

*Le*  
*Stelle*  
Alpine

ITALIAN DANCERS

**DANCER/PARENT  
HANDBOOK**

**2020-2021**

## Welcome to the 2020-2021 dance year with Le Stelle Alpine Italian Dancers!!

To all new students and parents, we welcome you to our Stelle dance family. For all those returning students and parents – Welcome Back!

The purpose of this handbook is to give you some information to start off the year, such as board and teacher contact information, general rules for classes, class attire, costume information and care and some special dates.

Of course, you can always visit our website at [www.italiandancers.com](http://www.italiandancers.com) or follow us on Facebook to keep up on the latest information.

If this handbook leaves you with any unanswered questions, please feel free to contact any of the Board Members or teachers or email us at [info@italiandancers.com](mailto:info@italiandancers.com)

We hope you and your child have a wonderful and rewarding year with Le Stelle Alpine Italian Dancers!

### Le Stelle Alpine Italian Dancers Board of Directors

Leah Nadin, President
Rita Romeo, Vice President
Beth Deprophetis, Treasurer
Joanne Scerba, Secretary
Rose Aegard, Director
Rina Bonazza, Director
Sandra Carpino, Director
Anna Morrone, Director

## Le Stelle Alpine Italian Dance Teachers

I Bambini (The Children) <b>Mikayla Scerba</b>	Ill Gruppo Di Amici (The Group of Friends) <b>Isabella Carpino</b>
Le Farfalline (The Butterflies) <b>Rosa Coltellaro</b>	Le Ragazzine (The Young Girls) <b>Serena Romeo</b>
I Fiori (The Flowers) <b>Sydni Scocchia</b>	Le Stellite (The Starlets) <b>Leah Nadine</b>
La Bella Gioventu (The Beautiful Youth) <b>Beth DeProphetis</b>	

## CLASS TIMES

<b>Class</b>	<b>Time</b>	
I Bambini	3:30 pm to 4:30 pm	
Ill Gruppo Di Amici	3:30 pm to 4:30 pm	
Le Ragazzine	12:30 pm to 1:30 pm	
Le Farfalline	3:30 pm to 4:30 pm	
La Bella Gioventu	1:40 pm to 3:15 pm	
I Fiori	12:30 pm to 1:30 pm	
Le Stellite	1:45 pm - 3:15 pm	

## CLASS ATTIRE

Proper dance attire is necessary for teachers to see body alignment for correction and proper techniques as well as for their safety. Absolutely NO jeans or school clothes will be allowed. If this occurs, your child will be asked to sit out during class.

- Bodysuit or Unitard
- Tights
- Leggings or yoga pants
- T-Shirts may be worn but not oversized
- Hair MUST be pulled back in a ponytail or bun

### **Shoes**

Beginners - Black ballet Slippers with elastic sewn strap across the top  
Juniors through Seniors - Black Jazz Oxfords with or without laces

### **Tambourines:**

I Bambini, Le Farfalline- 6" tambourine  
Le Ragazzine, I Fiori - 8" tambourine  
Le Stellite, La Bella Gioventu - 10" tambourine

Shoes available from Le Stelle. Please email [info@italiandancers.com](mailto:info@italiandancers.com) or talk to one of the Board members to purchase.

Dance attire & tights available at various locations in Thunder Bay.

Tambourines are available to purchase from Le Stelle. Tambourine ribbons will be provided.

To avoid losing any dancewear, shoes or personal items, please mark all items with your child's name.

## GENERAL RULES & STANDARDS FOR ALL CLASSES

Our dance classes will run every Sunday starting September 13, 2020. All school holidays will be observed and dance classes will be cancelled on those days.

Students should be at the scheduled location for class, changed and ready to dance 10 minutes prior to their scheduled class times. This will ensure the smooth running of classes and avoid confusion and congestion in the hall. Children should have their dancewear on prior to arriving at dance studio. Parents or guardians can prepare their children for class in the waiting area or washrooms.

To avoid frequent interruptions during class time, please make sure your child has had a washroom break prior to dance class. It is recommended that all dancers bring a water bottle to class.

Attendance will be taken at the beginning of each class. If a student misses 3 or more classes, they will not be able to perform in upcoming performances, special events or festivals. If your child is unable to attend class we request that you contact the teacher as soon as possible in order to ensure that the instructor is not waiting for students to arrive to dance class.

It is very important that students attend dance class regularly. The dancers count on each other to have the same commitment to their group. When dancers are often absent it makes choreography, knowledge and cleanliness of their routines very difficult to maintain.

If you are more than 10 minutes late for your class, you may be asked to sit out the class. Late students may miss the warm up exercises and therefore may sustain an injury.

For the best interest of the dancers and instructors parents are not allowed in the classroom. However, from time to time, teachers may invite parents into classes to observe the group's progress.

In order to maintain a happy and healthy environment, students are taught the importance of commitment and being part of a group. Students are encouraged to have respect for other students, the teachers and studio property. Teachers may use constructive techniques of discipline to maintain class control and handle individual behaviors.

### **Studio Rules**

- ✓ Please clean up your garbage
- ✓ This is a PEANUT, SCENT & PET FREE environment due to dancers with severe allergies
- ✓ No outdoor shoes in the studio, please take shoes off in the front entrance.
- ✓ Please leave the space how you found it

### **COSTUME INFORMATION**

All costumes are owned by Le Stelle Alpine Italian Dancers. Each costume has specific pieces. It is your responsibility to properly care for the costume. Your costume will be provided in a garment bag with your child's name on it.

Once you receive your new costume for the year, you are required to provide Le Stelle with a non-dated cheque in the amount of \$150.00 as a deposit. If you do not have a cheque, you will be required to provide a cash deposit.

At the end of the dance year, all costumes are to be dry cleaned and returned in full for inspection and then redistributed with an itemized list of pieces that are provided

to each dancer. Your deposit cheque or cash deposit will be returned. If there are any expenses for any damage, vandalism or loss of costumes or accessories, your deposit cheque or cash deposit will be deposited.

You are responsible to provide your own shoes, tights, bloomers, and makeup accessories. These items can be purchased through Le Stelle. The cost of any non-national costume used for additional dance numbers will be at the expense of the dancer/parent.

Please email [info@italiandancers.com](mailto:info@italiandancers.com) if you would like to purchase any of the above items.

## **Costume Care**

### **Blouses, Aprons, Crinolines, Petticoat**

Dry clean only

### **All Vests and Skirts**

Dry clean only

### **Pantaloons or Bloomers**

Machine wash on gentle. Hang to dry. Press with a cool iron.

## LAKEHEAD FESTIVAL OF MUSIC AND THE ARTS

### Lines & Groups (mandatory)

Our association participates in the annual Lakehead Festival of Music and the Arts dance competition in the National category. At the discretion of the organization Junior, Intermediate and Senior classes will be entered in the group/line category according to age groups. These dances will be taught and rehearsed during your child's regularly scheduled class plus a dress rehearsal prior to the event.

### Solos, Duet, Trios and Group Numbers (optional)

Entering your child into **additional categories** requires private lessons, commitment and the extra fees for dance lessons and entry fees. This is a fun and educational experience for both dancers and parents!

To register your child, please ask a Board Member for a registration form and code of conduct form. Complete both forms and return them with entry fee attached to a Board Member. **Entry forms cannot be accepted without payment.** Private lesson fees will be collected by the teacher and are due in full prior to the first private lesson. For further details and teacher availability please contact one of the teachers.

### Costumes

Costumes for your child's regular national dance number will be provided by the association. If your child enters an additional category such as a solo, duet, trio or group number, **you are responsible** for a Board approved costume for that number. To avoid repetition of costumes, dancers are not allowed to wear their regular group costume for additional numbers. All other costumes must be approved by the board to ensure authenticity. If you have any questions regarding costume guidelines, please contact our seamstress Anna Hynes at 768-0551.

## DANCERS CHECKLIST FOR ALL PERFORMANCES

- Hair pulled back into a bun (mid back of head) with no bangs or loose ends. Use lots of hairspray, gel and bobby pins.
- Hairpieces double knotted and secured firmly with bobby pins.
- Make up (brown eye shadow, pink blush and red lipstick) is required. Please discuss with your dancer's teacher for shade/brand to ensure continuity in colours.
- Full costume: Vests should be pinned to skirts and aprons double knotted and pinned.
- Tambourine ribbons double knotted--check for frayed ends. If needed, cut on a bias and coat ends with clear nail polish. Check that there are no loose nails or cymbals. Use hot glue or wood glue on nail heads if loose as fallen cymbals can cause a dancer to slip.
- No nail polish.
- No jewelry, pierced earrings, necklaces or bracelets (unless requested by the teacher).
- Jazz shoes only either slip on or tie up (double knot laces).
- Bring extra safety pins, bobby pins, hairspray and makeup in case needed.
- MOST IMPORTANT REMEMBER TO SMILE & HAVE FUN!!!!!!



## FUNDRAISING

Our association runs a few fundraisers during the dance year such as Funscrip, Quiz Night, Two Bit Auction, and Festa Italiana. With the exception of Funscrip, all funds raised from our fundraising events will be split out as follows: 1/3 profit to social account, 2/3 profits to individual dancer's accounts.

Funscrip – gift card fundraiser. Forms are handed out end of October and returned by end of November. Gift cards come in 1 week after Le Stelle order is submitted. Money is earned based on percentages of gift cards that are purchased.

Quiz Night – usually held toward the end of October. This event is an evening of fun by groups of contestants competing for prizes by answering questions during the evening. Parents are asked to make a basket or sell tickets for a table of contestants.

Two Bit Auction – usually held in March or April. Parents are asked to help with this event by making baskets and working the event. Guests buy tickets for each basket, which is then awarded to a drawn number. Dancers (or parents on their behalf) can earn 2 credits by making a basket and working the event.

Festa Italiana – usually held first long weekend in August. We have an adult booth that sells various foods. Dancers must be 14 years of age or older to work in the adult tent. Parents are also required to work in the adult booth.

## SOCIAL FUND

At Le Stelle Alpine Italian Dancers, we believe that it is important to build community, a sense of belonging and long lasting friendships with our dancers and families. To this end, each year, using a portion of funds from fundraising, we host events to achieve this goal. Some events may be a Hallowe'en Party, Family Bowling Night, Movie Night and our Year End Dinner/Dance. This fund is used to cover the dancer's fees for these events. We encourage parents and siblings to join in these events and we will try to make it as cost effective as possible for family members.

## DANCER COUNCIL

There is a committee of dancer reps from the older dance groups. This committee organizes special events and fundraisers during the year. If your dancer has any ideas for some "fun social events", please have them speak to the dancer rep from their dance group.

## INDIVIDUAL DANCER ACCOUNTS

After our fundraising efforts, 2/3 of the profits are equally divided among participating dancers and deposited into individual dancer's accounts. These funds can be used to purchase dance related items such as registration, costumes, shoes, tambourines, tights, bloomers, etc or for certain travel expenses.

If your dancer no longer dances with Le Stelle and has funds in their dancer account, those funds will be reverted back to the organization. The funds will not be returned to the dancer nor will they be transferred to a sibling that may still be dancing.

## COMMUNICATION

**Newsletters** will be given out occasionally. Please read all information provided to you to stay up to date and informed.

**E-mails** will be sent out as another form of communication. Please check your emails regularly and if you haven't provided us with an e-mail address, please do, so we can keep you updated.

**Web Site** visit [www.italiandancers.com](http://www.italiandancers.com) for up to date news and information.

The Calendar on the web site will be kept up to date with important events. Please check regularly. <http://www.italiandancers.com/events/>

**Board Members** are available at the dance classes or at contact information on page 2 to address any questions.

## STELLE WEAR ITEMS

We strongly encourage our dancers to attend performances wearing Stelle wear.

Our organization has several items available for purchase. Unless otherwise noted, please see any of the Board members to purchase these items.

### Jackets



Two jacket styles to choose from –  
**Trimark Okapi Jacket – \$65 (youth), \$70 (adult)**  
**Stormtech Yoga Jacket - \$95 (youth), \$102 (adult)**  
For more information or to place an order, please contact Rita Romeo.

### T-Shirts

T-Shirts for dancers are \$10 and we have plenty in stock. Black adult V-neck T-Shirts are also available for purchase at a cost of \$10.



### Tank Tops



Tank tops are available for purchase at a cost of \$20.

### Hats

Hats are available for purchase at a cost of \$20.



## Water Bottles



Water bottles are available for purchase at a cost of \$10