



TRUE CREW DANCE COMPANY ELITE COMPETITION TEAM 2023-2024 HANDBOOK
A NOTE FROM OUR ARTISTIC DIRECTOR, MS. TONI

Welcome to 2024-2025... SERVING THE TREASURE COAST SINCE 2006...OUR **18th ANNIVERSARY SEASON** of True Crew Dance Company Elite Competition Team!

I am very pleased to have you as a **FULL SEASON CONTRACTED MEMBER** of our growing family! This Handbook will provide you with information detailing our Elite Company rules, policies, procedures, and more.

Coming off of a very different type of Season there are many changes necessary, so please make sure to read through everything before committing. For hopeful new interested Company Elite Members, we have been the 2018 World Dance Champions, have competed at Worlds for over 5 years and our students hold numerous National, State, Regional Titles. In 2019, one of our students also received 2019 NATIONAL MR. NEXSTAR, and throughout 2020, 2021 and 2022 our students continued to win Titles of Mr. Dance America, Mr. Believe, Mr. Starbound, Miss Dance America, Premier Mr. Imagine Orlando, and Petite Miss Platinum Runner Up. Further, 9 True Crew alumni has received full and partial college scholarships and have continued teaching at True Crew. With every new Season, I have raised the “barre” and we will continue to do so again! Therefore, our programs at True Crew have been revamped and reorganized so it is **VERY IMPORTANT** that you take the time to review this Elite Competition Dance Team Handbook thoroughly and let me know if you have any questions. Each dancer and their parent or legal guardian will be required to sign the Elite Competition Agreement at the end of this Handbook and hand it in fully executed once they have committed to the team.

True Crew Dance Company promotes a positive environment for all dancers where we teach that if you can believe it, you can achieve it. The Elite Competition Team requires 1000% commitment from the studio, students, parents, and staff. Our goal is to make your dance experience at True Crew Dance Company fun and educational, while developing skill, integrity, loyalty and character - with winning results!

I have provided you with the information you need to make decisions regarding your dancer(s) and the competitive program. Please make sure you are able to commit to ALL rehearsals, performances, conventions, competitions (including NATIONALS AND WORLDS, should the studio qualify), and all other requirements outlined in this handbook prior to accepting a position as an Elite Competition Team dancer/parent.

My staff and I will make decisions that are in the best interest of the studio and the competitive team as a whole. The bar in the competitive dance world is constantly being raised and the True Crew teachers and staff are 1000% committed to meeting and exceeding that bar.

True Crew Dance Company's Elite Competitive Team has received State, Regional, National and World recognition for several years and looks forward to continuing on that path and achieving even more.

I am always available for our families and works with dancers and parents regarding any questions or concerns that arise. However, if you have a concern or question, **I ask that you email me directly**, regarding your situation and I will respond in a timely manner. Any issues or concerns will NOT be discussed during class time. Further, teachers are NOT to be approached and will not take time away from scheduled classes or remain after scheduled classes to discuss individual matters. All matters are to be addressed by me, the Artistic Director, and if necessary I will conference with any teacher(s).

I look forward to a successful and rewarding experience for the upcoming dance year and competition season! Thank you for putting your faith in True Crew Dance Company! I appreciate your confidence!

Keep Believing,

Ms. Toni, Artistic Director True Crew Dance Co.

	<p style="text-align: center;">OUR MISSION</p> <ul style="list-style-type: none"> ❖ To provide an environment where honesty, integrity and team/studio loyalty prevail. ❖ To foster a family environment with genuine love and concern for each dancer. ❖ To provide quality dance instruction. ❖ To encourage dancers to follow their dreams and offer opportunities for dancers to advance their dance training in and out of the studio. ❖ To develop new, exciting and unique quality choreography. ❖ To offer quality instruction in numerous, diversified genres of dance. ❖ To provide a safe and inviting facility. ❖ To make decisions based on the best interest of the entire Elite Competitive Team. ❖ To create an environment where teachers, staff, students and parents work together to achieve our goals.
	<p style="text-align: center;">TRUE CREW DANCE COMPANY Words of Wisdom</p> <ul style="list-style-type: none"> ❖ If you believe, you will achieve. ❖ Never say can't. ❖ Honesty, Integrity and Loyalty are the only ways to succeed. ❖ I can do things you cannot. You can do things I cannot. Together we can do great things. (Mother Teresa) ❖ Practice like you have never won. Perform like you have never lost. ❖ Dancing with the feet is one thing...dancing with the heart is another. ❖ Ignore anyone who discourages you. Positivity Prevails. ❖ Win with humility. Lose with grace. ❖ Be strong physically, mentally and morally. ❖ Talent is God-given...be humble. Fame is man-given...be thankful. Conceit is self-given...be careful. ❖ Remember: when you're not working to improve, your competition is. ❖ Always give it everything you have - leave it all on the stage. ❖ Be original...there are already enough copies in the world. ❖ Nothing is a waste of time if you use the experience wisely. ❖ Comparison is damaging to self-esteem. Do not compare yourself or your situation to others, the real challenge is being the best YOU can be. ❖ ONE CHANCE....ONE DREAM...ONE TEAM... How Will You Be Remembered! ❖ IN IT...TO WIN IT!

	TRUE CREW ELITE COMPANY HANDBOOK Pg 3				
TEAMS:	TEAMS ARE LEVELED: ***NEW ... LEVEL PLACEMENT IS ACCORDING TO AGE AVERAGE. Routine placement and time on stage is determined by many factors including but not limited to skills, maturity, focus factor, size, etc. Students will be advised of their level following their Audition. A students may remain on a Specific Level for as long as the Director and Instructors feel it is necessary as long as it does not affect the average age of the team. There is no set duration of time that a student is required to stay at a specific level beyond the age average of the team. If it is deemed necessary by the Director to combine Levels, we will. ALL CO. DANCERS DANCE TOGETHER AS ONE TEAM IN OUR STUDIO PRODUCTION.				
CO. LEVELS:	MINI CO.	PETITE CO.	JR. CO.	TEEN CO.	SENIOR CO.
NEW Approx. Age/Grade	Approx age 3-6	Approx age 7-9	Approx age 10-12	Approx age 13-14	Approx. age 15 & Up *prior Srs. will not be dropped down
NEW COMPETITION LEVELS:	NOVICE	NOVICE	INTERMEDIATE	INTERMEDIATE	INTERMEDIATE it is possible for a SOLOIST TO BE MOVED TO THE ADVANCED LEVEL.
	The Director/teacher/choreographer, selects the participants for each position in competition group routines. Many factors go into these decisions, including but not limited to: 1)the overall age range of the dancers. 2) overall concept of the dance and the dancer's ability to relate; 3) the dancers overall technical ability and strengths; 4) the dancer's ability to adapt; 5) the dancer's work ethic, energy level and condition; 6) the dancer's performance level, emotional maturity; 7) the dancer's communication, respectfulness, drive, determination, attitude; 8) the dancer's body composition and sometimes,				
LEVEL REQUIRED MONTHLY TUITION: (Company Discounted rates)	<div><div>BASE CO. TUITION: Mini: \$125. PETITE: \$175. JR: \$225. TEEN: \$250. SR: \$275. -Any class/es beyond Base NOT COMPETING CLASSES are Special \$15.00 per class for Company members. Only other cost is costume or competition fee. Solos/ Duo/Trio & POINTE Not included, in BASE RATE.</div><div>TUITION PAID AT REGISTRATION.: August is CHARGED AS FULL MONTH AS GROUP CHOREOGRAPHY BEGINS IN JULY June is FULL MONTH TUITION PAID BY JUNE 1. There are NO REFUNDS OR PRO-RATING OF ANY KIND, including but not limited to illness, injury, vacation, school function, dismissal from Company. TUITION is DUE on or by the 1st of the Month. On the 11th of the month, a late fee of \$15.00 will automatically be placed on your account by the BILLING COMPANY, therefore, NO EXCEPTIONS OR ADJUSTMENTS CAN/WILL BE MADE. All Credit card payments will be subject to a \$5.00 processing fee. Returned Checks have a \$30.00 Service Fee Applied After 1 check returns, payments may only be accepted by cash or credit card. Students with accounts not up-to-date will be held out of class---counting as absences. True Crew provides services whether a student is present or not and therefore, absences are not credited. TUITION AND EXPENSES MUST BE PAID SEPARATELY... THEY WILL NOT BE ACCEPTED ON THE SAME CHECK. ***ANY STUDENT ACCOUNT WITH AN OVER DUE BALANCE AT THE END OF THE MONTH, WILL NOT BE PERMITTED IN CLASSES UNTIL THE BALANCE IS PAID. --AFTER 3 MISSED CLASSES, THE STUDENT IS AUTOMATICALLY ON PROBATION AND RISKS BEING REMOVED WITH NO REFUND AS THIS IS A SIGNED CONTRACT FOR THE ENTIRE SEASON.</div></div>				
	READ STRAIGHT DOWN THE COLUMN FOR THE NECESSARY INFORMATION FOR EACH LEVEL.				
TEAM REQUIRED CLASSES-COVERS MONTHLY CLASS TUITION	MINI CO. REQUIREMENTS :	Petite, Jr., Teen, Sr. REQUIREMENTS BASE CLASSES INCLUDE: Production, Ballet Tech, Stretch, Jumps, Turns AS WELL AS any GENRE A DANCER SCORES INTO AT AUDITION...	Boyz Only Hip Hop MIXED AGE GROUP. REQUIREMENTS :	Pointe --Invite only REQUIREMENTS :	
PRODUCTION Class is FREE. Only Expenses for Production are costume and competition fees.	Production (weekly) Wed. 4:30-6:00 FREE! offered	Production (weekly) Wed. 4:30-6:00 FREE! offered	Production (weekly) Wed. 4:30-6:00 FREE!	Production (weekly) Wed. 4:30-6:00 FREE! offered	
BALLET TECH. or GENRE SKILL	BALLET TUES. 4:30-5:15 JAZZ TUES.5:15-6:00 ST/JMP/TRN WED. 6-6:45 ----- If wanting Hip Hop or Tap, they will be covered in Combo 3 Class:	PETITE/JR BALLET TECH. THURS. 6:00-7:15 TEEN/SR BALLET TECH. THURS. 4:30-6:00	BALLET TECH. SUGGESTED NOT REQUIRED....According to age.	POINTE: 3/4 hr. BALLET TECH: required according to age	
STRETCH/ JUMPS/TURNS	----- If wanting Hip Hop or Tap, they will be covered in Combo 3 Class:	PETITE/JR STR/JMP/TRN . TUES. 4:30-5:30 TEEN/SR STR/JMP/TRN. THURS. 5:30-7:00	STR/JMP/TURN SUGGESTED NOT REQUIRED IF ONLY DOING HIP HOP.. If scored into any other genre, STR/JMP/TRN is REQUIRED According to age.	Jumps & Turns required according to age	
	Ballet, Jazz, Hip Hop, Tap	GENRES OFFERED: Ballet/Lyrical, Contemporary, Hip Hop, Jazz, Musical Theatre or Tap.			
	<div>EXTRA GROUP PRACTICES when deemed necessary... FRIDAYS 4:30-6:30</div> <div>MINI/PETITE: 1ST Fri. of Month JR: 2ND Fri of Month TEEN/SR: 3RD Fri. of Month</div> <div>PBT HOMEWORK WILL BE PROVIDED AND STUDENTS WILL SUBMIT A WEEKLY TIME LAPSE VIDEO FOR CREDIT.</div>				

	TECHNICAL GENRES LEVELS MINI THROUGH SENIOR, HIP HOP, MUSICAL THEATRE AND BOYZ				
STUDIO HOURS:	Classes are ONLY scheduled Mon. – Fri. Classes run 3:00 p.m. - 9:30 p.m. It may be necessary to change the schedule so always stay up-to-date on studio information. It may be necessary for a student to be personally picked up by a family member or car pool with another student from school in order to make their 4:30 p.m. class. If then need to be late due to school dismissal, please advise Ms. Toni. Saturdays and Sundays are only for Choreography, extra practice, performances, conventions or competitions.				
SOLOS/DUETS/ TRIOS:		In order to have a competitive solo/duet or trio in any of the Technical Genres, you must be accepted and take a class in that Genre and all required classes for that Genre . If this is not possible, speak to Ms. Toni regarding extra classes to meet requirements.			
	MINI - SR. TECHNIQUE, BALLET/LYRICAL, CONTEMPORARY, HIP HOP, JAZZ, MUSICAL THEATRE, TAP AND BOYZ HIP HOP				
Audition Fees:	\$30.00				
AUDITION SIGN UPS:	MAY 1ST - MAY 16				
AUDITION VIDEOS:	Audition videos will be provide TO THOSE DANCERS WHO SIGN UP & PAY TO AUDITION in order to LEARN THE REQUIRED CHOREOGRAPHY for Audition pieces in every Genre. This will be done on their own time and videos will e sent out the The weekend of May 17th. If a dancer does not receive the video(s) for the genre(s) they wish to audition for by MONDAY, MAY 20TH, IT IS THE FAMILIES RESPONSIBILTY TO ADVISE MS. TONI AND GET THE VIDEO.				
AUDITION DATES:	JUNE 4, 5, 6 10:00 AM - 2:30 PM IN STUDIO A --SCHEDULES TO BE POSTED BY MAY 28				
ACCEPTANCE DATES:	JULY 10, 11 & 12--- Required to Sign Up for meetings through link tbp				
	➤ Prior Company members are REQUIRED to Re-Audition every year.				
ATTENDANCE:	Attendance REQUIRED at ALL Classes, Performances, Competitions, Conventions, Events. AFTER 3 MISSED CLASSES Co. Student will be placed on PROBATION. For more information check out the COMMUNICATION TAB. PAGE 15				
2024-2025 CHOREOGRAPHY DATES:	JULY 15-18 AND JULY 29 - AUGUST 1				
COMPANY CLASS SEASON BEGINS:	AUGUST 19TH, 2024				
BE READY & 15 MINUTE RULE:	You must be dressed and ready when expected, or at the scheduled start time of class shoes and attire on, hair secured, with any/all items necessary. <ul style="list-style-type: none">If you need to get ready for class at the studio, arrive with plenty of time to do so. The Fifteen Minute Rule applies to weekly classes, rehearsals, performances, etc. Allow fifteen (15) minutes either side of the scheduled time ..early beginning or holding class over if necessary, etc.				
ARRIVAL TIMES:	Students are ALWAYS advised of a REQUIRED ARRIVAL TIME for events, performances and competitions. Any student not arriving ON or BEFORE the time advised/expected, will be subjected to non-participation in the event, performance an/or competition. Should this occur more than once, removal from the team is possible with NO REFUND .				
ABSENCES:	REASONING FOR ALTERNATE COMPANY MEMBERS:	Injuries or illnesses do not preclude you from fulfilling your COMPANY CONTRACT/financial obligation to True Crew Dance Company. <i>Repetitive absences or lateness becomes detrimental to the team...</i> Director /Instructor reserves the right to : 1) Re-stage any choreography as the Director/Instructors deems necessary, 2) Remove/suspend the dancer from any/all portion of choreography, 3) Remove/suspend the dancer from that particular routine, 4) Remove/suspend the dancer from the team - whichever is in best interest of the team. *** <u>Going out to dinner, a party or a theme park.: School, club, church, etc. performances: not feeling comfortable even though precautions are taken ***are NOT an excused absence.</u> *** <u>Sudden/Emergent Absence</u> : Parent is responsible to notify Director in writing via email prior to start of the class, DURING STUDIO “WORKING HOURS” 9:00 a.m. - 8:00 p.m. truecrew.mstoni@gmail.com <ul style="list-style-type: none">Due to sudden OR ANY illness/injury – a doctor’s note is REQUIRED to <u>request</u> an excuse.			
VACATIONS:		<ul style="list-style-type: none">Absolutely, NO vacations granted during May or June <u>through to Nationals completion</u>. On ODD NUMBERED years if attending Worlds, a 1 week break will be worked into the STUDIO SCHEDULE in June AND July. Nationals is normally completed by the 2nd week in July, and dates are normally known by October. EXCEPTIONS FOR VACATIONS ARE AS FOLLOWS: 1) Mother’s Day weekend Friday – Sunday only, 2) Memorial Day weekend Friday – Monday only, 3) Father’s Day -Friday - Sunday 4) July 4th ---unless at Nationals.			
		TECHNICAL LEVELS, MUSICAL THEATRE AND BOYZ	BOYZ HIP HOP		
CO. CONTRACTED 2024-2025 REGISTRATION	\$50.00	INCLUDES ...1 Dress Code TCDC LEO	\$50.00. INCLUDES ...1 TCDC HIP HOP Dress Code Shirt.		
		TECHNICAL LEVELS MUSICAL THEATRE AND BOYZ	HIP HOP		
DRESS CODE for CLASS REQUIRED.. no others accepted. Shorts ok if SOLID BLACK OR TCDC Designers.	HAIR: IN ALL CLASSES, HAIR IS TO BE TIED BACK SLICK INTO EITHER A PONYTAIL OR BUN FOR ALL LEVELS.	Girls: Dress Code TCDC LEO Boys: Black SWEAT PANTS, TCDC shirt. BALLET TECH: Girls: BLACK SOLID Leo, pink tights. NO SHORTS OR PANTS Boys Ballet: Black fitted pants, white tank	Girls: Black SWEAT PANTS FOR PERFORMANCES, TCDC LEO, TCDC BOY CUT SHORTS CAN BE USED IN CLASS. Black crew socks. Boys: Black SWEAT PANTS FOR PERFORMANCES, TCDC BOY CUT SHORTS CAN BE USED IN CLASS , TCDC Hip Hop shirt, Black crew socks.		
PRACTICE/ PRACTICE VIDEOS		<ul style="list-style-type: none">❖ Company students are REQUIRED TO PRACTICE AT LEAST 30 minutes per day on off days.<ul style="list-style-type: none"><u>Students</u> may record their choreography as they are REQUIRED to practice at home.Videos or ZOOM Classes are never to be shared with or in the presence of students other than those on their team,Videos are never to be shared on social media without written consent of our Director, Ms.Toni.			

SOLOS




Choreo Fee: \$300.
for in-studio
choreographers.
Outside
choreographers
are paid at their
own rates.
Monthly Tuit: \$95.
*NO INCREASE
AGAIN 3 YEARS
IN A ROW!!!

- Solos begin with a Choreography Fee **due of \$300.00 upon acceptance for in-studio choreographers. Outside choreographers are paid at their own rates.** Classes will meet as scheduled to complete the choreography during the months of August and September. It is the choreographer's responsibility to have all choreography done by the first week in October unless otherwise discussed between Ms. Toni, the choreographer and the student's parent. **Should there be any concerns, it is the PARENT'S RESPONSIBILITY TO CONTACT MS. TONI directly at truecrew.mstoni@gmail.com**
- Following the Choreography Fees, Regular monthly tuition for the Solos is **\$95.00 per month** --- beginning with the **OCTOBER** TUITION PAYMENT
- The Director will meet with the Choreographers/Instructors following Auditions to compile a list of students that they wish to offer a solo/ semi/ duet / private small group slots to.
- Students will be advised of the specific Genre they are being offered.
- Once students confirm acceptance, the Director/Choreographer/instructor will advise the student(s) as to the **MUSIC** they have chosen or if the students will be granted the opportunity to share 3 requests.
- All final decisions are made by Ms. Toni, the Director.
- You are **REQUIRED TO BE TAKING the weekly LEVELED CLASS** in the Genre of the solo, unless other arrangements have been made with the Director for an additional SOLO time slot.
- ❖ All solos will be required to exchange phone numbers and emails. **Should a solo student drop from their routine at any point during the season, they will still be responsible for any costs or expenses that the studio may have or may need to incur. Further, no refunds will be given for any reason.**
- ❖ **Missed session will not be rescheduled, refunded or prorated.--UNLESS A SUITABLE SCHEDULE SWITCH TIME CAN BE ARRANGED AS EXPLAINED BELOW.**
- ❖ If the instructor has to cancel the session, it will be rescheduled.
- ❖ **If a scheduled absence is necessary:**
 - **Parents must contact** another soloist/duet/semi/private small group and try to work out a schedule change
 - When **confirmed with all involved**, the parent requesting the change must email Ms. Toni at truecrew.info@gmail.com
 - Any change request must be received at **LEAST 24 HOURS PRIOR** to the slot change.
- Any/all choreography taught by a TCDC faculty or agent remains TCDC property
- ❖ Choreography is the creative workmanship of TCDC. **Should PROPS be needed or used, it is the STUDENT/PARENTS RESPONSIBILITY to transport same to any events.**
- ❖ Dancers are not to share, show or post choreography for anyone outside the studio,
- ❖ Written consent of TCDC's Director, must be obtained to use, share or post beyond the studio.

DUET/TRIOS

Choreo Fee:
\$150.00 per
student for in-
studio
choreographers.
Outside
choreographers
are paid at their
own rates.
Monthly Tuit: \$65.
per student
***NO INCREASE
AGAIN!

- Duet/Trio begins with a Choreography Fee **due of \$150.00 per student upon acceptance for in-studio choreographers. Outside choreographers are paid at their own rates.** Classes will meet as scheduled to complete the choreography during the months of August and September. It is the choreographer's responsibility to have all choreography done by the first week in October unless otherwise discussed between Ms. Toni, the choreographer and the parent. **Should there be any concerns, it is the PARENT'S RESPONSIBILITY TO CONTACT MS. TONI directly at truecrew.info@gmail.com**
- Following the Choreography Fees, Regular monthly tuition for the Duet/Trio is **\$65.00 per month** --- beginning with the **OCTOBER** TUITION PAYMENT
- The Director will meet with the Choreographers/Instructors following Auditions to compile a list of student(s) that they wish to offer a duet/trio to
- Students will be advised of the specific Genre they are being offered.
- Once students confirm acceptance, the Director/Choreographer/instructor will advise the student(s) as to the **MUSIC** They have chosen or if the students will be granted the opportunity to share 3 requests.
- All final decisions are made by Ms. Toni, the Director.
- You are **REQUIRED TO BE TAKING the weekly LEVELED CLASS** in the Genre of the solo, unless other arrangements have been made with the Director for an additional time slot.
- All duet/trios will be required to exchange phone numbers and emails. **Should a duet/trio student drop from the routine at any point during the season, the student dropping the routine will be responsible for any additional costs that their other partners may need to incur. Further, no refunds will be given for any reason.**
- ❖ Missed session will not be rescheduled, refunded or prorated.
- ❖ If the instructor has to cancel the session, it will be rescheduled.
- ❖ **If a scheduled absence is necessary:**
 - **Parents must contact** another soloist/duet/semi/private small group and try to work out a schedule change
 - When **confirmed with all involved**, the parent requesting the change must email Ms. Toni at truecrew.info@gmail.com
 - Any change request must be received at **LEAST 24 HOURS PRIOR** to the slot change.
- Any/all choreography taught by a TCDC employee or agent remains TCDC property
- ❖ Choreography is the creative workmanship of TCDC. **Should PROPS be needed or used, it is the STUDENT/PARENTS RESPONSIBILITY to transport same to any events.**
- ❖ Dancers are not to share, show or post choreography for anyone outside the studio,
- ❖ Written consent of TCDC's Director, must be obtained to use, share or post beyond the studio.

	TECHNICAL LEVELS MINI THROUGH SR., AND BOYZ		HIP HOP	TAP	MUSICAL THEATRE		
SHOES: COMP-- HAND IN	**NEW STUDENTS WILL NEED TO PURCHASE 2 SEPARATE PAIRS OF SHOES.... 1 FOR EVERY DAY USE IN THE STUDIO THEY ARE BLACK AND..... 1 FOR COMPETITION ONLY--SKIN TONE--MAY NEED TO BE PAINTED. PLACE THEIR NAMES IN THE SHOES AND HAND INTO MS. TONI TO HOLD UNTIL THE WEEK BEFORE THE COMPETITION. IN THIS WAY, SHOES WILL ALL BE NEW AND COMPETITION READY. ALL COMPETITION SHOES MUST BE HANDED IN BY DECEMBER 1, 2024.						
REQUIRED SHOES: MAKE SURE TO ORDER CORRECT COLOR / SIZE ORDER AS SPECIFIED.... through Link provided, @studio or purchase through Jane's in Stuart.	<p>\$40.00 - Up Ballet/Lyrical/Contemporary w/Link</p> <p>\$30.-Up Mini/Pet Ballet @ Studio</p> <p>\$40.-Up Mini/Pet Jazz @ Studio</p> <p>\$55.-Up All Levels Tap @ Studio</p> <p>\$45.-Up Hip Hop w/Link</p> <p>\$50.-Up Lev 2 & Up Jazz/Musical Theat. w/Link</p> <p>Make sure to input the correct color and size when Ordering. Also costs may be changed at any time.</p>	<p><u>MINI & PETITE Ballet:</u></p> <p>Split Sole Ballet:</p> <p>PURCHASE through STUDIO NO Ties.</p> <p><u>MINI & PETITE Jazz:</u></p> <p>Slip on BLACK Jazz</p> <p>-STUDIO PRACTICE PURCHASE through STUDIO</p> <p><u>Mini & Petite Tap:</u> Slip on Black PURCHASE through STUDIO NO Ties.</p>	<p><u>JR. & UP BALLET:</u></p> <p>LIGHT BALLE PINK:</p> <p>https://amzn.to/3iOoVF0.</p> <p>CAPEZIO FREEFORM FF01 BALLET</p>	<p><u>ALL Hip Hop:</u> FOR CLASS PRACTICE....</p> <p>COMPETITION SHOES MAY BE REQUIRED TO BE PURCHASED SEPARATELY TO MATCH THE COSTUMES.</p> <p>Nike Tanjun BLACK with white stripes and white sole Sneakers ORDER:</p> <p>Kids: https://amzn.to/3rxFNnF</p> <p>Mens : https://amzn.to/3y6ZKnK</p> <p>Ladies: https://amzn.to/3y3UAc2</p> <p>OR SOLID BLACK/WHITE SOLE SNEAKERS THAT LOOK THE SAME & PAINT A SWOOP</p> <p>-----</p> <p>Sweat Pants. BLACK PANTS ORDER :</p> <p>GIRLS: https://a.co/d/7wf5ThQ WOMEN: https://a.co/d/bC7fvWY</p> <p>- BOYS: https://a.co/d/az4L6PN MENS: https://a.co/d/3WvZXTV</p> <p>SOLID BLACK FLEECE JOGGERS WITH RIBBED CUFFS</p>	<p><u>Tap:</u></p> <p>All Levels: Black Full sole PURCHASE through STUDIO</p>	<p><u>JR..& UP MUSICAL THEATRE :</u> CAPEZIO FREEFORM FF01</p> <p>BLACK for studio/SKIN for Comp Same as ballet just in specified colors---NO HEEL</p>	
		<p><u>PETITE: CONTEMPORARY/MODERN:</u></p> <p>Capezio Women's Hanami Pirouette Ballet</p> <p>SKINTONE: : .</p> <p>CAPEZIO FREEFORM FF01 BALLET</p>	<p><u>CONTEMPORARY/LYRICAL/MODERN:</u></p> <p>Capezio Women's Hanami Pirouette Ballet</p> <p>SKINTONE: : - https://a.co/d/2wHbcXh</p>				
				<p><u>JR & UP, JAZZ/MUSICAL THEATRE :</u> CAPEZIO FREEFORM FF01</p> <p>SAME AS ABOVE NO HEEL</p> <p>BLACK for studio/SKIN TONE for Comp</p>			
				<p><u>POINTE:</u> Foot preference/width OBTAINED ON OWN-- Jane's in Stuart.</p>	  		

TECHNICAL LEVELS MINI, PETITE, JR., TEEN, SR. AND BOYZ
ITEMS FOR HOMEWORK & IN CLASS: SPECIFIC COLORS ARE REQUIRED FOR IN
 CLASS.. no others accepted.

<p align="center">CLASS ITEMS: PETITE - SR. CO.</p>	<p align="center"><u>NEED BY AUG. 19 CLASS.</u> \$15.00 & Up. -2 Blocks \$20. & Up. Approx. Band. <i>Make sure to input the correct color and size when Ordering. Costs may change at any time.</i></p>	<p>Stretch: (Purchased on own AMAZON with info & REQUIRED COLOR) (1) 2 Stretch Blocks 9 x 6 x 4 BLUE w/strap (2-PC Yoga Block, 9"x6"x4" - High Density EVA Foam Block to Support and Deepen Poses, Improve Strength and Aid Balance and Flexibility - Lightweight, Odor Resistant(Blue) ORDER: https://amzn.to/3x0gbB2 (2) PLUM Stretch Band SKY BLUE The PlumBand Stretch Band for Dance and Ballet – Colors and Sizes for Kids & Adults – Improve Your Splits, Strength, and Flexibility with Stretching (SKY BLUE, Small) by The Plum Co. ORDER: https://amzn.to/2HmQyDE</p> <div data-bbox="1145 835 1397 1075" data-label="Image"> </div> <div data-bbox="1676 877 1840 1024" data-label="Image"> </div>
<p align="center">PETITE - SR. CO.</p>	<p align="center"><u>NEED BY AUG. 19 CLASS.</u> \$20. & Up. Approx. by Weight. <i>Make sure to input the correct and size when Ordering. Costs may change at any time.</i></p>	<p>Jumps & Turns: (Purchased on own AMAZON with info & REQUIRED LBS) Ankle/Wrist Weights GREY @ level, Ankle/Wrist Weights (1 Pair) for Women, Men and Kids - Fully Adjustable Weight for Arm, Hand & Leg - Best for Walking, Jogging, Gymnastics, Aerobics - 1 Year Warranty (Sleek Grey, (x2)) by Nordic Quality ORDER: https://amzn.to/2YwikDt</p> <div data-bbox="1610 1381 1743 1507" data-label="Image"> </div>
<p align="center">HOMEWORK ITEMS:</p>	<p align="center"><u>PURCHASED ON OWN THROUGH</u> <u>AMAZON LINK PROVIDED--</u> <u>NEED BY AUG. 19TH.</u> <i>Make sure to input the correct color and size when Ordering. Costs may change at any time.</i></p>	<p>Progressive Ballet: (Purchased on own with info & REQUIRED COLOR) (1) Theraband BLUE & BLACK https://amzn.to/2WoJPSh (2), Fit Ball according to height, BLUE https://amzn.to/3AI9h5p (3) Fusion Ball BLUE https://amzn.to/3eQkDft https://amzn.to/37bgWwt</p> <div data-bbox="1123 1759 1278 1852" data-label="Image"> </div> <div data-bbox="1322 1738 1464 1873" data-label="Image"> </div> <div data-bbox="1464 1738 1574 1873" data-label="Image"> </div> <div data-bbox="1698 1759 1818 1843" data-label="Image"> </div>

	TECHNICAL LEVELS MINI-SR, HIP HOP, MUSICAL THEATRE AND BOYZ					
REQUIRED COMPANY ITEMS:	<u>OBTAINED THROUGH STUDIO--</u>		<u>PAID BY 9/1</u>			
prices may change these were prices as of 4/1/24	\$150.00 ALL: CO. Jacket w/name		***Family Members may purchase Jackets or Jerseys as well. EXAMPLE: <i>TONI'S MOM, TONI'S DAD, TONI'S GRANDMA,TONI'S POP</i>			
	\$85.00 GIRLS: CO. New Jazzy Leggings		\$55.00 ALL: CO. Costume Bag	\$15.00 GIRLS: CO. Earrings	\$15.00 GIRLS: CO. Pony	\$15.00 GIRLS: CO. Barrettes
	\$85.00 BOYZ: Performance Jersey		\$80.00 ALL: CO. Duffle w/name	\$10.00 ALL: CO. Production Box	\$15.00 ALL: CO. Window Decal	
	\$440. GIRLS / \$395.00 BOYZ due by 9/15					
	\$50.00 GIRLS: COMPANY LEOTARD --first included with registration, additional ones can be purchased. BOYS received COMPANY TANK with Registration.					
OPTIONAL ITEMS:	Scrunchie \$10.	Crop v neck shirt \$50.00	Back Pack \$80.00	Sports Bra \$55.00	Black Pocket shorts \$60.00	Hi-waisted pocket legns \$85.00
	Mask \$10.00	Original Jazz Shorts \$60.00	PJ Pants \$65.00	Original Evol. Skort \$60.00	Practice Shorts w/logo \$50.00	Performance Legns w/net \$85.00
	Slides \$60.00	New Pro fit Shorts \$60.00	Black Tank \$45.00	New Onxy Skort \$60.00	Original 2 pan Legns \$85.00	Capri Legns \$80.00
	New Perf. Pullover long sleeve \$60.00		Windbreaker \$150.00	Cropped hoodie \$70.00	Street skinny Sweats \$55.00	Joggers \$95.00
ADDTL. REQD. COMPANY ITEMS:	ORDERED ON OWN WITH LINK <u>BY 9/1 MINI - SR.</u> GIRLS IN CO.					
MAKEUP: ORDERED ON OWN WITH LINK <u>NO LATER THAN 9/1</u>	EYES:	GIRLS: Must be ordered by 9/1 BLACK MASCARA & BLACK EYE LINER: your brand choice ----- EYE SHADOW ORDER: Color: STONE COLD FOX EYESHADOW PALETTE https://www.ulta.com/p/stone-cold-fox-eyeshadow-palette-pimprod2023529?sku=2579656	LIPS:	GIRLS: Must be ordered by 9/1 your brand choice USE COLOR SUGGESTED: Color: POINEER https://www.ulta.com/p/superstay-matte-ink-liquid-lipstick-xlslmpprod16211185 Color: Beso https://www.ulta.com/p/stay-all-day-liquid-lipstick-xlslmpprod4930039 Color: 400 Boss https://www.ulta.com/p/matte-lip-kit-pimprod2026503	ALL MAKEUP MUST BE PERSONALLY ORDERED & RECEIVED BY OCT. 1, 2024 <u>AS COLORS MAY BE SEASONAL.</u> FOR THE HEALTH AND SAFETY OF ALL STUDENTS--- MAKEUP NEEDS TO BE REPLACED AT LEAST EVERY YEAR AND SHOULD NEVER BE SHARED.	
	CHEEKS:	COLOR PREFERENCE ACCORDING TO SKIN TONE. https://www.ulta.com/p/pressed-powder-blush-pimprod2038305?sku=2609262				
TIGHTS: ***HAND IN --if deemed necessary to wear	STUDENTS WILL NEED TO PURCHASE COMPETITION TIGHTS--(AT LEAST 3 PAIRS FOR EACH COMPETITION), PLACE THEIR NAMES ON THE PACKETS AND HAND INTO MS. TONI TO HOLD UNTIL THE WEEK BEFORE THE COMPETITION IN THEIR CUBBY. IN THIS WAY, TIGHTS WILL ALL BE NEW AND COMPETITION READY. ALL TIGHTS MUST BE ORDERED AND HANDED IN BY DECEMBER 15, 2023.					
TIGHTS: YOUR Skintone	\$15.00 & UP COMPETITION Convertible TIGHTS SKINTONE	Girls: Tights Light Suntan (unless diff skin tone) Kids: ORDER: https://amzn.to/2EPAGbj Adult: ORDER: https://amzn.to/2ljcSO5	Girls: Tights Light Suntan (unless diff skin tone) Kids: ORDER: https://amzn.to/2EPAGbj	Girls: Tights Light Suntan (unless diff skin tone) Kids: ORDER: https://amzn.to/2EPAGbj Adult: ORDER: https://amzn.to/2ljcSO5	Girls: Tights Light Suntan (unless diff skin tone) Kids: ORDER: https://amzn.to/2EPAGbj Adult: ORDER: https://amzn.to/2ljcSO5	Girls: Tights Light Suntan (unless diff skin tone) Kids: ORDER: https://amzn.to/2EPAGbj Adult: ORDER: https://amzn.to/2ljcSO5
TIGHTS: Black--IF ADVISED	\$15.00 & UP COMPETITION BLACK TIGHTS WHEN NEEDED	Girls: Tights BLACK Kids: ORDER: https://amzn.to/3fb2lFZ Adult: ORDER: https://amzn.to/36VL2DZ	Girls: Tights BLACK Kids: ORDER: https://amzn.to/3fb2lFZ	Girls: Tights BLACK Kids: ORDER: https://amzn.to/3fb2lFZ Adult: ORDER: https://amzn.to/36VL2DZ	Girls: Tights BLACK Kids: ORDER: https://amzn.to/3fb2lFZ Adult: ORDER: https://amzn.to/36VL2DZ	Girls: Tights BLACK Kids: ORDER: https://amzn.to/3fb2lFZ Adult: ORDER: https://amzn.to/36VL2DZ
	STUDENTS WISHING TO HAVE EXTRA FOR EMERGENCY---ABSOLUTELY SUGGESTED					
	Small is for Minis and Petites Large is for all other levels.	MINIS AND PETITE	JR, TEEN & SR.	MINIS AND PETITE	JR, TEEN & SR.	
EARRINGS:	\$15 & Up EARRINGS AB: thru Glamour Goddess ER104ZS Small ER105ZS Sm Clip ER117ZS Large ER118ZS Lg Clip	EARRINGS AB SMALLER SIZE: https://www.glamourgoddessjewelry.com/store/11mm-rhinestone-dance-earrings-crystal-ab-pierced	EARRINGS AB LARGER SIZE: https://www.glamourgoddessjewelry.com/store/15mm-rhinestone-dance-earrings-crystal-ab-pierced1	CLIP EARRINGS AB SMALLER SIZE: https://www.glamourgoddessjewelry.com/store/11mm-rhinestone-dance-earrings-crystal-ab-clip-on	CLIP EARRINGS AB LARGER SIZE: https://www.glamourgoddessjewelry.com/store/15mm-rhinestone-dance-earrings-crystal-ab-clip-on1	
PONY:	\$15. & Up . RHINESTONE PONYTAIL AB thru Glamour Goddess PE503ZS Small PE534ZS Large	Girls: Ponytail holder Smaller one AB. https://www.glamourgoddessjewelry.com/store/crystal-ab-small-wrap-around-rhinestone-ponytail-holder	Girls: Ponytail holder Larger Size AB. https://www.glamourgoddessjewelry.com/store/crystal-ab-large-wrap-around-rhinestone-ponytail-holder			
BARRETTES:	\$15. & Up. RHINESTONE BARRETTES AB thru Glamour Goddess NEED 2 BARRETTES HA414ZS	https://www.glamourgoddessjewelry.com/store/bubbly-rhinestone-bobby-pin-barrette-crystal-ab	https://www.glamourgoddessjewelry.com/store/bubbly-rhinestone-bobby-pin-barrette-crystal-ab			

<u>RECITAL PACKAGE/ITEMS</u>	Choose Your Package: <i>(NOTE: Company Students' COSTUMES AND TIGHTS are NOT INCLUDED IN Recital Packages as the rates for the costumes are different and specified on the Costume page.</i>	
COMPANY RECITAL ROYAL PACKAGE... ***Company packages do not include costumes.	\$140.00	<ul style="list-style-type: none">* ROYAL PACKAGE: Discount Deal: Girls & Boys: \$140.00 includes<ul style="list-style-type: none">- Payment: Due by Feb. 1- 1 Commemorative Recital T-Shirt with Name and -1 Commemorative Recital Participation Trophy- 1 Photography Individual Session with all digital photos and classes included and -1 Recital Video
COMPANY RECITAL/ PHOTO PACKAGE ***Company packages do not include costumes.	\$95.00	<ul style="list-style-type: none">• RECITAL/PHOTO PACKAGE: Discount Deal: Girls & Boys: \$95.00 includes<ul style="list-style-type: none">- Payment: Due by Feb. 1- 1 Commemorative Recital T-Shirt with Name and -1 Commemorative Recital Participation Trophy- 1 Photography Individual Session with all digital photos and classes included
RECITAL/VIDEO PACKAGE ***Company packages do not include costumes.	\$95.00	<ul style="list-style-type: none">• RECITAL/VIDEO PACKAGE: Discount Deal: Girls & Boys: \$95.00<ul style="list-style-type: none">- Payment: Due by Feb. 1- 1 Commemorative Recital T-Shirt with Name and -1 Commemorative Recital Participation Trophy- 1 Recital Video
RECITAL PACKAGE ONLY	\$55.00	<ul style="list-style-type: none">• RECITAL Package only: Girls & Boys: \$55.00<ul style="list-style-type: none">- Payment: Due by Feb. 1- 1 Commemorative Recital T-Shirt with Name and -1 Commemorative Recital Participation Trophy
ADDITIONAL CLASS COSTUMES	dependent on the Co. class as stated below	STUDENTS PARTICIPATING IN MORE THAN 1 CLASS: Each additional costume is dependent upon the company class as stated below.
PHOTO SITTING***	\$70.00	***IF Purchased separate of package.
VIDEO***	\$70.00	***IF Purchased separate of package.

	TECHNICAL LEVELS <u>MINIS THROUGH SENIORS</u> HIP HOP, MUSICAL THEATRE AND BOYZ	
COSTUMES:	\$100.00 - \$200. per Costume/Depends on Class Solos and Duet/trios may be more.	
	<ul style="list-style-type: none">○ Judges look at the overall appearance; body type, costumes, accessories, hair and makeup.○ Judges can deduct points from dancers not well-groomed and identical to each other.○ All dancers group costumes must be exactly the same to create the proper image.○ All accessories must be the same and worn by all the dancers in the routine.○ Beginning 2020 glasses can no longer be worn for performances and competitions. Students must be able to perform without glasses or contacts will be necessary.○ Competition costumes are ordered in the Fall, allowing adequate time for alternations.○ Parent is responsible for any necessary alterations at their own cost.○ If you ever have questions regarding costume alterations, ASK FIRST!○ Each company member is responsible for the care and storage of his/her costumes.○ Write your name in a discreet spot in your costumes and on all accessories.○ Students who misplace a costume and/or an accessory, must purchase a replacement.<ul style="list-style-type: none">○ If a replacement is not available, an alternate will be needed by ALL members.○ In this case, expenses for ALL will be paid by the student who lost the item.	<ul style="list-style-type: none">○ Dancers needing to wear undergarments/bra/dance belt must wear a nude colored item, bra with NO STRAPS VISIBLE.○ Only thong/no seam nude underwear is permitted for class, performances, conventions, competitions.○ Undergarments cannot be seen, as it can result in competitive deductions.○ Absolutely NO nail polish may be worn when performing/competing on fingers/toes. Students are NEVER to EAT or DRINK WITHOUT a RAINCOAT over costume. Only exception is Water.➤ There is a possibility of the studio contracting with a personal costume seamstress.➤ If that does occur you will be advised of any necessary changes.➤ This is dependent upon the price per personalized costume.
HAIR/MAKEUP:	<ul style="list-style-type: none">○ All female company members must wear their hair as instructed for all classes and events.○ ABSOLUTELY NO UNNATURAL HAIR COLOR IS ACCEPTABLE AT COMPETITION OR PERFORMANCES, unless it is part of a costume or is covered for performances/competitions etc.○ FEMALES: Hair MUST BE LONG ENOUGH for ALL HAIR to be pulled back into a SLICK BUN WITH MIDDLE PART. If hair is not long enough to have a bun, an attachment bun MUST BE PURCHASED and is the parent/students responsibility to be properly attached and worn as necessary.○ There are to be absolutely NO fly-aways and/or frizzy hair showing. ALL MUST BE SLICK AND SHINY OR AS DIRECTED.○ All hair must be slicked back and controlled with gel and hairspray.○ No bangs may be worn.○ All female company members must wear the Company Required make-up.○ New replacement make-up MUST BE ordered EVERY YEAR FOR HEALTH PURPOSES.	
NAILS:	<ul style="list-style-type: none">○ ABSOLUTELY NO COLOR NAIL POLISH IS ACCEPTABLE AT COMPETITION OR PERFORMANCES, unless it is part of a costume or is covered for performances/competitions etc. CLEAR NAIL POLISH IS THE ONLY POLISH PERMITTED ON NAILS AND TOENAILS.	
ADDITIONAL USEFUL ITEMS	<ul style="list-style-type: none">○ Extra tights○ Clear nail polish (for fixing a run at the BASE/FOOT of the tights)○ Prior year make-up bag complete with all competition required make-up, just in case○ Double-sided tape○ A clear rain poncho to wear if students want to eat or drink○ Light (NON-greasy/fried/sugar-free) NUTRITION/WHOLE FOOD SNACKS to maintain energy A LIST OF ACCEPTABLE ITEMS WILL BE PROVIDED—NO OTHER ITEMS MAY BE BROUGHT TO THE COMPETITIONS OR INTO THE STUDIO AND ABSOLUTELY NO PEANUTS OR NUT BASED PRODUCTS DUE TO ALLERGIES.	<p>Sewing kit with thread to match costumes</p> <p>A basic first-aid kit, DEFINITELY ...band aids</p> <p>All hair essentials (brush, hair spray, gel, hair ties, bobby pins)</p> <p>Small mesh laundry hamper for costumes after performances are over</p> <p>Small water bottles</p>
	TECHNICAL LEVELS <u>MINIS, THROUGH SRS.</u> , HIP HOP, MUSICAL THEATRE AND BOYZ	
CONVENTION/WORKSHOPS :	\$300.00 & Up depends on Year's rates	1 OFF-SITE FULL WEEKEND REQUIRED convention \$300.00 & Up Additional conventions both off-site and at the studio will be offered through the season.
Dress Code at Convention	<ul style="list-style-type: none">❖ Dancers are always required to be appropriately dressed in their designer TCDC items: Leotard, Jersey for boys, leggings. May wear, Company shorts, tank, headband,any of the additional company items with our logo etc.❖ Dancers are required to have proper dance shoes for all workshops/conventions.❖ Dancers and parents are representative of True Crew Dance Company while attending any workshop or event, and your cooperation and respectful conduct is expected.	

		TECHNICAL LEVELS MINIS - THROUGH SENIORS., HIP HOP, MUSICAL THEATRE AND BOYZ					
COMPETITIONS:		2024-2025 Season \$150.00 Competitive Administrative/Instructor Fee, per student, NOT ROUTINE.					
		ALL DANCERS ARE REQUIRED TO ARRIVE 2 HOURS PRIOR TO THEIR SCHEDULED COMPETITION TIME (OR WHEN 2 HOURS IS BEFORE DOOR OPENING, THEN OBVIOUSLY, THEY SHOULD ARRIVE AT DOOR OPENING, READY IN HAIR AND COSTUME. FURTHER, ALL STUDENTS ARE REQUIRED TO STAY AND SUPPORT ON THE DAYS THAT THEY ARE COMPETING. REFER TO SUPPORT PAGE 17 ON THIS HANDBOOK FOR REQUIRED TIME LINES TO STAY AT COMPETITION PER TEAM.					
TEAM SUPPORT CREW REQUIREMENT:		<p>NEW: 2024-2025 SEASON: ALL COMPANY STUDENTS who are scheduled to compete, be at the venue on their specified scheduled days and stay through their AWARDS CEREMONY will ALSO BE REQUIRED to STAY TO SUPPORT ANY/ALL OTHER COMPANY MEMBERS THAT ARE COMPETING ON THAT SPECIFIC DAY.</p> <p>REQUIRED SUPPORT ARRIVAL TIME BEGINS from the time that the student is required to be there for their OWN ROUTINES and UNTIL THE FINAL AWARDS CEREMONY of the other students competing that day or until their SPECIFIED "LEAVE FOR APPROPRIATE NEEDED BED/REST TIME" LISTED BELOW. Students will be signed out from the Chaperone Team Parent at that time. Students will only be required to support UNTIL their SIGN OUT TIME LISTED BELOW to leave for their APPROPRIATE NEEDED BED/REST TIME in order to get enough rest for the following day. REQUIRED SIGN OUT TIMES ARE LISTED BELOW:</p> <p>MINI CO. will be required to stay for supporting purposes until 6 pm; JR. CO. will be required to stay for supporting purposes until 8 pm; WHEN A COMPETITION GOES PAST 9:00 PM THE ONLY COMPANY MEMBERS THAT NEED TO STAY ARE THOSE EITHER COMPETING OR WAITING ON AWARDS.</p> <p>When the Competition Schedule is handed out, there will also be a LUNCH and/or DINNER time provided for those students who are just at the competition AS SUPPORT CREW! During that time and THAT TIME ONLY, parents will drop off or have the appropriate HEALTHY REQUIRED MEAL dropped off to their student and the Team Chaperone for the Supporting Student to be able to eat. IT IS NECESSARY THAT THE MEAL BE RECEIVED ON TIME AND IS NOT LATE, as if it is late, the supporting student may not have the opportunity to eat. Supporting students will eat as a group with their Chaperone and then go back into the Venue with the Chaperone to Support. ***Healthy Appropriate Snacks will be with the Chaperone as the Snack Volunteer will be providing same for snacks, NOT LUNCH OR DINNER.</p>					
COMPETITION FEES & # OF GROUP COMPS. PER LEVEL REQUIRED: As long as Competition rates do not change FROM 2023		Groups: \$80.00 & Up per student/routine for Regionals, \$90.00 & Up per student/routines for Nationals	MINI CO. Routines : LV 1 ***permitted to compete 5 routines total 2 REQUIRED REGIONAL per routine, & Production 1 REQUIRED NATIONAL per routine, 1 POSSIBLE WORLDS- ODD YR	PETITE CO. Routine : LV 1 ***permitted to compete 5 routines total 3 REQUIRED REGIONAL per routine & Production 1 REQUIRED NATIONAL per routine, 1 POSSIBLE WORLDS -ODD YR	JR CO. or any MIX OF PETITE/JR Co. Routine : LV 2 3 REQUIRED REGIONAL per routine & Production 1 REQUIRED NATIONAL per routine, 1 POSSIBLE WORLDS -ODD YR	TEEN CO. or ANY MIX OF TEEN/SR Co. Routine : LV 2 4 REQUIRED REGIONAL per routine & Production 1 REQUIRED NATIONAL per routine, 1 POSSIBLE WORLDS- ODD YR	SR. CO. or ANY MIX OF TEEN/SR Co. Routine : LV 2 4 REQUIRED REGIONAL per routine & Production 1 REQUIRED NATIONAL per routine, 1 POSSIBLE WORLDS -ODD YR
		SHOULD A PARTICULAR TEAM WISH TO ADD AN ADDITIONAL COMPETITION/S, THAT AN OLDER TEAM IS ATTENDING, YOU NEED TO DISCUSS IT WITH YOUR ENTIRE TEAM FIRST. ONCE EVERYONE HAS AGREED TO ADD THE COMPETITION/S, THE TEAM MOM SHOULD THEN BRING IT TO THE ATTENTION OF MS. TONI TO MAKE SAID ARRANGEMENTS. THIS IS SOMETHING THAT SHOULD BE DISCUSSED AT THE BEGINNING OF THE SEASON, AS COMPETITION SPACE IS LIMITED AND MAY NOT BE ABLE TO BE ADDED AT A LATER DATE.					
SOLOS/DUETS/ TRIOS are REQUIRED to compete in the Regionals their Team Level Competes at and 1 National. They can choose to attend more however.		Solos: Regional: \$150.00 & Up per solo per routine, If Title add \$60 & Up (Int/Adv. Only) , Nationals \$190.00 & Up If Title add \$70 & Up (Int/Adv. Only) sometimes rates are different.	Duet/Trios: Regional: \$85.00 & Up per student/routine Nationals: \$95.00 & Up per student/routine				<div>COMPETITION/ CONVENTION SCHEDULE TO BE PROVIDED BY AUG. 1</div>
Competition Media Fees: ***		\$50.00 & Up	***Competitions require a Media Fee, however, for the fee you receive ALL PHOTOS AND VIDEOS of the routines your child is in.				
REGIONALS		Most Regional Competition locations are in Orlando, For Meyers, Lakeland, Tampa, Fort Lauderdale areas. Other locations are possible. For Regionals we will try to stay within a 3 - 4 hour travel time one way.					
NATIONALS Outside FL EVEN YEARS ONLY		We will begin to project to travel out of the State for Nationals during EVEN YEARS starting 2024. During those EVEN YEARS years we will not plan to go to Worlds unless a group specifically asks to and all agree. Therefore, CUTTING BACK COMPETITIONS COSTS TO ONLY Nationals ON EVEN YEARS, not Nationals and Worlds.					
WORLD DANCE CHAMPIONSHIPS FEES DUE BY 5/1 ODD YEARS ONLY unless requested by an entire team receiving a GOLDEN TICKET.		<p>➤ WORLD DANCE CHAMPIONSHIPS: If a golden ticket is received, the routine WILL COMPETE DURING ODD YEARS. EX. 2023 You are COMMITTING TO PARTICIPATE AT TIME OF SIGNING THIS COMPANY CONTRACT. The only exception would be a person advising AT THE SIGNING OF THIS CONTRACT that they are moving at the end of the season OR a GRADUATING SENIOR. (As sometimes, Senior students leave for college.) It is for this reason that ALTERNATE MEMBERS WILL BE ASSIGNED TO EVERY TEAM AND WILL STEP IN ON ANY AND ALL GROUP ROUTINES the "Moving Dancer, GRADUATING SENIOR" participate in. Any student not completing their Season or attending Worlds, if their group obtains a GOLDEN TICKET, will not be permitted to re-audition the following year.</p> <p>All students competing must arrive no later than 2 days before their scheduled performance as we schedule practices for the ENTIRE TEAM he day before and to alleviate any possibility of a team being disqualified for not having their entire team. Students who receive Final Five status are REQUIRED by this Contract to Remain and Compete throughout the Final Awards Ceremony, so as NOT to jeopardize their entire team.</p> <p><input type="checkbox"/> Worlds is an Invitation Only Competition held in NJ July/Aug. if we get a GOLDEN TICKET...the ENTIRE GROUP that receives the TICKET is REQUIRED TO ATTEND if decided upon by the Director/ Choreographer/Instructor.</p> <ul style="list-style-type: none">As this is by invitation only, it is not projected into our budget and families are HEAVILY SUGGESTED TO begin a “World’s saving jar” at the beginning of the season.Try accumulating travel points and accommodation points throughout the year...We have had our Boyz Co. invited in 2015, 2016, 2017, 2018!!!!We have had our full Production group as well as 2 small groups invited in 2017, 2018, 2019, 2021, 2022, 2023, 2024!!!We had both small and large groups in 2017, 2018, 2019, 2021, 2022, 2023, 2024!!!TRUE CREW was awarded a WORLD CHAMPIONS in 2018!When groups get invited, students and some teams begin immediately individual fundraising, as well as seeking business sponsors to help with team expenses.Normal cost PER student and/or family member attending is approximately \$1,000.00 & Up-- which normally covers air travel and hotel for the duration. Competition fees must also be paid. <p>***All WORLD’S fees FOR COMPETING must be paid IN FULL by 5/1 OF THE YEAR COMPETING IN.</p>					

AWARDS
RECEIVED AT
COMPETITIONS

- ❖ Students are to remain on stage for the ENTIRE scheduled Awards Ceremony they are included in, **and wait on stage for photos following the awards. UNLESS otherwise directed by Ms. Toni.** Group/Duet/Trio Trophies received at competitions will remain the property of TCDC. Group/Duet/Trio Trophies will be put on display. Soloists are asked to display any Trophies, the week they return and then take them home. Any monies awarded a TCDC competition duet/trio/group will become the property of TCDC. Solo entries will retain 100% of their winnings, being credited in the manner below. 1) Any winnings earned is posted as a credit to the student's account for future competition, 2) Winnings are normally not received in cash so they are not paid to the dancer or True Crew as a check, cash, or other funds. 3) Winnings/ Certificates are used at the following seasons Competition with True Crew only as that was the choreography won under. Dancers must be present at the awards for their

COMPETITION/
PERFORMANCE/
WORKSHOP
INFORMATION
RULES &
ETIQUETTE

- ACCOMMODATIONS/TRAVEL:** (1) You will be advised of host hotels, locations etc. (2) You are to book your own reservations and be responsible for same, (3) You are responsible for supervision of your own child. Hotels are suggested not required, you may stay where you wish. We just try to stay together for team bonding activities.
- ARRIVAL/CHECK IN & OUT AT COMPETITION :**
- ❖ **Arrive** to the competition facility **2 hours prior to your 1ST scheduled routine.**
 - ❖ Hair and costume fully completed, **BEFORE ARRIVING.** Do not be late.
 - ❖ Often schedules are changed and dancers may be asked to dance earlier than scheduled.
 - ❖ If you are coming to support earlier routines and getting ready at the competition in the dressing room: Arrive 2 ½ hours prior to your 1st scheduled routine.
 - ❖ Sometimes schedules start early on Fri. or run late on Sun. You may need to leave early from work & school if the schedule requires.
 - ❖ Members should be present during any TRUE CREW routine to support/cheer one another!
 - ❖ ONLY STUDENTS **WEARING THEIR TCDC Jackets and Legging or REQUIRED SPONSOR t-shirt at WORLDS** are permitted on stage during awards with exception of Boyz and Minis, who only have jackets.
- STRETCH:**
- ❖ All dancers are expected and REQUIRED to stretch and warm up prior to competition. They will have a STRETCH CAPTAIN and are to follow their directions. **Parents are not to be with students once called for stretching.**
 - ❖ All Company students will be required to bring their **dance weights, blocks, stretch bands** and any other item they are required to warm up with at competition.
 - ❖ This helps to prevent pulled muscles and injuries. Members must stretch, go over routines with group, even when Ms. Toni is not available.
 - ☐ When meeting: meet with Ms. Toni, another teacher, team captain or as a team to work on your stretching/ routines:
 - Students are **NOT PERMITTED** to bring along their friend, sibling or parent.
 - This time is for the Company Members and TCDC Director and teachers **ONLY, UNLESS** MS. TONI advises otherwise!
- CHECK LIST:**
- ❖ All Company Members are **REQUIRED** to wear their **TRUE CREW JACKET/leggings and slides as explained above** at **ALL** competitions, **AWARD CEREMONIES**, events and functions.
 - ❖ Before leaving home, it is **YOUR RESPONSIBILITY** to organize costumes and do a “costume check” in preparation for competition. Emergency/Extra items will not be provided.
- DRESSING ROOMS:**
- ❖ Dressing rooms are normally shared with other dance studios. No greasy/sugary food or drink beyond water is permitted in dressing room. Please respect their space as you would like them to respect yours.
 - ❖
- REQUIRED TEAM SUPPORT: NEW: 2024-2025 SEASON:**
- ALL COMPANY STUDENTS who are have to be at the venue in order to compete on their scheduled days and stay through their AWARDS CEREMONY will **ALSO BE REQUIRED to STAY TO SUPPORT ANY/ALL OTHER COMPANY MEMBERS WHO ARE COMPETING ON THAT DAY.** The ONLY EXCEPTION IS as stated below: In the event a company member has to ARRIVE/COMPETE the following MORNING WHEN DOORS OPEN, they should not have a late night, therefore, they will only be required to support UNTIL THE FOLLOWING TIME to get enough rest for the following day:
- MINI CO.** will be required to stay for supporting purposes until 6 pm;
- PETITE CO.** will be required to stay for supporting purposes until 7 pm;
- JR. CO.** will be required to stay for supporting purposes until 8 pm;
- TEEN & SR. CO.** will be required to stay for supporting purposes until 9 pm.
- WHEN A COMPETITION GOES PAST 9:00 PM THE ONLY COMPANY MEMBER THAT NEED TO STAY ARE THOSE EITHER COMPETING OR WAITING ON AWARDS.**
- FOOD/DRINK:**
- ❖ Most facilities have rules about food and drink. Please follow these rules. **When dressed in costume, drinking/eating is only permitted when wearing your raincoat/ cover.** Water is allowed as long as costume is somehow covered. **ABSOLUTELY NO FRIED, FATTY, GREASY FOOD OR NUT PRODUCTS...THIS INCLUDES CHIPS, COOKIES, DONUTS ETC. AS WELL AS ITEMS MADE WITH ANY NUT PRODUCT SUCH AS ALMOND MILK, ETC. A LIST OF ACCEPTABLE WHOLE FOOD SNACKS WILL BE PROVIDED TO ALL AT THE BEGINNING OF THE SEASON.**
- PHOTO/VIDEO:**
- ❖ Photography of any kind and videotaping are **strictly prohibited** at competitions; This is what the **REQUIRED MEDIA FEE AT COMPETITION IS FOR.**
- AUDITORIUM ETIQUETTE :**
- ❖ Please be seated during the dance routines quietly. Do NOT bring or use technology due to sound/reflections. Walking in aisles during performances is **NOT**

		MINI - SR. TECHNIQUE, BALLET/LYRICAL, CONTEMPORARY, HIP HOP, JAZZ, MUSICAL THEATRE, TAP AND BOYZ HIP HOP	
PERFORMANCES	(In addition to Competitions)	1 Projected Monthly with exception of December when there are multiple. 1 per month is RARE but possible.	
Professional/ Ethical Conflicts		<ul style="list-style-type: none">❖ Due to Professional and Ethical Conflicts of Interest :<ul style="list-style-type: none">○ Company members are <u>NOT permitted</u> to participate <u>at</u> other <u>Treasure Coast facilities</u> without the written consent of Ms. Toni, True Crew's Artistic Director:<ul style="list-style-type: none">• Workshops, summer intensives or classes at other facilities are not permitted, unless in conjunction with TCDC.• Competition workshops/intensives <u>associated with</u> TCDC are permitted.○ This would only be considered a conflict in regard to all dance, performing arts and acro/gymnastics.○ There is no conflict with music/band, singing or baton.○ Permitted opportunities are awarded by audition acceptance beyond the Treasure Coast by:<ul style="list-style-type: none">• Joffrey, Orlando Ballet, Paris Ballet, Power Pak, Monsters Tour or other professional/nationally-known programs.	
COMPANY STUDENT: EXTRA CURRICULAR ACTIVITIES/ SCHOOL ELECTIVES		<ul style="list-style-type: none">❖ True Crew Dance Company tries to be reasonable regarding other activities.❖ Competition team membership, requires 1000% commitment in the interest of the team as a whole.❖ Families must choose wisely to only be involved in electives/activities during their school day<ul style="list-style-type: none">○ 7:00 a.m. – 3:30 p.m. on Monday through Friday & - that do not meet after 3:30 p.m. or on weekends❖ Students must be careful when they opt-out of certain academic school classes, (ex. physical education) as they are often required to<ul style="list-style-type: none">❖ Take or add different Electives/Activities such as:<ul style="list-style-type: none">▪ Art, drama, dance, band, cheerleading, sports, debate, science, math, history fairs,▪ School Choir, Church Choir, Brownies, Girls Scouts, etc.➤ Such activities/electives <u>CANNOT</u> interfere with their Company dance class schedule, performances, activities, competitions, etc.➤ If they do, they will need to BE ABSENT from <u>THAT SCHOOL ACTIVITY / ELECTIVE,...</u> <u>NOT FROM TRUE CREW DANCE.</u>➤ All Competition dancers are REQUIRED to attend all:<ul style="list-style-type: none">✓ Dance classes, practices, performances, conventions and competitions, including Nationals.	
ALTERNATES/ SUBSTITUTES/ REPLACEMENTS	Should a company student not participate in ANY performance, competition, convention or scheduled event at any time, it is the Artistic Director and Choreographer's discretion to replace the student with an ALTERNATE who has been trained in the routine. If the Artistic Director and Choreographer feel it is necessary or right for the Alternate to Replace the original company member, OR BE ADDED TO THE ROUTINE, this too will be done for the team. The original company member may, however, be permitted to perform in a different position if the Artistic Director and Choreographer wish.		
SUMMER INTENSIVES 2024 & 2025		<ul style="list-style-type: none">➤ ALL COMPANY LEVELS/MEMBERS are SUGGESTED participation in <u>at least 4 WEEKS</u> of summer dance intensives for the summer 2024○ This can be spilt however your schedule works best;<ul style="list-style-type: none">○ Through TCDC Summer Dance Intensives○ Along with other auditioned or scholarship Dance summer intensives as described above○ This is required to keep your student's progress continual and not permit it to fall behind.	

BIRTH CERTIFICATE	Birth Certificates ❖ Students must supply a copy of their Birth certificate to the front office by September 1st each year.						
COMMUNICATION:		<p>True Crew Dance Company makes every effort to keep all Company parents well-informed.</p> <ul style="list-style-type: none">❖ Our primary sources of communication will be :<ul style="list-style-type: none">○ The company website, Remind Text App sent to your mobile device and emails as well as studio signage.○ MANDATORY parent meetings...listed on our Studio Calendar page at the beginning of the Season by Sept. 1 so you can be prepared; <i>We cover a lot of important information in detail at these meetings; It is very important for someone from your family to attend these meetings.</i> <p>Communication from Parents to Director: (ALWAYS IN WRITING)</p> <ul style="list-style-type: none">❖ Email is the easiest and most timely way to discuss any issues with True Crew Dance Company.❖ This communication allows private and thoughtful response, without interruption and disclosure.❖ It is your responsibility to keep up with all correspondence and updates to the company website.❖ DO NOT interrupt instructors to ask questions or keep them past their classes.❖ When you need to contact True Crew Dance Company, we ask that you contact us:<ul style="list-style-type: none">○ via email○ Texts to the Director's cell phone should only be made in an EMERGENCY. Mon-Fril 10:00 a.m. - 9:00 p.m.○ Any issue or concern involving a student should IMMEDIATELY be addressed with the Director only.○ DO NOT CONTACT or address concerns with the individual teacher UNLESS directed to do so by Ms. Toni.○ Please respect the fact that all students deserve the staff's utmost attention/concentration.○ Parents, other family members, friends, etc. are NOT PERMITTED inside the studios, unless requested to do so by Ms. Toni our Director.					
ATTENDANCE:		Is taken in every class and beginning our 2021-2022 Season we started utilizing a new technological system. Should you ever need proof or documentation as to the classes your child has attended, please make the request in writing and we will provide to you. It can also provide any special notes taken on a student in class.					
STUDENT INFRACTION REPORT:	Should it be necessary to contact a parent regarding any issues, an Infraction Report will be sent home. It will need to be returned within 48 hours. If a parent wishes, an appointment may be made with the Director as well as any staff necessary.	<div><p>TRUE CREW ELITE COMPANY INFRACTION REPORTING</p><p>This is to advise that your child, _____, has received his/her ____ Infraction for the 2021-2022 Company Season. This infraction was received during _____. Further, it comes after all required studio and Elite Company Policies have been previously provided to all students and families regarding classes, attendance, behavior, work ethic, hair, dress code, costuming, accessories, makeup, tights, shoes, etc. in our Company Handbook. Being an Elite Company student is a commitment. There are rules and requirements that must be met, of which your child and you agreed to upon accepting their Company placement.</p><p>These requirements were not followed and therefore this infraction is being received. Upon a 3rd Infraction, removal is possible from the Elite Company that your child is a part of without any refunds.</p><p>This infraction is due to:</p><ul style="list-style-type: none">___ Behavior/Work Ethic lacking.___ Excessive talking or being disruptive in class___ Loud/inappropriate behavior in the waiting room or on studio property.___ Student has missed more than 2 classes.___ Student did not arrive or attend at the time as advised.___ Hair not properly done as required-hair messy, messy, flyaway, not slick/secure___ Shoes flawed - wrong color, torn, wrong style, dirty, not worn___ Tights flawed - wrong color, torn, run, wrong style, dirty, not worn___ Dress Code LEO or HH Shirt not worn___ Makeup/Hair was not done properly as trained for performance/competition.___ Costume unprepared - missing, wrinkled, straps/undergarment visible.___ Accessories not proper - hair clip/pony, earrings, _____<p>Dated: _____ Sincerely, Ms. Toni</p><p>Student's Signature: _____</p><p>Parent's Signature: _____</p><p>Please return signed within 48 hours.</p></div>					

EXTRA REHEARSALS	<ul style="list-style-type: none"> ❖ Most team rehearsals are held during regularly scheduled classes. Prior to performance events or competitions, additional rehearsals may be required. Extra rehearsal could be held during the week in the evening, during days that schools are closed or on weekends. Students will be advise of extra rehearsal through our Remind app and Company Calendar.
HEALTH & STRENGTH	<ul style="list-style-type: none"> ❖ Dance is a physical sport and especially in Competitive Dance students are not only judged on their technique and skills, but also their physical attributes/appearance. Students must be prepared both physically and mentally to be judged not only individually but as part of their team. Now is the perfect time to continue, or with some, start, to work on your student's physical and emotional health and strength. Heathy eating and exercise on a daily basis as well as at competitions and conventions is a very important aspect of the art of dance. Fast/greasy/processed food and salty food are not healthy eating and results in bloating, low energy, sluggishness and fatigue. Please help and guide your child to achieve healthy eating habits to get the most out of their overall dance experience.
WATER CONSUMPTION FOR HYDRATION	<ul style="list-style-type: none"> ❖ Keeping the body hydrated is a very important aspect in dance. It is highly recommended to get your student a hydration bottle, designed specifically to their own body weight needs. What every your child weighs, they should be consuming at least 1/2 of that in ounces of water per date. Sometimes even more depending on their activity and loss of hydration. For example, a student that weighs 80 lbs should be taking in at least 40 ounces of water per day. Should you wish, here is a great bottle to start them off with. https://amzn.to/3zwnRwl  https://amzn.to/2VcyaGX 
EXTRA AT HOME STRETCH HELP FOR FEET AND SPLITS	<div> https://amzn.to/3i8aFYZ FOOT STRETCHER  </div> <div> https://amzn.to/2W8i1CY SPLIT ASSIST STRETCHER  </div>
A PARENT'S PLACE...Please do not overstep.	<ul style="list-style-type: none"> ❖ Competitions, workshops, costume companies & other professionals work DIRECTLY with TCDC's Administrative staff. <ul style="list-style-type: none"> ❑ They prefer to deal only with the studio owners/directors. ❖ Parents/dancers are NOT to contact these affiliates regarding or on behalf of TCDC, unless requested to do so, in writing, by Ms. Toni. ❖ If parents/dancers do this, they risk being removed from our team, as it is the easiest way for our studio to be "black slipped" with professionals/these affiliates.
SOCIAL MEDIA:	<ul style="list-style-type: none"> ❖ Students/families are NOT PERMITTED to interact/telephone/text/email (friend, follow or like) any TCDC CHOREOGRAPHERS/INSTRUCTORS PERSONAL PAGE — ❖ EXCEPTION: they may with the Director and our OFFICIAL True Crew Dance Co. media accounts. ❖ All families ARE REQUESTED to participate in our OFFICIAL True Crew Dance Co. social media accounts on facebook and instagram.
FUNDRAISERS:	<p>True Crew Dance Company individual teams and students may hold fundraisers throughout the year:</p> <ul style="list-style-type: none"> ❖ To help the individual families pay for the costs of their student's Competitive dancing. ❖ Families are strongly encouraged to participate in such fundraisers. ❖ Any monies collected from the fundraiser will be the family's responsibility. ❖ Individuals can then submit their funds to True Crew Dance Company for your selected costs. ❖ Funds are then posted to your account and applied to your oldest balance due first. ❖ Fundraising is not done directly through True Crew Dance Company due to taxing issues. ❖ If you have specific suggestions or questions regarding fundraisers: contact our Director, Toni Szparaga at truecrew.info@gmail.com ❖ Ms. Toni will put you in touch with the appropriate person.

VOLUNTEERS: ***NEW .. ALL COMPANY PARENTS ARE REQUIRED TO VOLUNTEER FOR ONE OF THE FOLLOWING: OR PAY A \$150.00 NON-VOLUNTEER CONTRIBUTION ___TEAM MOM ___COMP. CHAPERONE ___COMP. SNACKS ___PROPS ___FINISH ELF ___PARTY PLANNER/HOST ___HAIR MOM ___MAKEUP MOM ___DEC. & JUNE SHOW CHAPERONE ___FUNDRAISING ___STUDIO HELP	<u>Team Mom/Dad/Assistant</u> each True Crew Elite Company team has them: These invaluable volunteers tend to a variety of needs for each team, <ul style="list-style-type: none">◦ especially on performance and competition days.◦ Please be aware that Team Mom/Dad/Assistants instructions come from the Director.◦ We ask that you treat them with the utmost respect.◦ We appreciate so much this level of support,<ul style="list-style-type: none">◦ our dancers could not do without this vital part of our organization			
	TEAM SUPPORT REQUIREMENTS: <u>Competition Chaperone:</u> each True Crew Elite Company team has them: These invaluable volunteers tend to their company team when they are required to stay at the competitions and support other team members. NEW: 2024-2025 SEASON: ALL COMPANY STUDENTS who are scheduled to compete and have to be at the venue on their scheduled days and stay through their AWARDS CEREMONY will ALSO BE REQUIRED to STAY TO SUPPORT ANY/ALL OTHER COMPANY MEMBERS WHILE THEY ARE COMPETING ON THAT DAY. The ONLY EXCEPTION IS as stated below: In the event a company member has to ARRIVE/COMPETE the following MORNING WHEN DOORS OPEN, they should not have a late night, therefore, they will only be required to support UNTIL THE FOLLOWING TIME to get enough rest for the following day: MINI CO. will be required to stay for supporting purposes until 6 pm; PETITE CO. will be required to stay for supporting purposes until 7 pm; JR. CO. will be required to stay for supporting purposes until 8 pm; TEEN & SR. CO. will be required to stay for supporting purposes until 9 pm. WHEN A COMPETITION GOES PAST 9:00 PM THE ONLY COMPANY MEMBER THAT NEED TO STAY ARE THOSE EITHER COMPETING OR WAITING ON AWARDS. <ul style="list-style-type: none">◦ We appreciate so much this level of support,<ul style="list-style-type: none">◦ our dancers could not do without this vital part of our organization			
	<u>SNACK Crew</u> members are parents/volunteers who: Provide the listed healthy snacks for the students during competition while at the venue. A list of what are ACCEPTABLE SNACKS will be provided by Ms. Toni. ALL PARENTS AND STUDENTS ARE RESPONSIBLE FOR THEIR OWN...WATER... NOT Soda, Caffeinated or sugary drinks. A List of appropriate beverages will also be provided at the beginning of the season. THE LISTED SNACKS AND BEVERAGES WILL ALSO BE THE ONLY SNACKS PERMITTED AT THE STUDIO AS WELL.			
	<u>PROP Crew</u> members are parents/volunteers who: <ul style="list-style-type: none">◦ help out behind the scenes at our competitions, performances, events.◦ design, build, load and unload props, etc.◦ handle special needs that our competition teams may have.<ul style="list-style-type: none">◦ Sometimes this need is great, sometimes it is minimal.◦ If you are interested in being part of this exciting and helpful team, please let us know.			
	<u>Finishing Worker Elves:</u> <ul style="list-style-type: none">◦ Our moms, grandmothers, aunts, etc. are sometimes asked to help put the finishing touches on:<ul style="list-style-type: none">• costumes and accessories by Rhinestoning, gluing, glittering, pinning, and sewing.◦ You may be asked to do small finishing touches on some of your dancer's costumes.◦ We do have a studio staff member that we use for the bulk of our designs and blinging.◦ There may come a time that you will be responsible for some additional alterations and stoning.◦ If you have never done this before, we have a lot of experienced and helpful parents at the studio.◦ Don't be afraid to ask for help and we will have a sample set for you to follow.			
	<u>Party Planner/Host:</u> members are parents/volunteers who: <ul style="list-style-type: none">◦ Plan and Host any company parties that we may decided to have through out the year; everything from getting contributions, to additional volunteers, set up, clean up, etc.			
	<u>Hair/Makeup Moms:</u> members are parents/volunteers who: HAIR: Make sure that all dancers have the same hair style---if not it is the hair parents job to correct the hair with the DANCERS PRODUCTS. MAKEUP: Do the makeup for their entire respective team once they arrive with their supplies.			
	<u>December & June Chaperone:</u> members are parents/volunteers who: Chaperone back stage at the December and June Recital. It is not necessarily with your dancers teams. This can wherever needed.			
	<u>Fundraising:</u> members are parents/volunteers who: Locate and bring fundraising ideas to the group of dancers who wish to be involved in the fundraiser and arrange the fundraiser. This is a great way to get competition fees paid for and help with other expenses.			
	<u>Studio Help:</u> members are parents/volunteers who: Upon Ms. Toni's direction, studio helpers will help with inventory, and other services around and throughout the studio the studio.			
PARENTAL SUPPORT/ CONCERNS/ SAFETY AND SECURITY OF OUR STUDENTS:	Parental Support <ul style="list-style-type: none">❖ Parental support is important both inside and outside the studio.❖ Parents, students, staff, and friends should do all we can to keep positive at all times.❖ Your help at home with positivity is in the best interest of your dancer and the team as a whole.❖ Negative/derogatory public speaking, SOCIAL MEDIA posts by a TCDC dancer/parent may have consequences.<ul style="list-style-type: none">□ May result in the immediate suspension and/or removal of that dancer or family from TCDC.❖ Rumors and gossip feed NEGATIVE ATTITUDES and NEGATIVE ENVIRONMENTS and will NOT BE TOLERATED.<ul style="list-style-type: none">□ Please do not start, listen to, or repeat any gossip or small talk regarding anyone at or in TCDC.If you ever have any issues, please contact Ms. Toni directly. Should a need arise, or there ever be a question, concern within classes, or activities within the studios or our facility, I am always available to review our SECURITY CAMERA DATA BASES for possible answers, whatever they may be. Anything outside of the studio/facility will not be handled by Ms. Toni or the studio and is the parent's responsibility.❖ You may write, drop notes, suggestions, or comments to us at any time by:<ul style="list-style-type: none">◦ Handing to the staff at the front desk,◦ Placing them in the payment box on the front desk.<ul style="list-style-type: none">▪ Make sure to sign the note so Ms. Toni can address your concerns with you.			

AUDITION	<p><u>COMPETITIVE TEAM:</u></p> <ul style="list-style-type: none"> ❖ At the end of the season, each present company student decides if they wish to re-audition for the next season. ❖ Depending upon returning students' responses, they either schedule to re-audition or not. ❖ New invited students and Open Auditions are held to audition for Elite Company as well. ❖ Following auditions, team construction and solo/duet/trio selections will be decided. ❖ Invitation of your team position, Genre assignments and rehearsal/class schedules will be given out. ❖ Respect the artistic creativity of the director/ instructors/choreographers. ❖ Trust that they will do what is best for each dancer/team and routine.
ACCEPTANCE	<p><u>ACCEPTANCE:</u></p> <ul style="list-style-type: none"> ❖ 2024-2025 Audition Results will be PROVIDED AT NATIONALS on the final day of competition for Returning company members. ***New Prospective Company Students will receive their results the week of June 10, 2024. ❖ Students will be advised if they have been selected for any Level team beyond Production ❖ If accepted for a solo, or duet/trio you will be advised of this as well. ❖ Upon receipt of your results, if invited onto a company, ACCEPTANCE OR REJECTION IS DUE BY WEDNESDAY, JULY 10 ****If granted a solo/duet/trio, you want to accept immediately, as they will be scheduled on a first response first reserve basis and once spots are filled there will not be any other openings unless a projected class is cancelled. <ul style="list-style-type: none"> ○ ALL COMPANY FAMILIES MUST MEET WITH MS. TONI between WED., JULY 10 - FRIDAY JULY 12 TO REVIEW DECISIONS, PAY THEIR DEPOSIT AND SIGN YOUR COMPANY CONTRACT FOR THE 2024-2025 SEASON..
	<p>Additional General Rules and Regulations</p> <ul style="list-style-type: none"> ❖ Go over this handbook and these important rules and requirements with your dancer(s): <ul style="list-style-type: none"> <input type="checkbox"/> It is important that we are all on the same page, working together to achieve the same goals. <input type="checkbox"/> We all reviewed these items, will work to achieve the same goals, same rules and requirements. <input type="checkbox"/> All rules and requirements are created for the betterment of the team.
	<ul style="list-style-type: none"> ❖ Signing the agreement at the end of this handbook, commits you to paying for: <ul style="list-style-type: none"> <input type="checkbox"/> all entry fees for your dancer's group routines in all competitions, convention fees, costumes, choreography fees, tuitions, <input type="checkbox"/> If selected, solo/duet/semi/private small group fees and all fees associated with being on a competition team. <input type="checkbox"/> All fees paid are non-refundable and are not negotiable.
	<ul style="list-style-type: none"> ❖ TCDC continually strives to keep our instructors up-to-date on current techniques and styles. <ul style="list-style-type: none"> <input type="checkbox"/> We continuously look to bring new talent into the studio. <input type="checkbox"/> Our dancers are constantly being exposed to new styles and techniques.
	<ul style="list-style-type: none"> ❖ TCDC DINNER OR SNACK RULES: <ul style="list-style-type: none"> <input type="checkbox"/> NO food or drinks are allowed inside the dance studios, except for bottled water. <input type="checkbox"/> Any other food or drinks must be kept outside, and may only be the WHOLE FOOD SELECTIONS that will be provided to you on the ACCEPTABLE WHOLE FOODS LIST. <input type="checkbox"/> Dancers must clean up after themselves with regard to items and drink.
	<ul style="list-style-type: none"> ❖ TCDC EQUIPMENT/STUDENTS/RESPECT: <ul style="list-style-type: none"> <input type="checkbox"/> Respect the studio property, equipment, etc. at all times. <input type="checkbox"/> Treat others as you wish to be treated. <input type="checkbox"/> Students, parents, and staff will maintain sportsmanlike attitudes towards other team members, parents, staff, dancers and persons of other studios at all times. <input type="checkbox"/> You are representing True Crew Dance Company at all times and especially when you are wearing or carrying anything with a True Crew Dance Company logo on it. • True Crew WILL NOT tolerate poor attitudes or inappropriate conduct at any time.
GRADUATING SENIORS	<ul style="list-style-type: none"> ❖ TCDC SPECIAL ADDENDUM: ALL GRADUATING SENIORS ARE TO RECEIVE A SPECIAL ADDENDUM SHEET TO SIGN WITH THEIR COMPANY CONTRACT.

General Rules continued	<ul style="list-style-type: none"> ❖ TCDC STUDIO AREA: <ul style="list-style-type: none"> <input type="checkbox"/> Parents, students, and friends are not allowed inside the dance studio for any class, This is distracting to the dancers and staff. <input type="checkbox"/> Only participants are permitted in the dance studio during classes, unless otherwise directed or approved by Ms. Toni. ❖ TCDC STAFF AREA: <ul style="list-style-type: none"> <input type="checkbox"/> ONLY STAFF members are permitted in the offices, behind the desks, or in the staff only areas. <input type="checkbox"/> Only staff member bags or goods are allowed to be in these areas. <input type="checkbox"/> TCDC staff members must abide by the rules/regulations of any competition we compete in. ❖ TCDC REPUTATION: <ul style="list-style-type: none"> <input type="checkbox"/> We will not engage in unfair, illegal, or dishonest practices to better any dancer or team. <input type="checkbox"/> We believe in fair and honest competition. ❖ TCDC PARTICIPATION: <ul style="list-style-type: none"> <input type="checkbox"/> Dancers attend True Crew Dance Company at their own risk. <input type="checkbox"/> True Crew Dance Company is not responsible for <ul style="list-style-type: none"> ○ injury, loss or theft at the studio, ○ or any premises as part of any True Crew Dance Company performance, competition, workshop or event. ❖ TCDC CONFIDENTIAL TEAM INFORMATION: <ul style="list-style-type: none"> <input type="checkbox"/> Dancers/families are NOT to share Confidential Team information outside the studio. <input type="checkbox"/> This includes, but is not limited to <ul style="list-style-type: none"> ○ music choices, choreography, policies, information regarding competitions, ○ workshops or conventions we will be attending, etc. ❖ Competition team members and their parent(s) are required to abide by all rules, regulations, policies, etc. of True Crew Dance Company: <ul style="list-style-type: none"> <input type="checkbox"/> must sign the release form and agreement page 20 of this Handbook. <input type="checkbox"/> By signing and returning the release you are eligible to compete for True Crew Dance Co.
	<p>This release must be returned UPON ACCEPTING YOUR POSITION to secure your position.</p>
	<p>In closing, I want to tell you how excited I am about this competition season and the future of True Crew Dance Company. I appreciate your commitment to being part of one of the best competition teams in the area, and I look forward to a long, successful relationship with you! Thank you for all your support!</p>
	<p>Ms. Toni Szparaga, Owner/Artistic Director</p>
	<p>TRUE CREW DANCE CO.</p>
	<p><u>truecrew.info@gmail.com</u></p>
	<p><u>WWW.truecrew.org</u></p>

	TRUE CREW DANCE COMPANY ELITE COMPETITION TEAM AGREEMENT					
	Please print this page and return to the office during your ACCEPTANCE MEETING. If you are unable to print, sign and return a copy will be available for you at the front desk.					
	I have thoroughly read the information contained in this handbook AND THE EDITED PAGE. I understand that failure to comply with the rules, regulations, and policies stated in this handbook will result in reprimand and/or dismissal from the competition team. I agree to attend all required classes, rehearsals, performances, conventions, and competitions (including National Championships and World Dance Championships if invited) and to all other terms set forth in this handbook. I understand and will adhere to all the payment guidelines in this handbook and agree that there are no refunds or credits for monies received and agree to provide personal and financial support as part of being on the True Crew Dance Company Elite Competition team. I understand that True Crew Dance Company will not be held responsible for any decisions made by competitions, staff, or other dance related venues.					
	I understand that participation or non-participation of _____ (dancer's name) as a Contracted Member of the True Crew Dance Company competition team is the sole decision and discretion of the staff and directors, and I will abide by and trust their decisions. I understand and acknowledge that there are certain inherent risks associated with dance activities and that personal injury or damage to property may result during participation in such activities, whether conducted on the True Crew Dance Company premises or off. I agree to assume all risks associated with my child's participation of dance and related activities at True Crew Dance Company facilities. I understand that I am signing a Contractual Agreement for my student to be a member of the True Crew Dance Company Competitive team for the entire 2024-2025 season and should I not finish the entire season for any reason, refunds will not be granted . _____ (Parent/Guardian Initials)					
	Please INITIAL Below:					
	I am aware of and agree to all fees previously listed. _____ (initial)					
	I am aware that my dancer(s) are required to participate in all required classes, competitions, Regionals and Nationals and performances. _____ (initial)					
	I accept that should my dancer(s) not complete their Season by attending Nationals or Worlds (during the ODD YEARS), my dancer will not be permitted to re-audition the following season. _____ (initial)					
	I am aware that there will be 1 Mandatory Convention/Workshop for all levels ...Minis may choose to participate : _____ (initial)					
	I am aware that True Crew may take and use photos and videos of my child in marketing materials. _____ (initial)					
	I understand all Expense are to be paid UPFRONT and have specific dates due. _____ (initial)					
	I accept all responsibility for all of the decisions discussed and documented during our Acceptance Meeting and all Materials provided to our Student. _____ (initial)					
SENIOR GRADUATE	REFER TO SENIOR GRADUATING COMPANY ADDENDUM.					
	Please CIRCLE Below:					
	I am interested in being a "Team Mom" (responsibilities include: contacting team members for events, helping with team preparations during competitions and performances, relaying messages/ideas/information from the Director to team members. YES or NO.					
	***NEW .. I under ALL COMPANY PARENTS ARE REQUIRED TO VOLUNTEER FOR ONE OF THE FOLLOWING positions OR MAY CHOOSE TO PAY A \$150.00 NON-VOLUNTEER CONTRIBUTION: YOU MUST INITIAL YOUR CHOICE: \$150.00 NON-VOLUNTEER TEAM MOM COMP. CHAPERONE ____COMP. SNACKS ____PROPS ____FINISH ELF ____PARTY PLANNER/HOST ____HAIR MOM ____MAKEUP MOM ____DEC. & JUNE SHOW CHAPERONE ____FUNDRAISING ____STUDIO HELP					
CREDIT CARD REQUIRED	I UNDERSTAND AND AUTHORIZE that should any of my expenses or monthly tuition not be paid by the REQUIRED DUE DATE, True Crew Dance Co. is authorized to charge my credit card below.					
	<div>Card No.</div> <div>Expiration Date</div> <div>CVC Code</div> <div>Billing Zip Code of Card</div>					
	Dancer's Signature:					
	Parent/Guardian Signature:					
	Date: _____ E-mail (please PRINT clearly) _____					

INDIVIDUAL SPONSORSHIP OPPORTUNITY

Student's Name:

Dear Sir or Madam,

At True Crew Dance Co., we've served the Treasure Coast area since 2006 and have represented not only our studio, Port Saint Lucie, the Treasure Coast and the State of Florida, but also the United States of America at the Worlds Dance Championship for over the past 8 years.

At this time, the above named student, is aiming to raise funds for their related expenses for their upcoming 2024-2025 Competition Season.

Students incur multiple out-of-pocket expenses beyond their monthly tuition. Such additional expenses are costumes, convention fees, competition fees, media fess as well as fees for travel and accommodations. Our students compete a multiple Regional Competitions traveling all over the state of Florida, with our culminating Nationals Competition and World Dance Championships normally traveling out of Florida.

As you can imagine, all sport activities incurs multiple financial expenses for the athlete and their families, but the overall work ethic, self-esteem and pride that a students learns and gets to experience through the art of Competitive Dance is priceless.

Your donation will assist the above named student personally, as the donation/sponsorship is paid directly to the student and in return, the student is able to take care of their expenses incurred.

With your help, this student is sure to achieve their goals of being able to Compete this 2024-2025 Season.

Should you wish to check out our studio website for more information regarding the multiple accomplishments our dancers have achieved over the years, please visit www.truecrew.org.

Sincerely,

Toni Szparaga,
Artistic Director True Crew Dance Co.

**ONLY ACCEPTABLE WHOLE FOODS FOR SNACKING
BOTH AT THE STUDIO & AT COMPETITION.**

***FRESH CUT FRUITS OR FRESH CUT VEGETABLES ARE GREAT FOR SNACKING....BOTH TASTY & CRUNCHY.

1. **Low Fat Greek Yogurt with Berries:** Greek yogurt is rich in protein, and adding berries provides antioxidants and flavor.
2. **Low Fat Cottage Cheese with Pineapple:** Cottage cheese is a great source of protein, and pineapple adds a sweet and tangy twist.
3. **Protein Smoothie:** Blend protein powder (whey, plant-based, or your choice) with **water or low-fat milk**, along with fruits and vegetables for added nutrients that are made fresh. **If from a smoothie store and not made at home with your own WHOLE FOOD PRODUCTS you must be specific to use water or low fat milk and only fruits or vegetables.**
4. **Hummus with Veggies:** Hummus is made from chickpeas and is a protein-packed dip. Enjoy it with carrot sticks, cucumber slices, or bell pepper strips.
5. **Hard-Boiled Eggs:** Hard-boiled eggs are convenient and rich in protein.
6. **Turkey or Chicken Roll-Ups:** Roll up **lean deli turkey or chicken slices** with lettuce, tomato, and a touch of mustard for a low-calorie, high-protein snack.
7. **Edamame:** Steamed edamame (young soybeans) provides protein and can be seasoned with a sprinkle of salt or your favorite seasonings.
8. **Tuna or Salmon Salad:** A small serving of tuna or salmon salad made with Low-Fat Greek yogurt or Avocado Mash instead of mayonnaise is protein-packed and nutritious.
9. **Protein Bars:** Opt for low-calorie protein bars with minimal added sugars and a good protein content.
10. **Roasted Chickpeas:** Roasted chickpeas are crunchy and high in protein, making them a great on-the-go snack for athletes.

Remember that athletes may have different nutritional needs depending on their activity level and goals, so it's essential to consult with a sports nutritionist or dietitian to create a personalized nutrition plan that suits their specific requirements.

BENEFITS OF WHOLE-FOOD LIFESTYLE FOR ATHLETES

The definition of a whole-food lifestyle is simple: it involves eating foods that either occur in nature or are minimally processed. Because it only avoids one type of food (heavily processed products), many people think of it as a lifestyle choice rather than a diet.

The benefits of eating whole foods are plentiful. Nutrition studies show that consuming whole foods can provide the following major health advantages:

- Lower the risk of certain cancers, including breast and prostate cancer
- Prevent heart disease (and in some cases, even reverse it).
- Prevent and treat diabetes
- Promote weight loss and increased energy
- Extend lifespan

Whole Food Based Grocery List

Having a Healthy Eating Lifestyle always sounds good on paper, but it's also important to prepare for one—which means planning meals, then making a grocery list based on the ingredients (and ideally, not grocery shopping while hungry). Here are some items to consider on your next trip to the grocery store:

- Vegetables (a wide variety, including mushrooms)
- Whole grains (barley, brown or wild rice, quinoa, whole wheat, or steel-cut and rolled oats)
- Legumes (any dried or canned beans, chickpeas, peas, or lentils with minimal salt)
- Greens (kale, collards, spinach, lettuces, parsley or cilantro, bok choy)
- Roots (potatoes, onions, leeks, turnips, carrots, parsnips, radishes, beets, garlic, or ginger)
- Fruit (a wide variety, as low in natural sugars as possible)
- Seeds (flaxseed, chia seeds, pumpkin seeds)
- Spices
- Healthy beverages (water, plant-based “milks,” herbal or green teas, decaffeinated products)