



July 2017

Aloha Dance Students,

We hope you are having a wonderful summer and are ready for a dance-filled school year. Here are a few reminders as we begin a new year. If you have any questions regarding anything in this memo, or other dance related issues, please email Dance Program Head, Paul Maley, [pmaley@midpac.edu](mailto:pmaley@midpac.edu)

### **MEDICAL CLEARANCE REMINDER**

All students in grades 7-12 participating in Mid-Pacific sponsored dance classes (Excluding PVA) must complete the student health record annually and have the physician complete and sign section F. Completed forms must be submitted prior to the first activity (incl. auditions, rehearsals, etc.) and prior to the first day of classes. **THIS FORM MUST BE COMPLETED TO PARTICIPATE IN DANCE CLASSES.** The form is available on mypueo – look for Health Center!

### **DANCE CLOTHING**

You need to purchase appropriate attire for your ballet and contemporary classes. Please use the guidelines at the end of this document to purchase the clothing prior to the beginning of school, if you have questions contact Mr. Maley. Have appropriate attire ready to dance on the first day of school!

All Female MS and HS Certificate Dance Students: All female MS and HS Certificate Dance Students must have the following leotard for school year 2017-2018, Capezio Style CC202 in Black. This is the same leotard used during the 2016-2017 school year. You are only required to have one of these leotards. We have many occasions when a uniformed look is needed. If you are a returning student please make sure the leotard you have is in good condition - that it FITS and is not faded. You may purchase items at Step-N-Up Hawaii located at 2758 S King St #103, Honolulu, HI 96826, 941-7837. See the end of this document for dance class dress code.

## **MONDAY AUGUST 14 3:30 Guest Artists AUDITION**

All HS dancers in Full Certificate Dance Levels 5, 6, and 7 are eligible to be cast in this year's guest artist works. A guest choreographer has been engaged for the fall concert. The work will require strong dance technique, and an excellent work ethic. A casting audition will be held on **Monday, August 14 from 3:30 – 6:30 in K106**. Rehearsals will continue from August 14 – August 25, Weekdays from 3:30 – 6:30, Saturday August 19 from 8:30 - 12:30, and Saturday August 26<sup>th</sup> from 11:30 – 2:00 (following the SAT at MPI). Rehearsal on Wednesday Aug 23, Fall Concert Audition - will begin at 4:00 and Thursday Aug 24 – Back to School Night; will be from 3:15 – 5:30. The pieces will be rehearsed two afternoons per week beginning the week of Aug 28 through the concert Nov 2 – 4. You must be able to commit to all rehearsals in order to participate in this project.

SENIORS: We have worked with Mr. Kang so you can attend the College Counseling Night event on the evening of Wed August 16. You will be excused from rehearsal at 6:15 so you can attend the Formal Program that begins at 6:30.

### **FALL CONCERT**

The Fall Dance Concert dates are November 2–4. Auditions for the Fall Dance Concert will be on Wednesday August 23 from 2:30 – 4:00 in K106. Rehearsals begin on Monday August 28. Please Note: If cast in a work that rehearses on Mondays, makeup rehearsals for Monday Holidays will be held on Friday Sept 8 and Friday Oct 13.

## **MPSA DANCE CLASS DRESS CODE**

### **WOMEN**

BALLET ATTIRE WOMEN All Levels

Pink ballet shoes -



DO NOT purchase the “Freeform” by Capezio or “Elastosplit X” by Bloch or any other ballet shoe that only have an elastic X connecting the heel and front portion of the shoe on the sole (see photo to the left).

Pink or tan tights

Solid color leotard (you must have at least one Capezio Style CC202 black leotard)

**All Leotards** must adequately cover all under garments – **NO BRA STRAPS SHOWING**

Hair secured away from face with a hair net and hairpins

### **CONTEMPORARY DANCE ATTIRE WOMEN**

All Levels:

Convertible Tights - tan preferred

Leotard that adequately cover all under garments – **NO BRA STRAPS SHOWING**

Hair secured away from face with at least a ponytail, instructor might ask for hair to be pinned up

MS Level One & Two - Black jazz shoes-low cut tie or slip-on\*

HS DANCE – (students who DO NOT TAKE BALLET) - Black or Tan jazz shoes-low cut tie or slip-on\*

Note – Check with your individual instructor once school begins to find out if you will need knee pads.

### **MEN**

BALLET ATTIRE MEN Levels I – IV

White ballet shoes\*

Tight fitting tee shirt

Gym shorts (must be above knees) and a

Full Seat Dance Belt or Compression Shorts

(Questions contact Mr. Maley)

BALLET ATTIRE-MEN Levels V - VII

White ballet shoes\*

Tight fitting tee shirt

Black Men's Tights or Black Dance Shorts

and a Dance Belt

(Questions contact Mr. Maley)

### **CONTEMPORARY DANCE ATTIRE- MEN ALL LEVELS**

Tight fitting tee shirt

Gym shorts (must be above knees) worn with compression shorts or

Spandex bike shorts with a Dance Belt or

Convertible/Footless Black Men's Tights and a Dance Belt

(Questions contact Mr. Maley)

MS Level One and Two - Black jazz shoes-low cut tie or slip-on\*

HS DANCE – (students who DO NOT TAKE BALLET ) - Black or Tan jazz shoes-low cut tie or slip-on\*

Note – Check with your individual instructor once school begins to find out if you will need knee pads.

\*All footwear must be labeled with your name on the inside.

The Dance Faculty