Aloha Dance Students,

We hope you had 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

**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.** Use the link below to download the form.


**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 2015-2016, Capezio Style CC202 in Black. This is the same leotard used during the 2014-2015 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 2615 S King Street, University Square, 2nd Floor, 941-7837. See the end of this document for dance class dress code.

**MONDAY AUGUST 10 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. Two guest choreographers have been engaged for the fall concert. Both works will be highly physical, requiring strong dance technique, and an excellent work ethic. **A casting audition will be held on Monday, August 10 from 3:30 – 6:30 in K106.** Rehearsals will continue from August 11 – August 22, Weekdays from 3:30 – 6:30, and Saturday August 15 and 22 from 8:30 - 12:30. Rehearsal on Wednesday Aug 19, Fall Concert Audition - will begin at 4:00 and Thursday Aug 20 – 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 24 through the concert Nov 5 – 7. **You must be able to commit to all rehearsals in order to participate in this project.** **SENIORS:** We are aware of the College Counseling event on the evening of Wed August 13. Mr. Maley is working on a compromise so you can attend rehearsal and go to the event as well – you might miss the event dinner.

**FALL CONCERT**
The Fall Dance Concert dates are November 5–7. Auditions for the Fall Dance Concert will be on Wednesday August 19 from 2:30 – 4:00 in K106. Rehearsals begin on Monday August 24. Please Note: If cast in a work that rehearses on Mondays, makeup rehearsals for Monday Holidays will be held on Friday Sept 11 and Friday Oct 16.
**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
  - Leotard that adequately cover all under garments – NO BRA STRAPS SHOWING
  - Hair secured away from face with at least a ponytail

- MS Level One & Two - Black jazz shoes-low cut tie or slip-on*
- HS DANCE – (students who DO NOT TAKE BALLET) - Black 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 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