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

**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 2016-2017, Capezio Style CC202 in Black. This is the same leotard used during the 2015-2016 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 8 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 8 from 3:30 – 6:30 in K106.** Rehearsals will continue from August 9 – August 20, Weekdays from 3:30 – 6:30, and Saturday August 13 and 20 from 8:30 - 12:30. Rehearsal on Wednesday Aug 17, Fall Concert Audition - will begin at 4:00 and Thursday Aug 18 - 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 22 through the concert Nov 3 – 5. **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 10. Mr. Maley is working on a compromise so you can attend rehearsal and go to the event as well.

**FALL CONCERT**

The Fall Dance Concert dates are November 3–5. Auditions for the Fall Dance Concert will be on Wednesday August 17 from 2:30 – 4:00 in K106. Rehearsals begin on Monday August 22. Please Note: If cast in a work that rehearses on Mondays, makeup rehearsals for Monday Holidays will be held on Friday Sept 9 and Friday Oct 14.
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