Maintenance in a Competitive Program

- Dancers and Gymnasts are very special athletes in that the more hours they train, the more attention their body needs to maintain its physical condition.

- Proper Nutrition, rest, commitment, hard work, and an organized schedule are the keys to a successful athlete. Attendance and punctuality are also key factors for your athletes success at Dancemakers to assist in maintaining consistency in their program. If your child is struggling physically, technically, or mentally, thoroughly review these keys and assess. Speak with your child's instructor for suggestions on assistance with your child's program and how to ensure her ultimate success.

- Our instructors are professionals in physical conditioning and injury prevention exercises. Although your child may have occasional aches and pains, nagging pains/injuries should always be evaluated by a professional. Visits to the chiropractor, massage therapist, physiotherapist are excellent ways to maintain your athletes physical state. The more hours they train, the more their bodies need to help it to function fully and stay pain-free. Do not delay in getting your athletes pain treated. A family physician alone may not be able to properly assess your athletes needs as a dancer/gymnast. It may be necessary to get a 2nd and 3rd and even specialist opinions on a nagging problem.

In the event that your dancer/gymnast is injured, they are expected to continue to train with altered or limited activities during their healing process. Attendance is still expected, even if it's watching practices. Parents must communicate all restricted movement or limitations given to their athlete by doctors, to teachers and coaches.

- Nutrition is a very important factor for maintaining a healthy athlete. Fuel your body the right way - dancers/gymnasts need to pay attention to their nutrition to keep their bodies strong and properly fueled for long practices and competitions. Plan meals and snacks every 3-4 hours during the day to properly fuel your body, and start drinking water or other fluids when you wake up to pre-hydrate for the day's workouts. Eat high-carbohydrate foods 1-3 hours before practice and eat or drink at least 3 high-calcium sources a day to help build strong bones. Balance your plate at meals with 1/3 protein, 2/3 carbohydrates. Include 'good fats' in your diet that may help with recovery including nuts, seeds, soy nuts, peanut butter, olive oil, and oil-based dressings. Consider your diet as an integral part of your training regimen to help you achieve your goals.

Additional tips: take a good quality vitamin/mineral supplement daily, take a teaspoon of fish oil, or joint health supplements daily, take a proteolytic enzyme capsule daily especially after training to reduce inflammation.

Communication/Newsletters

All notices are posted on our internal bulletin boards. Newsletters are available on our website www.dancemakers.ca or www.dancemakersgymnastics.ca, and on our bulletin boards. Our website is updated regularly. In addition, all competitive information is distributed to parents via email by DanceMakers staff. It is the parent/guardian's responsibility to ensure they read the pertinent information contained therein. If parents have any concerns or questions about their athlete or program, please contact Mijka and Bobby directly at the studio.

Parking Lot Courtesy

Parents are asked to not block entrances of other businesses when dropping off or picking students up. Please pull into a parking spot to ensure the safety of all patrons.

Competition Day Expectations

Dancers must arrive at the competition at least 60 minutes before their scheduled time. Dancers must be wearing the Dancemakers Warm Up Jacket, and black yoga-type pants. All earrings/jewellery /nail polish must

be removed. Hair must be pulled back and securely fastened with gel/hairspray. All costumes, and shoes, accessories are the dancer's responsibility.

Parents are to remain in the spectator seating area.

Everyone is to be supportive of all dancers and studios. Good sportsmanship when attending a competition is expected at all times.

Parental Guidelines

1. Do not compare your child with others...
It is very important to focus on your own child and not compare them to others. Every child progresses in their own way and at their own pace. Although a change of group may be appropriate for one child or situation, it may not be suitable in every case. Our instructors are experts in working with a wide range of individual abilities and personalities, and make decisions only in the best interest of the athlete. An athlete's achievements are as important to their coach as they are to the athlete and their parents.
2. Progress is not measured on skill alone...
A child can progress in a number of ways not always visible to the parent. Strength, flexibility, form, body awareness, coachability, attitude, maturity, and commitment are just a few important factors that can determine an athlete's progress or placement. Since our instructors work many hours with your children, only they are familiar with each child's ability and are best qualified to assess their potential based on their individual development, desire, skill level and talent. Our owners, instructors, and staff decide when an athlete is ready to be moved and to which group they will be placed.
3. Be patient...
Children learn on their own time, not ours. Please support your child, but leave the instructing to the instructors.
4. Remain Positive all the time...
Trust is a huge part of the working relationship between a coach and athlete, if it is not there, your child will not progress. If a child doubts their parent's support of the instructor/coach, they will do the same.
5. Do not vent in the lobby areas...
Believe it or not, most negative talk follows our children into the facility. It is passed to other children and to their instructors creating a tense and upsetting environment for all. Complaints and frustrations are firstly to be directed to Bobby and Mijka Hooper. Please respect this guideline, as it is most important in fostering a positive learning environment. The instructors cannot fix issues with your child if they are not made aware of it, and the owners cannot address issues if they are not aware of it. Please make arrangements for a meeting, do not interrupt instructors during class. Communication is the key to success.
6. Stay informed...
We offer many resources to our members to help them stay informed and learn about our programs. Please read all of your email, newsletters, parent orientation/information package and policies. Please attend any information meetings throughout the year.
7. Limit your viewing time...
Spending too much time viewing is not good for the parent or the child. You will see more progress if you don't watch every class. For safety reasons, do not communicate with your child during class, it is distracting for the instructors and athletes. Excessive viewing can negatively affect the athlete's progress, performance, and their safety.