

VYBC/VVAD 2026–2027

Dancer Expectations

Time Management –

Remember, the class or rehearsal start time is when class or rehearsal begins—not when you should be arriving. Please arrive with enough time to be prepared and ready to begin at the scheduled start time. Change efficiently between weekly technique classes.

Dancer Initials: _____

Dress Code and Proper Hair –

Please arrive to class in proper ballet attire, including tights and appropriate ballet shoes. Warm-ups are permitted at the beginning of class. Baggy pants and oversized shirts are not permitted.

Please arrive to all classes and rehearsals with proper ballet hair. Hair must be secured off your face in a bun or twist. Claw clips and pigtails are not permitted.

Dancer Initials: _____

Talking –

If you are asked to stop talking, you will receive two warnings. On the third occurrence, you will be asked to leave class or rehearsal. If you miss choreography or other important information because you were asked to leave, you will be responsible for learning and catching up on anything you missed.

Dancer Initials: _____

Absences –

Please communicate any planned absence at least 48 hours in advance. If you are ill, please stay home and send us a quick email.

You are allowed **two excused rehearsal absences**. If you exceed two excused absences, we reserve the right to place your understudy into your role(s). This policy will be enforced.

Dancer Initials: _____

Supportive Environment –

- You are part of a company of dancers. Respect one another and remember that we are all here because we share a common goal and a love of dance.
- There is no room for bullying, gossip, or critical behavior toward fellow dancers. Providing corrections and feedback is the responsibility of your teachers. If you do not have something kind or constructive to say, please do not say it.
- You are not required to be friends with every member of the company, but you are required to treat everyone with respect and dignity. This expectation extends to **all dancers at VVAD**.
- Please be respectful and grateful toward your supporters—your parents, grandparents, family members, and others who make it possible for you to dance.
- Please also be mindful of what you post online. If you are found posting content that is disrespectful or unsupportive of VVAD, VYBC, VFOD, staff members, or fellow students, you will be called into a meeting with the Artistic Director and Board Vice-President to evaluate the situation.

Dancer Initials: _____

Cell Phones and Apple Watches –

Cell phones and Apple Watches are not permitted during classes or rehearsals. Please leave your phone or watch in your locker or dance bag.

If we need you to record choreography or access your device for a class-related purpose, we will ask you to retrieve it.

This policy will be strictly enforced. If you bring a phone or watch into class or rehearsal, the teacher will take it to the office and return it to you at the end of the day.

Dancer Initials: _____

Saturday Warm-Up Classes and Company Lunches –

We expect all dancers to attend Saturday warm-up classes unless an excused absence has been communicated in advance. These classes are designed not only to prepare your body for a full day of dancing but also to help you focus mentally. Even if your rehearsal is scheduled later in the day, you are still required to attend the warm-up class. We also encourage you to stay and observe rehearsals whenever possible to learn as much of the ballet as you can. You may wear your theme outfit during warm-up class; however, all Saturday rehearsals require **black dance attire**.

Required Saturday rehearsal dress code:

- Black leotard
- Black stirrup tights (*please have these purchased before your first Nutcracker rehearsal in September*)
- Ballet flats and pointe shoes

Attendance at company lunches is also required. These lunches provide an opportunity to connect with fellow company members, and important company information is often shared during this time.

Dancer Initials: _____

Conditioning Outside of the Studio –

We expect you to review choreography, stretch regularly, and maintain your physical health outside of class and rehearsal. There is a great deal to accomplish during studio time, and we need you to take responsibility for caring for your body and continuing to improve your technique independently.

Examples include:

- TheraBand exercises and stretches at home
- Ankle-strengthening exercises before or after class
- Following physical therapy recommendations
- Asking questions when needed
- Speaking up if something hurts or causes pain

Dancer Initials: _____

Band App Expectations –

Each week, we video rehearsals and post choreography in the appropriate Band groups for your benefit. Reviewing choreography before the following rehearsal allows us to spend less time reteaching material and more time progressing.

This is an important tool that helps the entire company. If you consistently arrive unprepared and we must repeatedly review previously taught choreography, we may consider placing your understudy into your role.

Please remember that we can see who has viewed the videos and how much of each video has been watched. We will begin addressing dancers directly if they are consistently not watching their Band videos.

Dancer Initials: _____

Casting –

Once VYBC casting has been posted, dancers and parents are expected to follow the **48-hour no-contact rule.**

Please do not reach out to the Artistic Director or Assistant Artistic Director for 48 hours after casting has been posted. After the 48-hour period, if the dancer would still like to contact the Artistic Director, please send an email outlining your questions or concerns. At that time, the Artistic Director and Assistant Artistic Director will meet and provide a detailed response.

If, after receiving that communication, further discussion is requested, a meeting with the dancer, parent(s), Artistic Director, Assistant Artistic Director, and at least one board member will be scheduled.

Dancer Initials: _____

Accountability and Consequences –

Dancers will receive a written warning if they are not upholding their responsibilities under these expectations. The written warning will include details about the expectations that are not being met, a timeline for correcting the behavior, and tools or resources to help the dancer succeed.

If the dancer does not make the necessary changes after receiving a written warning, failure to comply with these expectations may lead to suspension from VYBC. In extreme cases, it may result in expulsion from VYBC and VVAD.

I, _____, have read and understand the requirements and expectations outlined above for my participation in VYBC/VVAD during the 2026–2027 season.

Dancer Signature: _____ **Date:** _____

Parent Signature: _____ **Date:** _____

These expectations are due back, signed, at the **2026 Welcome Tea**.

Please be mindful of these expectations throughout the season. When all dancers follow them, classes and rehearsals run more efficiently, and our culture of mutual respect, accountability, and teamwork continues to grow.

~ Ms. Ashley and Ms. Morgan