



## TRI-CITY DANCE CENTRE

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### **Professional Training Program 2010/2011**

Tri-City Dance Centre's Professional Training Program will enter its 10th year in the Fall of 2010 and has grown every year since its inception!

#### **Answers to the most commonly asked questions about the Professional Training Program:**

##### ***Who is the Pro Program designed for?***

The Pro Program is designed for the dancer, age 8-18, who truly loves to dance, wants to excel at a faster rate and loves to be on stage. The dancers in the Pro program must be prepared to have excellent attendance, accept and apply criticism and corrections easily and practice outside of class. These dancers must be able to handle a certain amount of pressure, as the expectations from the teachers are higher than those of students in recreational classes. As the dancers age, they must be able to manage their time well as the dance load increases.

##### ***What is the cost for the Program?***

The Pro program is a great deal for the parents of those children taking multiple classes! The discount ranges from about 20% in the younger levels to over 50% at the highest level! Additional classes outside the Pro program, such as tap and hip hop can be added to the program fees at half price. There is a definite difference in cost for costumes and competitions, with the Pro program costing considerably more. Again, this cost increases with the level of the dancer. Costumes average \$15.00 more than recreational classes and competitions are about \$30.00 each.

##### ***How much time is involved in being in the Program?***

We ease dancers and parents into the program, beginning with just two days a week in the youngest two levels and increasing days as the levels progress. In the youngest levels, there is a minimum of two classes per day in dance and no more than three classes a day. Competitions begin in February and continue through May. There are two numbers at the youngest level and up to six at the most advanced level. We do four or five competitions a year- generally one in February, one in March and two in April/May. Dancers in the Pro program are often asked to perform at community events and a short weekend trip is taken every year (which is mandatory), with a big trip taken every three years (which is optional, but highly encouraged and fund-raised for).

##### ***What will the dancers gain from the program?***

The dancers will gain the same things that the dancers in recreational programs gain such as poise, discipline, respect, confidence, working with others, strength, co-ordination and so much more, just on a larger scale. The dancers gain a great deal of stage experience, which definitely helps in public speaking and the general ability to present oneself in life! The program is so well rounded that the dancer's receive more than just dance training. Vocal classes are part of the program and acting is involved in many of the numbers. The dancers in the Pro program are offered the opportunity to go to master classes, auditions, workshops and conventions where they take class from international guest teachers.

### ***What drawbacks are there to the program?***

It is always a drawback when a parent wants the dancer to be in the program more than the dancer wants to be in the program! The dancer has to love to perform and work hard, or frustration and disappointment will occur. The dancer must have self-motivation and a desire to excel, as the expectations are higher than those of a recreational class. Dancers who get upset at corrections, or who can't take not being perfect may find this program too stressful for their personalities. Although, in many cases, it helps the perfectionist learn that they cannot do everything perfect which helps them learn and deal with this aspect of their personality.

Parents have to commit more of their time in getting the dancers to and from competitions, workshops etc. in the spring and they must be willing to make this commitment. Carpooling works well, however!

Time can be missed from school as competitions are occasionally scheduled during school hours.

Family vacations and any other outside activities must be planned around the Pro Program's competition schedule and dancers are held to very strict attendance guidelines.

Parents and dancers are held more accountable for their actions in this program as they are representing the studio at competitions; workshops etc. and we have high expectations for behavior!

As the dancer progresses in the program, the ability to pursue other activities becomes harder. However, by the time this usually happens (about age 11-12) the dancer generally knows that dance is his/her first love and are okay with letting go of other activities.

### ***What is the difference between the Competitive Program and the Professional Training Program?***

A lot! The competitive dancers compete once or twice a year and learning their dance occur during class time. In the Pro program, the learning of the dances occurs during a separate "performance" class time so that class time is spent bettering their technique only. The Pro dancers take double the amount of classes as the Competitive dancers, increasing to 8 times the classes as they age. These programs clearly produce different dancers. The Competitive program is great for the dancer who loves to dance but has no desire to pursue dance after high school and doesn't want to spend a lot of time at the studio during the week, but who still wants to compete and be onstage more than once a year. The Pro program is designed for those who wish to excel in dance and who, as they get older, know they would like to pursue one of the many avenues of dance as a career.

### ***What are the advantages to the Pro Program?***

In addition to those already listed above, there is an ability to learn faster as the demand in choreography increases. Rarely is a dancer in this program a poor student as the discipline required in dance, the listening skills, memorization of steps, exercises and dances and the ability to take and apply corrections all aid in the learning process in school.

These dancers are often too busy to get into trouble as they progress into middle and high schools! They are also generally so committed to dance that they are not willing to take the risks with their bodies that many other teenagers do. The majority of their best friends will be from dance, so you, as a parent, will not have to worry about who they are hanging around with!

These dancers develop strong relationships with their teachers who are positive role models in helping them deal with any issues that may come up regarding their dance careers.

To be good at anything requires some sacrifices and this program is no different. However, the end result is a strong, well-rounded dancer who has confidence, has made life-long friendships and has a single-minded determination to succeed.

The positives outweigh the negatives for the right child. To sum it up, I have this true story: Upon seeing a competition invoice, one father recently said, "Well, I guess it is cheaper than bail". Enough said!