

INFORMATION BOOKLET 2018

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Advanced 1 As for Intermediate but pink demi-pointe shoes must be worn instead of ballet shoes. Category B may wear ballet shoes, if preferred.

Advanced 2 As for Advanced 1 A&B but with addition of a navy blue 1/2 tutu (in place of a skirt) to be worn for all centre work.

DANCE: Candidates may wear regulation 1/2 tutu or long skirt as applicable for the dance. Pale blue Medal Award skirts may be hired from Cecchetti @ \$20.

Dance Spectrum One As for Intermediate excluding pointe shoes.

COSTUMES

No costume will be handed to students who owe for term, insurance, examination or costume fees. (All envelopes are retained to check on previous payments)

A list of all students and costumes will be displayed on the notice board, showing the cost of each costume, total costume cost for each student, total in the student's costume fund and the total owing. Please check this carefully and advise me of any apparent discrepancies.

All costumes are made for all students or hired commercially. Costumes are always a contentious issue. However, newsletters distributed during the year request everyone to contribute to their own costume fund to assist in defraying expenses.

SCHOLARSHIP & TROPHY CRITERIA

The criteria for Scholarship & Trophy Selection at year's end is as follows:

Attitude, Attendance, Behaviour, Capability, Concentration, Consistency, Co-operation, Dress, Energy, Grooming, Involvement, Manners, Personality, Promptness, Punctuality, Respect, Responsibility, Self-discipline, Skill and Willingness to Learn.

Parents should ensure they notify the Principal if their son/daughter is to miss a class, as regular and prompt attendance is a major consideration of the selection process.

TIMETABLE

Classes operate during school terms from Monday to Saturday. Normal classes will not be held on public holidays. A detailed timetable is displayed on the noticeboard and our website www.danceensemble.com or copies are available from the office.

STAFF

Peter Faux:	CICB Fellow & Holder of Cecchetti Diploma VET Dance APMA Level 4 (Aust. Pilates Method Assoc.) Diploma of Pilates Movement Therapy NAT10567 Advanced Diploma of Pilates Movement Therapy NAT 10568 GARUDA qualifications in Mat, Equipment & Contemporary Barre
Meaghan Hocking:	MDES Diploma Jazz, Kindy Tap, Acro assistant
Megan Eaton	Classical assistant
James Rigby	Hip Hop, Acro Dance & Tap, Advanced Diploma of Art (Musical Theatre Commercial Dance) Australian Dance Performance Institute
Kirsty Lee	APMA Level 2 (Aust. Pilates Method Assoc.) Pilates & Garuda qualifications

CLASS FEES

Fees for syllabus classes vary depending on the number of classes taken and the length of each class. If making weekly payments ½ hour & ¾ hour classes are \$10.00 each and one-hour classes are \$15.00 each, Discounts are available for fees paid by the term and for students taking more than one class. Term fees, which attract a discount, are expected to be paid within the first 2 weeks of term Otherwise, full term fees (calculated on weekly payments) must be paid. See Brochure 2018 for full details.

LEARNING PHILOSOPHY

Many students are attracted to the visual excitement of dance and have dreams of achieving great heights. Yet, without self-discipline, passion of commitment, desire of perseverance, dedicated application to achieve and willingness to learn and study no dream can be achieved and no goal reached.

‘Dancers keep looking for the perfect teacher without realizing that it's all there within themselves. They have to be responsible for themselves. You teach yourself; the teacher is a guide. If you do not hear the advice, corrections and words of your guide, it makes no difference how great the teacher. You will never dance.’

‘A sensitive and expressive use of the arms exquisite hands, a mobile upper back, an open, unstrained chest, the tilt of the head, the glance of the eyes — these are the qualities that mark the seasoned professional. They are the characteristics immediately noticed by the onlookers, neophytes and experts alike. The emerging dancer with an eloquent port de bras, especially the young woman, immediately attracts favorable attention. He/She is perceived as talented, and until he/she should prove otherwise his/her development will be undertaken with special care.’

The comments were written down during dance classes being instructed by other Teachers.

PETER FAUX DANCE ENSEMBLE

offers classes in

JAZZ, TAP, HIP HOP, CHARACTER, CLASSICAL BALLET, CONTEMPORARY, BALLROOM, PILATES and GARUDA, Mat & Equipment Sessions.

The range of classes include Syllabus and Open/Free style.

Syllabus Classes ensure the development of dance skills required for a superior & enhanced level of co-ordination, rhythm, timing, balance and fitness for sport participation or for a professional career as a dancer and/or teacher. Syllabus also develops an understanding of the art of choreography.

Syllabus Classes are structured with exercises, turns, jumps, steps, beats, expression through the use of music and movement dynamics, mime and dance steps in sequences to allow students to progress through class levels and graduate with qualities required in a professional career.

Open Classes are based on movement without technical corrections. Dance sequences are interwoven with the flavour of traditional styles and use of historical steps from recognised performances. *Open Classes* develop an elevated sense of self-belief and self-confidence through commitment and perseverance supported by patience, observation and self-expression.

PILATES

Pilates, originally called 'Contrology', is essentially a series of exercises and movements, concepts and philosophies as developed by *Joseph Pilates* who commented "A few well designed movements properly performed in a balanced sequence are worth hours of doing sloppy calisthenics or forced contortions".

The emphasis is on spinal, shoulder and pelvic stabilization, spinal alignment and on the recruitment of balance, coordinated neuromuscular movement patterns. Abdominal strength, flexibility endurance and co-ordination are hallmarks of these exercises. Improved health, better energy and quickness of mind are developed through the practice of the philosophies and concepts. Equipment is used to reinforce the integrity of good postural alignment without using force but resistance, thereby removing pain from the exercises.

GARUDA

The **Garuda** method encapsulates the principles, exercises and movements of the *Pilates* method to encourage greater elasticity and range of movement to the muscles by developing and patterning fascial release. The benefits of fascial release include a marked degree in the decline of tension, anxiety and mood swings, etc.

Garuda also utilises split-carriage equipment which can ensure a better sense of strength, timing and control.

JAZZ

Jazz, originally known as Jass, originates from African tribal traditions and developed through the African slave trade by way of Haiti, Cuba and New Orleans to New York. The Dance Ensemble presents classes in MDES JAZZ (Modern Dance Education Syllabus), which is a method of learning dance styles including Spiritual, Jazz, Blues and Afro-Cuban, thereby incorporating the rich heritage and valuable history of Jazz. Graduation as a dancer in the MDES methodology is a Diploma Certificate after which the syllabus teaching levels may be studied.

CLASSICAL

Classical Ballet is also best learnt through a syllabus application, which ensures the dancer has good **posture**, excellent **alignment**, smooth **rhythm**, enhanced **co-ordination**, keen sense of **balance** and accentuated **timing**, all essential attributes for a career as a professional dancer, dance teacher or athlete.

The Dance Ensemble presents classes in the *CECCHETTI* method which is a romantic style incorporating the qualities of grace, charm, poise and elegance well associated with the true classical tradition. MAESTRO ENRICO CECCHETTI was a Dance Master renowned for exceptional agility, strength, flexibility and speed of beats. The *CECCHETTI* methodology develops qualities, skills and attributes greatly respected by the professional community.

TAP

Tap is a methodology rather than a structured syllabus, thereby allowing for greater freedom of expression and performance to ensure the development of skills in a progression commensurate with the student's personality and capabilities.

CONTEMPORARY

Contemporary is the Traditional Style and incorporates movement studies of well-respected professional dancers, such as Jose Limon, Martha Graham, Merce Cunningham, Isadora Duncan and Katherine Dunham.

ACROBATIC DANCE

Acro Dance involves a combination of dance steps inter-mixed with a number of acrobatic movements. This class is based on a syllabus to ensure developmental learning commensurate with the maturity of the students' bodies.

DANCE FITNESS

Dance Fitness is for those children who want to develop their aerobic fitness levels without applying themselves to the technique of Dance. Students are encouraged to push themselves to go beyond their own expectations while also having fun.

A REASON TO DANCE

The Dance Ensemble presents classes for 3yo+ with emphasis initially on enjoyment and learning through imagination. These classes are inter-active with students and teacher developing themes and ideas for dances. Story lines are regularly mimed and danced. These classes encourage children to learn co-operation and develop communication skills. Exercises and steps are given to develop freedom of movement and co-ordination.

In subsequent years, students can continue to dance for self-enjoyment or develop through graded levels thereby increasing the quality of their movements. This syllabus method ensures students have enhanced rhythm, timing, balance and co-ordination which assists and aids them in all sporting activity for the rest of their lives.

Dance employs the entire muscular and skeletal structure of the body; consequently, emphasis is placed on postural alignment and muscular balance. Individual sports use sports specific muscles, which can cause muscular imbalances, thereby leading to injuries. In addition, muscular imbalances can cause back problems, spinal irregularities and headaches, along with numerous other problems. When correctly developed, better posture and alignment also improves general health and well-being.

At the Dance Ensemble, students are encouraged to develop self-discipline in order to pursue a higher degree of quality in their work. As all achievement stems from commitment and application of skills, students therefore develop a better sense of responsibility and maturity.

Quality instruction through qualified teachers can ensure students can pursue a dance career or more specifically have a greater opportunity to participate in any sport with a lower risk of injury.

Prepare the Body. Prepare the Mind. Engage the Spirit. Perform.

**Courtesy, Manners and Respect
are hallmarks of our studio.
Please help to maintain this atmosphere.**

COMMUNITY RELATIONS CHARTER:

It is the right of all -

- To learn and play in a secure, safe and enjoyable environment.
- To expect that personal property and school property is safe.
- To have the maximum opportunity to improve and develop self.
- To uphold independence of thought and belief within the rules of the school and wider community.
- To live in a clean environment free from litter, graffiti and vandalism.

It is the responsibility of all -

To not threaten, belittle or tease others.

To not interfere with the property of others and to treat with respect property borrowed.

To treat others with courtesy and respect even if their thoughts, beliefs or customs are different to mine.

To keep the school environment clean and safe and to encourage others to do the same.

STUDIO DRESS CODE

Students should be dressed appropriately for the classes they attend. The following outlines the uniform requirements for each class.

HAIR must be in a Classical Bun for ALL classes except for Hip Hop when it must be neatly tied back.

KINDY DANCE: Pale Pink Leotard (CL04), Skirt & Ribbon, Theatrical Pink Tights.
SHOES: Pink Ballet

CLASSICAL: Pale Pink Leotard, Skirt & Ribbon, Theatrical Pink Tights (Pre-Primary & Primary)
or
Applicable Cecchetti Grade/Majors Examination Uniform
SHOES: Pink Ballet/Pointe

JAZZ: Purple Leotard & Skirt, Skin Tan Tights
SHOES: Black Jazz

TAP: Black Leotard & Skirt, Skin Tan Tights
SHOES: Black Tap

HIP HOP: Leotard, leggings, shorts, hair tied back
SHOES: Jazz, Ballet or Sneakers. No Street Shoes or Sneakers worn in the street

CONTEMPORARY Any colour leotard & skirt, Tan Footless Tights
SHOES: Tan, Foot Thong/Paws

ACROBATIC Any colour leotard, leggings, shorts, bare feet, hair in bun

CHARACTER Leotard, character skirt, Theatrical Pink ballet tights
SHOES: Ballet and Character (low heel)

NO SPLIT-SOLE SHOES FOR STUDENTS UNDER 12YO

HIP HOP CLASSES:

Students participating in Hip Hop only class may pay a weekly fee (\$15) but can achieve a discount by paying a Term Fee of \$125 within the first two weeks of Term.

Students studying a syllabus class may pay a weekly fee of \$14 but can achieve a discount by paying a Term Fee of \$105 within the first two weeks of Term.

WHEN TO PAY:

Prompt and regular payments of fees is required so teachers can be paid and running costs met on time.

If paying weekly, please ensure fees are paid before the commencement of the class.

If paying by the term, then payment is required within two weeks of the commencement of the term.

HOW TO PAY:

Payment is by cash or EFTPOS. NO CHEQUES are accepted.

Money should be placed in a clearly marked envelope. Please include the following information - student name, classes attended or number of classes, amount enclosed and date paid. If office is unattended, please place the envelope in the box on the right side of the door.

COSTUME FUND / BANK

To help defray the cost of costumes, concert tickets and/or examination fees it is recommended that you make small contributions on a regular basis. Any amounts paid are registered on student cards in the office. As well as covering costume hire, this money can also be used for examination fees, concert/floorshow tickets, photographs and DVDs.

EXPECTATIONS:

ATTENDANCE:

Regular and consistent attendance to classes is important for students to learn and develop various skills. This is particularly vital when classes are preparing for examinations and performances - Floorshow, Djerriwarrh Festival and Annual Concert.

ABSENCES:

If students are going to be absent from classes due to other commitments or planned events, then prior notice (at least one week) should be given via a note, email or telephone call to the teacher. If students are too ill to attend class on a particular day then a phone call prior to the commencement of the class would be appreciated.

PUNCTUALITY:

Students should arrive on time for all classes as late arrival is disruptive to the rest of the class. *Students arriving late to class must not enter the room until invited to do so by the teacher.*

GROOMING:

Students are expected to have their hair in a Classical bun for all classes. Hip Hop students are to have their hair neatly tied back off the face.

JEWELLERY:

Jewellery is not to be worn in classes for safety reasons. Small stud earrings are acceptable.

2018 ANNUAL PERFORMANCE (December)

2018 Annual Performance ("Movement Magicke")

Details are: Performing Arts Centre

Aitken College

1010 Mickleham Rd., Greenvale

Dress Rehearsal is Sat 8th Dec 2018, 11.00am, arriving 10.00am

Performance is Sun 9th Dec 2018, 12 noon, arriving 10.30am

Refreshments are provided in the theatre foyer prior to the performance and during the intervals. Details will be confirmed closer to the event.

COSTUME PHOTOGRAPHY

Individual/Combined Portraits/Group Photos will be taken at the studio on a separate date.

Final information will be advertised on the Notice Boards and in the Newsletter.

Students will NOT be given costumes for a portrait sitting if they owe term, examination, insurance or costume fees.

EXAMINATION ONLY UNIFORMS

JAZZ: Purple Leotard, Skirt & Ribbon. Tan tights & Black Jazz Shoes

CLASSICAL: (*varies with class levels*) **Please note the change in STYLES.**

Pre-Primary & Primary

Sleeveless “V” necked pale pink leotard (CL04) in cotton lycra and georgette wrap skirt with matching ribbon in hair. Pink tights and pink ballet shoes **with elastics.**

Grades 1 - 2

Sleeveless lilac (Bloch & Energetiks) leotard in cotton lycra and georgette wrap skirt with matching ribbon in hair. Theatrical Pink tights and pink ballet shoes **with elastics.** (*See STYLES below*)

Grades 3 - 4

Sleeveless boysenberry (Bloch) or Cerise (Energetiks) leotard in cotton lycra and georgette wrap skirt with matching ribbon in hair. Theatrical Pink tights and pink ballet shoes **with ribbons.** (*See STYLES below*)

Grades 5 - 6

Sleeveless plum (Bloch) or aubergine (Energetiks) leotard in cotton lycra and georgette wrap skirt with matching ribbon in hair. Theatrical Pink tights and pink ballet shoes **with matte ribbons.** (*See STYLES below*)

STYLES of leotards:

ENERGETIKS: CL11/AL11, and CS/AS01 (skirt).

BLOCH: Celena Classic P/L Code L3854G or L3854. Leotards can also be ordered through Gail’s Dance Works, Melton

Majors (Intermediate./Advanced.1/Advanced. 2/Diploma)

Intermediate Sleeveless or capped sleeved “V” necked navy blue leotard or Russian style leotard (no criss-cross straps) in cotton lycra and georgette wrap skirt with matching ribbon in hair. Pink tights and pink ballet shoes **with ribbons.** Pink pointe shoes for pointe section.

PILATES & GARUDA RETREAT

A retreat for Pilates & Garuda will be held on Norfolk Island between 3rd April & 10th April 2018. Please see Peter or Kirsty for details of the package available.

DANCE WEAR SHOPS

GAIL'S DANCE WORKS

**269 High St.,
Melton Vic. 3337
97434790**

SANSHA AUSTRALIA

**17 Glen Eira Rd.,
Ripponlea. Vic. 3185
95286066
www.sansha.com.au**

ENERGETIKS DANCE WEAR

**164-166 Buckley St.,
Essendon. Vic.3040
93388878
www.energetiks.com.au**

BLOCH DANCE WEAR

**Shop MO4,
Southgate.
South Melbourne. Vic. 3205
96457999
www.blochworld.com**

EVENTS

FLOORSHOW

Venue: Tabcorp Park, Melton.

Dates: Saturday 4th August 2018.

Further details will be on the Notice Board and in the Newsletter closer to the date.

DANCE CAMP (September/October)

Junior Camp dates: 28th Sept.—30th. 2018

Senior Camp: 28th Sept –3rd Oct. 2018

All Dance Camp participants are to provide a Release Form **prior** to the commencement of the Camp.

Camp attendees are requested to arrive at

R.M. Sykes Camp (Mentone Grammar School)

Marine Pde., Shoreham

Melway Ref. 256 J7

between 4.30pm and 5.30pm on Friday 30th September 2018 as the evening meal will commence at 6pm

Travel time to camp can vary greatly, depending upon the time of departure and direction of travel (details on our website Events page). Please plan your trip! (Discuss with someone who has previously attended)

All camp participants will be allocated a Team Name & Colour.

The Teams will be displayed on the Notice Board.

Please bring as much Team coloured clothing as you can provide.

Departure from R.M. Sykes Camp

Juniors: 2pm Sunday 30th. 2018

Seniors: 2pm Wednesday 3rd Oct. 2018

BREAK-UP PARTY

A Break-up Party will be held at the studio on the Monday 10th Dec. 2018 after the Concert, commencing at 4.00pm and finishing 7pm. Students are requested to bring a plate and a drink.

BACKPACKING — EASTER

Friday 30th March 2018—Monday 2nd April 2018

An opportunity to be familiar with cooking, camping, group & wilderness experience, without the unknown danger factor.

TASMANIA—END OF YEAR

Final details are organised immediately after Dance Camp.

Cost will largely depend on airfares, bus & food costs.

Trip dates are anticipated to be Tuesday 11th — Wednesday 22nd December 2018.

Parental/Guardian consent is required by students for both trips.