



**Parent & Student Handbook**

**2020-2021**

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## **Welcome to River City School of Irish Dance**

Hello everyone and welcome to The River City School of Irish Dance! We are thrilled to begin another productive and fun-filled dancing season with all our students and their families. Here at River City we focus on teamwork, determination, and technical skill in an encouraging and positive environment, hoping to instill in our students the foundations for a positive competitive spirit and self-confidence both on stage and off. River City is one of the longest running Irish Dance Schools in Saskatoon, officially opening its doors in 1996. Membership is open to any dancer age 3 and older. The School promotes awareness, understanding, and love of Irish Dance and culture at every class. The instructors think it is of the utmost importance to teach Irish Dance as traditionally as possible whilst remaining modern and competitive. Our goal at River City is to teach your child to Irish dance to the best of his/her ability while having a fun and memorable experience.

Our dancers participate in many Feiseanna (Irish Dance competitions) throughout Western Canada, nationally and internationally. Lessons are held between two and four times per week, however, beginners are given the option to dance once per week. The school also participates in dance performances in a variety of venues (i.e., malls, senior's homes, schools) and high-profile public performances including FolkFest, RUSH Games, and the Nutrien Fireworks Festival. The school has also performed at the Lieutenant Governor's Centennial Gala, Sundog Arts & Entertainment Faire, IrishFest and Dare to Dance. River City holds two shows a year for families and friends to attend. There is a Christmas Concert in November and a Ceili (Irish word for party!) at the end of the dance season. It is great to attend these events and see your dancers improve throughout the year while meeting everyone in the River City community! It is truly marvelous watching our young people develop and display not only their dance skills but also their self-confidence through public performance and solo and team competitions.

This handbook has been created to inform both new and returning students and parents of River City School of Irish Dance of the policies that all members are expected to become familiar with each year. If you have additional questions that have not been addressed, please contact one of the instructors.

Communication between students, instructors, and parents is essential for our school to run smoothly, so please check your email frequently and do not hesitate to contact us at any time with any questions you may have. We also post frequent updates about upcoming events on our social media pages (Facebook, Instagram, Twitter) as well as our website. We thank you for choosing River City as your dance school. We cannot wait to begin another fantastic year with all of you!

Sincerely,

Katie Bleakney, TCRG & Nicole Nienaber, TCRG

## CONTACT INFORMATION

### **Studio Location**

B1A/B1B/B4 - 3501 8th Street East  
Saskatoon, SK S7H 0W5

### **Mailing Address**

B4 - 3501 8th Street East  
Saskatoon, SK S7H 0W5

### **Instructors**

*Head Instructor* – Katie Bleakney, TCRG (306) 250-5111  
**katiebleakney@gmail.com**

*Head Instructor* – Nicole Nienaber, TCRG (306) 291-7992  
**nicolemnienaber@hotmail.com**

*Adult Instructor* – Angella Mossop (306) 717-2557  
**Angellamossop@hotmail.com**

Main Email: **rcsidteachers@gmail.com**

### **RCIDPA Executive**

*President* – Steve Piche  
**spiche@outlook.com**

*Treasurer* – Leanne McGettigan  
**lmmcgettigan@yahoo.ca**

*Secretary* – Cara Ong  
**cg\_ong@hotmail.com**

*Costumes* – Nicole Stevenson  
**nm.stevenson@hotmail.com**

*Volunteer Coordinator* – Kari Weiman  
**weimankari@gmail.ca**

*Grants/Sponsors* – Lynne Sandmeyer  
**lynne.sandmeyer@usask.ca**

*Member at Large* – Melissa Koenig  
**Melissafry9@hotmail.com**

*Member at Large* – Shelda Stroh  
**shanlanstroh@gmail.com**

*Member at Large* – Jackie Peacock  
**scottandjackie2003@yahoo.ca**

### **Communication Policy:**

The main form of communication for RCSID is through email. All emails are generated through the *Studio Director* website so please ensure that you are registered through the site and have chosen to opt-in to emails. A newsletter outlining upcoming events, fundraising opportunities and any other updates will be sent through email, bi-monthly. Instructors can be contacted through email and text in regards to attendance at class and performances. If texting the instructors, please be considerate and ensure that it is during reasonable business hours. Upcoming events and Feiseanna will also be posted on our website [www.rivercityirishdance.com](http://www.rivercityirishdance.com).

If parents have questions or concerns, they should talk directly to the instructors by making arrangements to meet outside of class time.

While it is our responsibility to ensure we provide accurate, up to date information to you it is your responsibility to seek assistance with any questions that you have and access and read the provided information.

*At the River City School of Irish Dance, we strive to ensure that every dancer will dance, create and perform in an environment that is respectful, and inspiring.*

## **CODE OF CONDUCT**

### **FOR DANCE STUDENTS:**

#### **I will:**

- Arrive on time to each class to avoid disrupting my teachers and other students, and begin to warm up athletically **10 – 15 minutes** before the start time of my class;
- Wear appropriate clothing and shoes to each class in accordance with the uniform requirements, (see below for specific uniform requirements) including wearing my hair in the appropriate style and removing all jewelry before each class;
- Be polite, courteous and respectful to my instructor(s);
- Treat all others as I like to be treated, being polite, courteous and respectful to other students and other people in the dance environment, regardless of ability, and strive to create a positive environment at all times;
- Be honest in my attitude and preparation to group work, by working equally hard for myself and my peers;
- Be frank and honest with instructor(s) concerning illness, injury, and my ability to participate in each class;
- Control my temper when things don't go the way I hoped;
- Respect the Dance Studio, performance environments, and competition venues, putting all garbage away and keeping the waiting areas neat and clean for the safety of myself and others;
- Respect and care for all Costumes as outlined by the costume policy which will be distributed with the dresses.

#### **I will not:**

- Bully, gossip about, or isolate other students;
- Chew gum in class or eat food in classrooms or on any performance space;
- Use my mobile phone in class, in the foyer during my allocated class time, or in any change room environment;
- Leave the Dance Studio premises without a parent/guardian or parental permission;

#### **I understand:**

- The River City School of Irish Dance Corporation reserves the right to ask any Student to leave the School for inappropriate behaviour as outlined in the student handbook.

*At the River City School of Irish Dance, we strive to ensure that every dancer will dance, create and perform in an environment that is respectful, and inspiring.*

## **CODE OF CONDUCT**

### **FOR PARENTS & OTHERS:**

#### **I will:**

- Encourage my child to dance so long as he/she is interested in dancing;
- Focus on my child's performance rather than the overall outcome of the competition, or performance;
- Teach my child that an honest effort is as important as a victory, so that the results of each competition, or performance are accepted without undue disappointment;
- Teach my child to respect their peers and their Teachers, and lead by example;
- Help my child to set realistic goals based on his/her individual ability and experience;
- Encourage my child to follow the rules of the dance studio and any competition or performance they enter into;
- Applaud good performances by all of the performers, not only my own child;
- Remember that my child learns best by example, and that I need to practice what I preach;
- Support all efforts to remove verbal and physical abuse from all dance activities;
- Respect and follow advice and direction provided by TCRGs;
- Remember that my child and their friends are dancing for *their* enjoyment, not my own;

#### **I will not:**

- Ridicule or yell at my child, or any other child;
- Raise an issue with or question a teacher, a performance or an official's judgment in public, instead raising any issue or disagreement directly with the instructors, as is outlined in the student handbook.

#### **I understand:**

- The River City School of Irish Dance Corporation reserves the right to ask any Parent or Other to leave the School for inappropriate behaviour as outlined in the parent handbook.

## **CODE OF ETHICS FOR DANCE TEACHERS**

*River City School of Irish Dance endorses the following Code of Ethics. The aim of this Code is to inform teachers and the public of the ethical standards expected by the profession of those who teach within it.*

Individual teachers will use adequate and flexible teaching skills to create a productive learning environment. Individual teachers will:

- strive to communicate love of dance
- demonstrate professional attitudes, including punctuality, reliability and responsible care of students
- strive to develop self-discipline and self-motivation in the students
- encourage and support the individual within the class situation
- Transmit general concepts of movement in addition to those of a particular dance style.

Individual teachers will recognise the role of dance in the development of the whole person. They will also seek to recognise and develop each student's potential, while being respectful of students.

Individual teachers will endeavour to recognise physical anomalies, modifying the teaching and seeking medical advice when necessary. The teaching and choreography must be anatomically safe, and teachers must be prepared to deal with medical emergencies. Teachers must have current First Aid and CPR certification.

Individual teachers will strive to develop in the students an appreciation of the characteristic style of each specific technique taught.

Individual teachers take responsibility for seeking further knowledge in all aspects of their work.

## COVID-19 STUDIO PROCEDURES

### Entering the Studio

- For the first time in history we are asking that people not be early for their classes! Students are to **remain in their vehicles until it is their start time**.
- Enter through the **main door** of the building and go to **door B1B** (across from the bathroom) to enter through the new reception area
- **Prior to entering the studio, everyone must be wearing a mask**
- We will be **taking everyone's temperature** (using a temperature gun) at the reception area door before they will be permitted to enter
- Please **maintain 2 meter distance between each other** in the hallway when waiting to be let in
- **Use the hand sanitizer provided**
- We will **assign each dancer a designated spot to keep their personal belongings**. This spot will remain the same for the duration of dance class. Please bring only what is needed in a **single, small bag**. (soft shoes, hard shoes, runners, tape, water bottle)
- **Only one parent (guardian, or other)** can accompany their child into the studio for pickup and drop-off.

### During Class

- Students will be given their own **socially distant square** on the dance floor for drills and workouts
- They will also be given **socially distant lanes** when running steps across the floor
- Students will wear their mask in the studio at all times when they are not dancing or working out
  - This means that they will take it off, pull it down, etc. when in their square/lane, but will keep it with them and then put it back on when on breaks, shoe changes, etc. where it will be more difficult to ensure that everyone is always 2 m apart.
- **Team dancing will not be permitted** or practiced at this time
- Workout equipment **will not be used** at this time

### Exiting the Studio

- Dancers can exit through the **side door** of the building and parents (guardian or other) can wait outside the side door to pick-up their dancer(s)
- As with drop-off, **please do not be early and ensure you are wearing a mask**
- Dancers will collect their belongings, and **all will exit through the right-side door**
  - Please do not walk through the hallway to exit through the main door as that is where the next class will be entering from
- Once the dancers have left, **the instructors will clean the studio space, reception area, and bathroom** in the cleaning window that has been allotted between classes

### Monitoring Symptoms

We ask that you monitor your health prior to attendance at every dance class and ensure that you are not exhibiting any symptoms of COVID-19 such as fever, runny nose, aches, and other flu-like symptoms. Please refer to Saskatchewan Health's website for a full list of symptoms. If you or your dancer are feeling unwell, please do not send them come to class. If you arrive at dance class and we believe you to be unwell, we will send you home.

## **OCCUPATIONAL HEALTH & SAFETY POLICY STATEMENT**

River City School of Irish Dance Corporation places the highest emphasis on Health and Safety in conducting all daily operations.

This policy applies to all employees and students of the River City School of Irish Dance, whether volunteer or paid, and to all visitors.

River City School of Irish Dance Corporation is committed to ensuring, so far as reasonably practicable, that all employees and contractors are adequately informed, trained, and are able to work in an environment that is free of hazards that may cause personal injury.

This can only be achieved through constant promotion of safe working practices, safety awareness and a commitment to safety on the part of all employees and others associated with the River City School of Irish Dance.

In working to fulfil this commitment, River City School of Irish Dance Corporation shall;

- Maintain so far as reasonably practicable a safe environment at all studios and performance sites;
- Consult with our employees on all matters that may affect their personal safety;
- Ensure appropriate procedures exist for the reporting and review of all safety incidents that were hazardous or had the potential to be hazardous to the safety of our employees or others working in our area of operation.

The Directors of the Corporation have the responsibility and authority to ensure that the River City School of Irish Dance health and safety objectives are achieved. They will identify and support measures to eliminate unsafe acts, procedures, conditions, equipment, and hazards of all kinds.

Instructors and Assistants are responsible for the prevention of accidents and illness arising from work methods and the working environment. Their performance as a Class Leader includes their ability to identify, reduce, and prevent accidents and potential hazards.

Students and Parents while attending the River City School of Irish Dance must assume responsibility for their own safety and for that of their peers by following general reasonable instruction and by taking corrective action to halt or prevent unsafe acts and conditions within their control.

## PREVENTION OF BULLYING POLICY STATEMENT

*River City School of Irish Dance places the highest emphasis on Health and Safety in conducting all daily operations. This policy applies to all employees, students, and parents of the River City School of Irish Dance, whether volunteer or paid, and to all visitors.*

The River City School of Irish Dance expects that all employees and other people associated with River City School of Irish Dance shall treat each other with respect and dignity, in an effort to provide a working environment that is cohesive and comfortable for all. Specifically, the River City School of Irish Dance will not tolerate any Bullying in the workplace.

Bullying behaviour can include but is not limited to

- Verbal abuse or shouting;
- Physical Abuse;
- Excluding or isolating a person;
- Psychological harassment;
- Humiliating a person through sarcasm, criticism or insults (including bullying through on-line systems);
- Ignoring or belittling a person's contribution or opinion.

The River City School of Irish Dance encourages the early reporting of any allegations of bullying.

Where any persons feel that they are the victim of bullying, they should discuss the matter directly with the person/people concerned and request an end to the behaviour. Should this approach fail or be inappropriate, the victim can raise the matter with the TCRGs.

Disciplinary action will be taken against anyone who victimises or retaliates against a person who has made a complaint.

The TCRGs have the responsibility and authority to ensure that River City School of Irish Dance health and safety objectives are achieved. They will identify and support measures to eliminate bullying of any kind within the River City School of Irish Dance.

Students and Parents of the River City School of Irish Dance are responsible for their own behaviour and may face disciplinary action if they engage in bullying behaviour of any form.

**Discipline Policy:** The goal of the TCRGs is to make the dance class a fun, positive experience that is supportive of individual and group setting. Our expectation is that every dancer will treat others the way they would like to be treated, but in a situation where a dancer's behaviour or conduct is not appropriate, discipline will be enforced that is appropriate to the age group of the dancer involved. Younger dancers may be put in a *time out*, older students may be given a warning and then asked to leave the studio for the remainder of the class if the behaviour persists. Parents will be informed any time that a student is disciplined for poor conduct. Disciplinary action is applicable to the usage of profanity, bullying, verbal or physical altercations, or where continued disregard and disrespect towards an instructor, classmate, parent, or visitor is evident.

Should any dancer commit one of these offences during class time or any dance-related activity the following measures will be taken:

**1<sup>st</sup> Offence** – Parents notified and verbal apology to classmate, instructor, parent, or visitor will be required;

**2<sup>nd</sup> Offence** – Parents notified and 2-week suspension from class and dance activities;

**3<sup>rd</sup> Offence** – Parents notified and the potential that the dancer will be dismissed from the school.

## CORPORATIONS

### **River City School of Irish Dance Corporation**

River City School of Irish Dance Corporation was created in 2018 by Katie Bleakney and Nicole Nienaber. All fees for classes, competitions, and camps will be directed to the instructors through their corporation. They run their business through a website called *The Studio Director*. This is where you will register your dancer, set up monthly payments, and receive invoice for things such as feis registration and clothing orders.

### **River City Irish Dance Parents Association (RCIDPA)**

River City Irish Dance Parents Association is a non-profit organization. The membership of the RCIDPA shall consist of regular members who have paid the annual membership fee. A regular member is entitled to one membership per family, the right to vote at meetings, the right to be elected, and the right to attend and participate in all general meetings. Membership fees payable to the club shall be set prior to each fiscal year and are payable at the time of registration. Membership fees are non-refundable and any family who is registered with River City School of Irish Dance will be a member of the River City Irish Dance Parents Association by **paying the annual fee of \$50/family**. All regular members are required to commit to fundraising at a level determined at the start of each dance year by the executive and participating in fundraising activities throughout the year (i.e. Ceili, Recital) via volunteer shifts to support the dance school. Funds raised during these events will be used to support the dancers through events such as the bi-annual workshops and new team dresses and vests.

An annual general meeting (AGM) of members shall be held in the fall for the River City Irish Dance Parents Association each year at a time and place to be fixed by the Board of Directors. In addition, the Board of Directors of the RCIDPA will meet periodically throughout the year to discuss fundraising opportunities and plan events. These meetings are open for all members of River City to attend at any time and the dates of these meetings will be published in the bi-monthly newsletter. The President may call a special meeting of members at any time but shall do so only upon the written request of at least 5 regular members. A quorum is defined as 50% plus 1 of the board members. The conduct of meetings shall be governed by the latest revised edition of Roberts Rules of Order.

<b>Monies Paid to River City School of Irish Dance Corporation (by Credit Card)</b>	<b>Monies Paid to RCIDPA (by Credit Card and Cheque)</b>
Monthly Fees	Membership Fee (credit card)
Feis Fees	Costume Rental (cheque)
Camp Fees	Costume Damage Deposit (cheque)
Cleaning Charges	Costume Requirements (cheque)
Clothing Orders	
Personal Fundraising	

## **CLASS STRUCTURE AND SCHEDULE**

*At River City School of Irish Dance the Instructors set the Class Times and Fees to accommodate the needs of all varying levels of students attending the school. It is understood that the instructors will put students in the level and class that they see, in their professional opinion, best suits each individual dancer.*

### **Adult**

Adult classes are conducted in a fun and easy-going atmosphere. They are designed to adjust to the different levels of ability, from beginner to advanced, based on the dancer's interest and learned experience. Beginner adults start off learning the basic soft shoe steps, technique, stretches and cardio. As an adult student progresses, hard shoe and Ceili dances will be introduced, should they wish, at the TCRG's discretion.

### **Tiny Tots**

This class is open to children age 3-4 and no former dance training is required. Tiny Tots is the only class that parents can stay for the duration. It is a thirty minute class and it is intended for young children who are excited about Irish Dance but are not quite ready for beginner class. Students in the Tiny Tots class will learn basic technique, Irish Dance vocabulary and play games related to foundations they will need for beginner class like pointed toes and balance! Dancers can move out of Tiny Tots into Beginner once they are older than 4, at the discretion of the TCRG's.

### **Beginner 1**

This is a class for people just beginning Irish Dance and will occur once per week. Children may begin at age 4 and no former dance training is required. Dancers will learn the basics of Irish Dancing - jump 2,3's and sevens - along with the basic technique required for their later training. There will be an emphasis on the strong technical basics, musical timing, and proper posture. Dancers at this level may begin competing once they have learned the four basic soft shoe dances and can dance them properly. This will be at the discretion of the TCRG's.

### **Beginner 2**

This class will be danced at the same time as Beginner 1 but will occur two or three times weekly. No former training is required. Dancers in this class have 1) already been dancing for a year and have learned the four basic soft shoe dances or 2) have just started are eager to learn Irish Dance and want to attend class more times a week to quickly improve their skills. Dancers at this level may begin competing once they have learned the four basic soft shoe dances and can dance them properly. This will be at the discretion of the dance teachers. Dancers at this level may also be invited to participate in figure classes - group dancing- if the teacher sees fit. Dancers will remain in Beginner 2 for two or three years, depending on how often they attend Feiseana, if they are ready to begin learning hard shoe, and have mastered the beginner material. This, again, will be at the discretion of the TCRG's.

### **Advanced Beginner**

This is a class for dancers who have mastered the four basic soft shoe dances, have attended at least two Feiseana (if they are competitive), and/or have moved up to the advanced beginner level in competition. These dancers will begin learning the three hard shoe dances and will continue focusing on the basic technique and musicality of Irish Dance. There will also be a large emphasis put on proper stage presence and etiquette. These dancers are also required to begin participating in figures - group dancing - classes and perform these dances at the competitions they attend. Figures solidify the basic technique the dancers have learned from Beginner 1 and 2 on and teach the dancers how to dance in a uniform, team setting. Competitive dancers are encouraged to attend as many Feiseanna within a dance year that they can to progress quickly through the grades and are expected to attend our own competition every September.

### **Novice - Prizewinner**

This is a class for dancers who have mastered all of the basic soft and hard shoe dances, have a good concept of musical timing, and have their dances in Novice or Prizewinner in competition. This is where dancers will begin their preparation for Championships which includes more complicated material, and a serious focus on stage presence and stylistic dancing.

Dancers at this level are also required to participate in the figure classes and compete in figure competition when they attend Feiseanna. Dancers in Novice and up can wear a solo costume for their solo dances at competitions. As with all purchases pertaining to dance, a new solo costume must be approved by the instructors. Competitive dancers are encouraged to attend as many Feiseanna within a dance year that they can to progress quickly through the grades and are expected to attend our own competition every September.

### **Championships**

This is a class for dancers competing at the highest levels of Irish Dancing competition - Preliminary and Open Championships. These dancers will train very hard and focus on complicated steps, stage presence, and stylistic dancing to prepare them for national and international competitions. They will do workouts, both at home and in the studio that will improve their strength and stamina to execute their dances properly. Dancers in this class understand that their dedication and hard work will help them achieve their championship goals and that the dance teachers will push them so that they can achieve these goals. Championship dancers will also participate in figure classes and compete with their teams when they attend Feiseanna. Championship dancers are to have a solo costume that has been approved by the instructors, a team crown (made locally), certain types of Camilla Rose wig, and buckles. Please consult with the instructors about any of these purchase before they are made. Championship dancers are encouraged to attend as many Feiseanna within a dance year that they can to progress quickly into Open Championships and perfect their stage performance throughout the year. Championship dancers are expected to attend our own competition every September as well as any competition that precedes a major they plan to attend.

## CLASS AND OTHER POLICIES

**Workshops:** We have the good fortune of working with Kate O'Connor from the world-class Butler-Fearon O'Connor School of Irish Dance. Founded in 2003 as a result of a merge between the world-famous Butler-Fearon School of Canada and California, and the O'Connor-Kennedy School in California, it has quickly become the premier school in the Western US and in eastern Canada, as well as internationally. Kate, or one of the other TCRG's in her school, comes to us twice a year for workshops to teach new material and improve technique. These workshops typically take place in the fall and spring and dates will be announced when available. The RCIDPA is responsible for funding the bi-annual workshops and will fundraise accordingly.

**Private Lessons:** Instructors can be contacted directly to arrange private lessons. The rate for these lessons is \$50 per hour with one of the TCRGs. Lessons can be held in person at the studio or virtually over Zoom. The fee for the lesson is due upon arrival. Payment will be accepted in the form of cash, cheque, or e-transfer.

**Private Lesson Cancellation Policy:** Private lessons must be cancelled 24 hours in advance unless there is an emergency. This is so the instructors can offer that time slot to another dancer that might want a private lesson. If you forget and do not show up for the lesson and do not give the instructors notice, you will still have to pay the private lesson fee.

**Drop-in classes:** These are classes scheduled outside the regular practice schedule and are optional. Parents will be informed of upcoming drop-in classes via the newsletter. The current fee for drop-in classes is **\$5/dancer/class** and is payable to the instructors upon arrival. **Cash only please.**

**Student Absence:** Parents need to communicate their child's absence to the instructors via email or text **PRIOR** to the start of class. If a student misses a prolonged period of dance they may not be able to participate to the fullest extent in dance outs and/or team competitions. This is at the discretion of the instructors. No refunds or discounts will be given to students who must miss classes for an extended period due to other engagements, injuries, etc.

**Dance Outs and Performances:** Unless otherwise advised, dancers should be in their performance costume for every dance-out. Performance outfit consists of **black bodysuit, school skirt, shorts, and white socks** for girls and **school golf shirt and black dress pants** for boys. The programs of the dance performances are at the discretion of the instructors. Dance Outs will be scheduled throughout the year based on demand and information about each performance will be emailed out by the instructors.

**At Home Practice:** Students are encouraged to practice at home as often as possible. Even a few minutes each day can contribute to their progress. As parents are sometimes unclear of their role in assisting with at home practice, we simply ask that you help your child find the time and space to practice and leave the rest up to them. Please do not try to coach or teach your child as far as steps and technique are concerned, as this can un-train things the instructors have been working with your child and can confuse them.

**Practice Music:** Since timing is one of the core elements of Irish Dance, it is important that dancers have Irish Dance music at home to practice with. Refer to the *Members Only* page on our website for a selection of music the students can practice to or ask the instructors what to download.

**Parent Viewing:** River City classes are **closed door** as our younger dancers are easily distracted by onlookers. Therefore, we ask that parents drop off and help their dancer prepare for class and then vacate the studio spaces. This is with the exception of the Tiny Tots class where parents are invited to stay for the class.

**Class Attire:** Students in all class levels are required to come to class prepared to dance in proper attire consisting of:

- shorts/skirts (above the knee but not too short), a t-shirt or tank top. *Jeans, leggings, micro-shorts not permitted.*

- White socks or bubble socks
- Hair pulled back off the face
- A proper sports bra and deodorant for older dancers
- Dance shoes as appropriate (\*\*please label your shoes with your name). Shoe styles will be determined by the instructors.
- Running/training shoes (levels Advanced Beginner and up)

**Costuming:** All performance costumes, whether school or solo, need to be approved by the TCRG's. Costuming is at the discretion of the TCRG's only as the Irish Dance Commission has strict rules surrounding them that the TCRG's have extensive knowledge of. Dancers in Novice and up are welcome to have a solo costume. Dancers in Championships are always expected to have a current solo costume. See the Championship Guidelines below for more details on dressmakers and requirements.

**Cleaning:** Each family will be assigned a week to clean the studio throughout the year. This list is made in September and posted on the bulletin board at the studio. This information is also included in the weekly newsletter. You will have from Monday-Sunday of your week to clean. Check the schedule for times that are available. A list of tasks is taped to the inside of the cleaning closet. Failure to clean the studio during your week will result in a **\$100 cleaning fee** being charged to your account. You may arrange to switch cleaning weeks with someone if you have scheduling conflicts, but please do so in advance.

## CLASS SCHEDULE 2020/2021

COVID-19	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
Tiny Tots			5:00pm – 5:30pm		
Beginner			5:40pm – 6:25pm	5:00pm – 5:45pm	
Advanced Beginner			5:40pm – 6:40pm	5:00pm – 6:00pm	10:00am – 10:50am
Novice-Prizewinner			6:50pm – 8:05pm	6:10pm – 7:25pm	11:00am – 12:00pm
Prelim Champ		5:00pm – 6:15pm	8:15pm – 9:15pm		12:10pm – 1:40pm
Open Champ		6:25pm – 7:40pm		7:35pm – 8:35pm	1:50pm – 3:20pm
Adult	Beg 5:45 – 6:45pm Inter 7:00 – 8:00pm Adv 8:15 – 9:15pm				

**\*\* Bring minimal personal belongings. Dance shoes, water bottle, mask, snacks, etc. should be in one small bag/dancer.**

REGULAR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY FIGURES	SATURDAY SOLOS
Tiny Tots			5:00pm – 5:30pm			
Beginner			5:30pm – 6:15pm	5:00pm – 5:45pm		
Advanced Beginner			5:30pm – 6:30pm	5:00pm – 6:00pm	10:00am – 11:30am	11:30am – 12:30pm (Extra)
Novice-Prizewinner			6:30pm – 7:45pm	6:00pm – 7:15pm	10:00am – 11:30am	11:30 am – 12:30pm
Championship		5:00pm – 7:30pm	6:30pm – 7:45pm (Extra)	7:15pm – 9:15pm	12:00pm – 1:00pm	1:00pm – 3:00pm
Adult	Beg 6:00 – 7:00pm Inter 7:00 – 8:00pm Adv 7:30 – 8:30pm					

## FEE STRUCTURE 2020/2021

Level	Hours	Price/Month
Tiny Tots	30 min	\$55
Beginner 1	45 min	\$65
Beginner 2	90 min	\$80
Advanced Beginner	3 hours	\$155
Advanced Beginner Extra	1 hour	\$10
Novice/Prizewinner	5 hours	\$170
Championship	7 hour 30 min	\$225
Championship Extra	1 hour 15 min	\$10
Adult		\$50
Adult class pack		\$200/10 classes

*\*\* Please take note that GST will be applied to all dance fees, payable by our members. GST is a federal requirement for all corporations carrying out business in Canada and it will be remitted to the government yearly. This small amount will be applied to your dance fees monthly. For example, if your fees are \$65/month then you will pay ( $\$65 \times 5\% = \$2.75$ ) \$67.75 each month. GST only applies to dance fees, not Feis fees or other charges applied to your account.*

## FEES AND PAYMENT POLICIES

*Fees for Irish Dance classes at River City are per dancer and correspond with the number of class hours attended per week. Please refer to earlier in this document for details on fees/class.*

### **Withdrawal Policy**

We hope that all students will remain with River City for the full dance year and will return for years to come. However, should you find it necessary to withdraw, you must notify the instructors **in writing prior to the 1<sup>st</sup> day of the new month**. For example, if you wish to withdraw as of May 1<sup>st</sup>, you must notify instructors *before* April 1<sup>st</sup>. Non-attendance is not considered proper notice. If you do not give proper, written notice, your account will continue to be charged until formal notice has been received.

### **Refund Policy**

Refunds will not be given for days missed due to holidays or weather-related closings. No refunds or discounts will be given to students who must miss classes for an extended period due to other engagements, injuries, etc. Credit may be given in extreme circumstances and these situations will be assessed on a case-to-case basis.

### **Non-Payment Policy**

Fees and charges are processed through the *Studio Director* on the **1<sup>st</sup> day of a given month, no exceptions**. Dancers with outstanding balances will not be allowed into class. This includes failure to provide payment by the 1<sup>st</sup> day of the new month. Dancers will not be permitted into the studio until payment has been made for that dancer.

### **Class Cancellation Policy**

Dance classes cancelled by the school may or may not be made up. The schedule is set at the beginning of the year based on school holidays and Feiseana. The monthly fees are averaged out over the entire dance season (10 months) rather than based on the number of classes per month as some months (December) have fewer lessons. There will be no refund for missed classes.

**Cleaning Policy:** Each family will be assigned a week to clean the studio throughout the year. This list is made in September and posted on the bulletin board at the studio. This information is also included in the weekly newsletter. You will have from Monday-Sunday of your week to clean. Check the schedule for times that are available. A list of tasks is taped to the inside of the cleaning closet. Failure to clean the studio during your week will result in a **\$100 cleaning fee** being charged to your account. You may arrange to switch cleaning weeks with someone if you have scheduling conflicts, but please do so in advance.

### **Competition Fee Policy**

Dancers who have been registered for a competition must pay their fees to the instructors **at least one week prior** to the competition date. You will be billed through the *Studio Director*. Students attending Feisanna will be charged a **\$20 registration fee** on top of the competition fees. Similarly, students attending major competitions (Oireachtas, World Championships, NANS, etc.) will be charged a **\$50 registration fee** on top of the competition fees. As well, these fees will be billed through the *Studio Director*

### **Personal Fundraising**

Personal Fundraising opportunities are made available to families to subsidize dance fees throughout the year. We try to present one fundraising opportunity/month for families to choose to participate in. These will be published in the bi-weekly newsletter. Parents must volunteer throughout the year to organize the fundraisers and credits will be applied to your *Studio Director* account.

### **School Fundraising**

The River City Irish Dance Parents Association is a non-profit organization run by River City parent volunteers. The RCIDPA's primary role is to support the dancers through fundraising for workshops and costumes. As well, they put on the major fundraising events throughout the year such as the Christmas Concert and Ceili.

### **RCIDPA Membership Fee**

The RCIDPA have a membership fee of **\$50/family** that is to be paid annually at the beginning of every year. Costume fees are also paid to the RCIDPA. Please see the next document regarding costume guidelines for all the details. Payment of membership fee is made through the *Studio Director*. Payment for costume requirements can be taken in the form of **cash or cheque (made payable to RCIDPA)**.

## RCIDPA COSTUME GUIDELINES

A lot of time, planning and money have gone into acquiring our school dresses, vests, and skirts so the following guidelines have been put together to protect RCIDPA's investment.

### Rental Costs and Damage Deposits

- Costume rental is dependent on there being no outstanding monies owed to the RCIDPA
- Costumes must be returned at the end of the dance year for inspection, cleaning and inventory. Any costume deemed to be excessively worn (beyond normal wear and tear) or returned damaged will result in forfeiture of the damage deposit.
- Rental for the year is **\$50 a dress, \$10 a skirt and \$20 for vest and tie** (payable to RCIDPA)
- Damage deposit is **\$125 for dress and \$50 for vest and tie** dated **June 1, 2021** (payable to RCIDPA)
- Each vest, dress, kite and performance skirt is numbered. Because everyone's costumes look alike, this makes identifying the dancer's pieces easier.
- If you should lose or damage your costume or a part of it, you are responsible for the cost of replacement plus shipping.

Actual replacement costs will be as quoted from the seamstress/dress maker and will be dependent on the size of the dress and the current selling price. Here are the approximate costs of replacement:

- ❖ Dress - \$1,000.00 CAD
- ❖ Crown - \$45.00 CAD
- ❖ Vest - \$100.00 CAD
- ❖ Performance Skirt - \$25.00 CAD

*\*\*All prices are approximate and subject to change due to the changing cost of the item.*

### Costume Requirements

- Costume requirements are purchased and owned by the students and only need to be replaced when the student has grown
- All **female dancers** are **required** to purchase a bodysuit and shorts from the school for performance purposes. These will be purchased from the RCIDPA at a cost of **approx \$25-\$30 (bodysuit) and \$20 (shorts)**.
- Dancers are required to wear an undershirt with built in underarm guards to protect the dresses as they can't be cleaned. These shirts can be purchased from the RCIDPA for **approx \$20**.
- All **male dancers** are **required** to purchase a golf shirt for performance purposes. These will be purchased from the RCIDPA at a cost of **approx \$30**.
- All **Adult women** are **required** to wear **black tights** with their costumes as well. Please contact Adult Instructor, **Angella Mossop**, if you need a pair and she will let you know which tights you are to buy.

***NOTE: Due to COVID-19, costumes will be handed out at a later date. Fees will not be due until that time.***

	Rental Cost	Damage Deposit	Requirements
<b>Girls</b>	\$50 – dress \$10 – skirt <b>\$60 total rental</b>	<b>\$125 total deposit</b> Post-dated cheque (payable to RCIDPA)	\$30 – bodysuit \$20 – shorts \$20 – undershirt
<b>Boys</b>	<b>\$20 total rental</b> (vest + tie)	<b>\$50 total deposit</b> Post-dated cheque (payable to RCIDPA)	\$30 – golf shirt

### General Costume Care Instructions

- Dresses, skirts, and vest should be hung or laid flat. Do not hang in a closet if it is too narrow and the skirt bends at the sides.
- Please transport the dress in a bag that will keep it clean and not squish the skirt. Ideally an Irish dance dress bag, but if you don't have one a large plastic bag - the large, clear recycling bags work well as they are wide
- Before storing the dress away, air it out for a day.
- Do not eat or drink in the dress or wear the dress while riding in a vehicle.
- **Any dress, skirt or vest that is in need of repairs or alterations should be brought to the attention of Nicole Stevenson ASAP.**
- Alterations are only to be done by RCIDPA
- Contact Nicole Stevenson if you have any question or concerns about the care your costume.
- Costumes are not to be lent to anyone outside of our school for any reason.

### Performance Skirt Care Instructions

- If washing is required, wash on a cold cycle using Woolite or similar gentle cleaner for dark fabrics.
- When ironing the embroidery, do not use steam or wet it. You can iron the embroidery on the reverse side with a cloth over it. There is a risk of damaging the thread with heat (thread is a rayon blend) or running the color of the thread.
- If you think it's not wearable after ironing it with the cloth over it, turn the iron to the rayon setting and iron it that way.
- The rest of the skirt can be ironed with normal heat/steam

Nicole Stevenson, RCIDPA Costume Coordinator      nm.stevenson@hotmail.com      306-292-9442

## RCIDPA VOLUNTEER COMMITMENT

In order to keep our dance school operational, it is essential that the RCIDPA organize and run fundraising opportunities and events throughout the dance year. It is the expectation that all families make the commitment to volunteer for the items listed below. This is **in addition** to the volunteers needed to run our annual feis (please see emails for feis volunteer needs). **Please note that unfilled jobs on this list, for the ceili and for the feis, will be assigned to families who have not yet signed up to help.**

1. Personal Fundraising Opportunities – 1/ month (to help offset fundraising fees and other expenses). The examples listed below are simply suggestions based on successful and popular fundraisers offered in past years.

September: eg. Discount Coupon Books

December: eg. Poinsettias

February: eg. Purdy's Chocolates

March: eg. Prairie Meats

April: eg. Hanging Baskets

2. Ceili Committee- Help to **organize** the annual Ceili- **Spring 2021. Volunteer shifts for the event will be added closer to the event date.**

- |          |          |
|----------|----------|
| 1. _____ | 4. _____ |
| 2. _____ | 5. _____ |
| 3. _____ | 6. _____ |

3. Recital Committee- Help to **organize** the annual Christmas Concert – **November 22, 2020**

- |          |          |
|----------|----------|
| 1. _____ | 3. _____ |
| 2. _____ |          |

There will be additional opportunities to help out throughout the year as more school fundraisers are planned. We will also need you to volunteer for at least one shift at the annual Ceili, our largest fundraiser of the year. Feel free to attend our monthly RCIDPA board meetings to share your ideas and concerns. Thank you for sharing your valuable time with the dance families at RCSID.

**Kari Weiman, RCIDPA Volunteer Coordinator**

[weimankari@gmail.com](mailto:weimankari@gmail.com)

## COMPETITION (FEISEANNA)

An Irish Dance competition is called a **Feis** (pronounced fesh) and is a Gaelic term referring to the festival of activities that traditionally take place there. In addition to dance, there are often art and music competitions.

The **Oireachtas** (pronounced oh-rock-tus) is the qualifying event for the World Irish Dance Championships (Oireachtas Rince Na Cruine) also known as the 'Worlds', and the North American Irish Dance Championships. This event takes place every November and is only open to dancers in the Championship levels. Although, there are often Treble Jig Trophy competitions made available to students in Novice, Prizewinner, and Adult levels.

**Oireachtas Rince na Cruine (Worlds)** is the premier event of the year in competitive Irish Dancing. It is a week-long event that is held near Easter. The Worlds are held in Canada, the United States, Scotland, England or Ireland, on a rotating basis. This is an elite event, only attended by a select handful of students from each region of Irish Dance from all over the world. It is an incredibly difficult event to qualify for and it is a huge accomplishment for dancers to have the opportunity to compete at.

**North American Irish Dance Championships** is another premier event that is held the first week of July each year. This event is held at various cities throughout Canada and the United States, again, on a rotating basis. Dancers must also qualify for this event at the Oireachtas or be in Open Championships.

In order to be entered into any of these competitions a dancer must practice under and be registered through a teacher certified through the Irish Dancing Commission (An Coimisiún le Rincí Gaelacha) and hold the TCRG credentials.

We have the privilege of hosting our own Feis every year. Our Feis is the only one held in Saskatchewan all year so it is a great opportunity for all our dancers to attend a Feis. **All dancers registered with River City will be registered** for the **River City Feis and Grade Exams** if they are planning to enroll in the new dance year. If you are unable to make it to this competition, please speak with the instructors well in advance.

**Grade Exams** are a series of 12 examination sessions created to improve dancers' knowledge and execution of the traditional Irish dances. As of 2018, dancers will be required to have completed all their grade exams in order to take their TCRG (Irish Dance teacher certification). These exams are a couple times a year, often in conjunction with a feis.

## FEIS ETIQUETTE

It is the choice of a dancer and his/her family whether they wish to compete and is entirely optional. While our classes are designed to prepare dancers for competition, it remains up to them whether they wish to do so. However, those dancers who wish to progress through the grades quickly or attend the premier events such as North Americans and Worlds are encouraged to attend as many Feiseanna as they can throughout the year to improve their on-stage performance.

Please remember that all of our behavior at Feiseanna or shows (Parents, Teachers and Students) is a reflection on our school, especially when the dancers are wearing River City attire. At River City, we value sportsmanlike behavior: Please do not speak negatively of any dancers, adjudicators, teachers or other schools. A good thing to remember is that you never know if someone's mom or teacher is sitting right behind or in front of you. At the same time, please refrain from making negative comments about our own dancers or school when you are at the Feis. We are a small community and we are here to support one another. If you have a valid complaint, please bring it to the instructors so that it can become constructive criticism.

While it can certainly be tempting to tell your dancer to go and get first place as a pep talk, please resist. Try to ensure your dancer focuses on dancing the best they can and stays focused on having fun and completing a strong performance. Your dancer will perform better and will have a more positive experience.

Dancers at the Feis are expected to be **properly attired**. A sports bra and bloomers are not acceptable for a public event. Being properly dressed helps to represent River City in a professional manner.

Dancers and parents are **never to speak to or disturb the adjudicators at a Feis**. If you have a question at a Feis please direct it to either the side-stage volunteers or the instructors. Please remember that the side-stage volunteers are often parents of the dancers and may not have all the answers, and they are not to be addressed in any way that could be perceived as rude or abrasive. If the side-stage staff are unable to answer your question, please find the instructors.

## FIRST FEIS TIPS

*The world of Irish Dance can be rather overwhelming to new parents and dancers. Please consult with the instructors before you decide to sign up for a competition to ensure that you or your child knows the proper material. If you or your child's first Feis is coming up soon, see below for information on how the competitions run and what to do!*

- **Syllabus:** This document is posted when the Feis is published online, usually to a site called Feisworx, but each competition can choose which site they use. The instructors will let you know which site to check out for each competition. It contains a tentative schedule, standard competition rules, and competition number listings.
- **Hotel Bookings:** The link for the hotel is posted at the same time as the syllabus. Rooms in the hotels, especially the majors, book up incredibly fast so it is important to book once the link is opened.
- **Program:** This document is posted to the same Feis site as the Syllabus once the entries have been closed and the Feis Committee has had a chance to rearrange the schedule, if necessary, because of entry numbers. It contains the number your dancer has been assigned for their solo dancing and what competition numbers they have been entered in. Compare the competition numbers they have been entered into with the schedule in the syllabus and you will be able to see when they will be competing. Please ask the instructors before the day of if you have any questions.
- **Registration Table:** Visit the registration table once you get to the competition to purchase programs (most are online PDFs now) and pick up competitor numbers (found in the program). **Please know you dancers' number ahead of time.** They often organize numbers by school. Also go to this table if there has been a mistake in your dancers' registration that needs to be altered.
- Dancers in First Feis should be entered in the following competitions:
  - First Feis Reel, First Feis Light Jig
  - First Feis ReelTrophy
  - Beginner Reel, Beginner Light Jig, Beginner Single Jig, Beginner Slip Jig (girls only)
  - Any 'Specials' – these are fun competitions for trophies and are different at every Feis.
- **Timing:** The Feis Schedule is often a difficult document to read, even for the most seasoned Feis veterans! Typically, only an 8 AM start time and LUNCH time are announced on the Schedule. The rest of the competition just runs without an exact time set. All dancers are expected to arrive down at the feis venue **at least half an hour** before their competition may begin. Most First Feis competitions are set for 8 AM or just after lunch to make it easier for First Feisers to make it to their competitions! Consult with the instructors if you are unsure about start times, but they also will be unsure sometimes as it is impossible to tell how each, individual schedule will run for the competitions. Being early is always a safe bet!
- **Costuming:** Dancers are to arrive at the feis venue with wig, crowns, socks, bloomers, and appropriate warm-up gear (i.e. sweats and a sweater). They can get into their costume and shoes when they are down there. Be sure to either buy a number holder at one of the vendors that will be at the Feis or bring a safety pin to put your dancers' number on their costume.
- **Competition Numbers:** The competition numbers will be posted on a board behind each stage (A,B,C,D,etc). The competitions will run in that order and the side-stage volunteers will remove numbers once that competition has been completed. When it is getting close to your dancers' competition, send them side-stage (parents are not allowed to sit side-stage with dancers) and they will be lined by the volunteers. Be sure to pay attention to the announcers in the room as well as they will often announce which competitions need to come side-stage as well as important information about the event, such as awards.
- **Awards:** Each competition is different, but awards for **trophy competitions (i.e. First Feis Trophy, Specials)** will be announced onstage, either at lunch and at the end of the day, or at a time set by the individual competition. When awards are called, dancers must be ready in full costume and shoes and prepared to go onstage if their number is called to accept their trophy! **Medal competitions (i.e. Beginner Reel, Light Jig, etc.)** will be posted in numerical order in a hallway or awards room. You will look for your dancers' competition number and then see if they were given a medal placing. If they did place, go up to the table with medals on it and volunteers will give ask for the competition number and the placement. Then, your dancer will be given their medals!

## CHAMPIONSHIP CLASS GUIDELINES

*Championship class is designed for students who are competing at the highest level of competition in Irish Dance. These dancers are dedicated to their performance, both onstage and in the studio. These dancers will be expected to train with the utmost discipline and focus, while taking care of themselves both physically and mentally. Parents are to support their dancer and make sure that they have all the tools necessary to succeed as a competitive Irish Dancer. Please see below for some important guidelines for being in Championships!*

- **Class Preparedness:** Dancers in the Championship levels must always be prepared for dance class as their class times are a lot longer than the other levels. This includes, **water, nutritious snacks, braces and medical tape, band-aids, running shoes**, along with the typical class requirements as were listed earlier in the handbook.
- **Class Times:** It is incredibly important that dancers arrive **early** for Championship class so that they have time to stretch and roll out before we do our warm-up and workout.
- **At Home Training:** Dancers competing at the Championship level are expected to practice at home and do any workouts or exercises that the instructors, physio, or trainers assign. When it comes to new material, dancers will be taught the dance once and are expected to work on it both in class and at home
- **Workouts:** Most Champ classes will start with a workout. This routine will be set by the instructors at the beginning of every class. Students are asked to bring the following items for the workout portion of class:
  - **Running/Training Shoes**
  - **Hand Roller** - They can be purchased at any sporting goods store or on-line.
- **Injuries:** Irish Dance is a high impact sport so some injuries such as ankle sprains, shin splints, etc. may affect your dancer at any point throughout the year. Please make sure that dancers are telling the instructors about any injuries *as soon as they occur* so that they can provide guidance on short-term treatment and advise if a Physio should be introduced to treat the injury. We work very closely with **Trevor Donald** of Donald Physiotherapy as he has an extensive knowledge of dance injuries and rehabilitation. If you do not already have a Physio and need to consult with one, we would suggest any one of the amazing staff in Trevor's practice. Dancers will be responsible for keeping up their Physio exercises and stretches once assigned.
- **Costumes:** Solo Costumes are a very important part of Irish Dance. At River City, we make sure that the dancers have an individual identity, while still looking like a member of our team using team crowns and buckles. Championship dancers are to have a modern, instructor-approved costume at all times. Dancers should aim to get a new costume every 1-2 years to ensure that they can re-sell their old costume to help fund the new one. It is *far* easier to sell a modern costume back into the market and there is less risk of you losing money if you turn over costumes quickly.
- **Please Note:** *If attending a major competition such as The World Championships or North American Championships, the dancer **will not be registered** unless they have an instructor approved costume either in their possession or in the works for the major.*
  - **Buying New:** With the popularity of Irish Dance continuing to grow, many of the dressmakers are being booked from **6 months to 1 year ahead of time**. If you plan to have a costume made, it is important to plan ahead of time and consult with the instructors in regards to which dressmaker to go with, colours, and design elements.
  - **Buying Used:** There are many lovely used costumes available through Facebook sharing pages or at competitions. As with new, please consult with the instructors before buying a used costume.
  - **Measurements:** Make sure that you have accurate measurements to go off whether you are buying new or used. You can have your dancer measured by the instructors out of class time or we have measurement sheets that tell you exactly what needs to be measured for costume purposes.
  - **Crowns:** Champ girls will all have the same solo crown in a colour to match their solo dress, to be finalized by the instructors. This crown is made locally by Lola Piche and is approximately \$70 CAN. This crown will be worn during all solo competitions.

- **Buckles:** Champ girls are to wear buckles on their hard shoes when competing in solo competition. Blank buckles can be purchased from The Kilt Lady and parents/dancers can gem the buckles themselves. There should be two rows of size 34 AB crystals on the outside, and 4-5 size 34 coloured gems in the middle (depending on the dancers' solo costume colour).
- **White Laces/White Tape:** Champ girls are to have white laces in their soft shoes and white electrical tape for the hard shoes at competition. The laces can be purchased at The Kilt Lady and electrical tape is available at the studio for \$2/roll or you can purchase it at any hardware store. The instructors will show the dancers how to tape their feet.
- **Makeup:** Dancers **11 and up** can wear makeup. Please talk to the instructors about which makeup to buy and how to apply it.
- **Tanning:** There is no age restriction on tanning, so all girls are allowed to have tanned legs at competition. You can either book a tan at the feis or use at-home tanner yourself.
- **Wigs:** Champ girls are to wear long wigs only – no bun wigs. The Kilt Lady is a vendor for Camilla Rose Wigs and dancers can choose either the **Robyn Luxe** or **Robyn** style for solo competition. Younger dancers are permitted to have the **Maddi** wig, with teacher permission. Please consult with the instructors about colour before you buy a wig.
- **Shoes:** Dancers should buy these specific brands, again from the Kilt Lady, because they are the shoes that the instructors have tested and are confident with their quality and performance
  - **Soft Shoes:** Hulachan
  - **Hard Shoes:** Fays
- **Feiseanna:** As Championship dancers are competing at an elite level, it is important that they attend competitions throughout the year. This becomes essential before major competitions such as **Oireachtas, Worlds, and North Americans**. Students attending these prestigious events are required to attend a competition that directly precedes these. For example, students qualified for the Oireachtas are to attend the October (Casey O'Loughlin) Feis.

For your Physio needs contact:

Donald Physiotherapy

Call: **306-933-3372**

Address: **80-3211 Preston Ave., Saskatoon SK**

For your Costuming needs contact:

The Kilt Lady – **Dawn McNally**

Call/Text: **306-260-1286**

Address: **1615 Forest Drive, Saskatoon SK**