

the *S*chool
of Sacramento Ballet

Student Handbook

2019-2020



Contact Information

Ballet Studios

2420 N Street
Sacramento CA 95816

Free parking in lot behind building off of O Street
between 24th & 25th Streets

Leadership

Cynthia Drayer, School Director

Karen Kamilos, Children's Division Lead

Sara Slocum, School Operations Manager

Direct Contact

School: (916) 732-3660
schoolassistant@sacballet.org

Ticketing: (916) 552-5810
tickets@sacballet.org

Welcome

Dear Students and Families,

Welcome to the School of Sacramento Ballet!

Our school is dedicated to offering the highest level of training and performance opportunity while fostering a lifelong love of dance. We provide a classically based dance education, bringing the best that ballet training has to offer to enrich the lives of our students, families and community.

Our faculty inspire and educate young dancers through a graded syllabus to build technical skills and physicality while developing qualities that prepare them for success in any environment. From beginner to pre-professional, the pursuit of excellence is our goal, highlighting the individual potential in each student. Along with the rigors of daily class, we also prepare for the performance aspect of our art form. Our Spring Performances will again be at The Sofia, this year for both the Children's Division, and Student and PreProfessional Divisions. The opportunity to dance on the same stage in which our own company, the Sacramento Ballet, performs is a great opportunity. We are fortunate to be a school connected to a professional company that feeds our inspiration, goals and creativity.

I welcome you and look forward to a joyful year of dance, growth and creativity!

Sincerely,

Cynthia Drayer
School Director

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Important Dates

August 19, 2019: Classes Begin
September 2, 2019: CLOSED Labor Day
September 16, 2019: Peek Week—Parent Observation
October 21, 2019: Peek Week—Parent Observation
November 18, 2019: Peek Week—Parent Observation
November 27– Dec 1, 2019: CLOSED Thanksgiving Break
December 23, 2019– January 5, 2020: CLOSED Winter Break
January 6, 2020: Classes Resume
January 20, 2020: CLOSED Martin Luther King Day
January 25, 2020: Winter Performance—Pre Professional & Trainees
February 17, 2020: CLOSED President’s Day
February 24, 2019: Peek Week—Parent Observation
April 6-12 2020: CLOSED Spring Break
May 18, 2020: Children’s Division Performance—Preparatory 1 & 2, Ballet Fundamentals, Student Division Pre Professional and Trainees)
May 19, 2020: End of Year Performance—All Student Division, Pre Professional and Trainees
May 25, 2020: CLOSED Memorial Day
May 30, 2020: Last Day of Classes

EOY Performance Rehearsals:

Mar 7, 14, 21, 28	}	Saturdays
April 4, 18, 25		12:30pm—3:30pm
May 2, 9, 16		

Schedule of Classes

Children's Division

Choose one class

Class	Day	Start	End
Movement/Music	Sa	9:00am	9:30am
Movement/Music	Sa	9:30am	10:00am
Creative Movement 1 (1.1)	M	3:45pm	4:30pm
Creative Movement 1 (1.5)	Tu	9:30am	10:15am
Creative Movement 1 (1.2)	W	4:30pm	5:15pm
Creative Movement 1 (1.3)	Sa	10:00am	10:45am
Creative Movement 1 (1.4)	Sa	11:30am	12:15pm
Creative Movement 2 (1.1)	M	4:30pm	5:15pm
Creative Movement 2 (1.5)	Tu	10:15am	11:00am
Creative Movement 2 (1.2)	W	3:45pm	4:30pm
Creative Movement 2 (1.3)	Sa	10:45am	11:30am
Creative Movement 2 (1.4)	Sa	12:15pm	1:00pm
Preparatory 1 (Prep 1.1)	M	5:15pm	6:15pm
Preparatory 1 (Prep 1.2)	Tu	4:30pm	5:30pm
Preparatory 1 (Prep 1.3)	W	6:15pm	7:15pm
Preparatory 1 (Prep 1.4)	Th	5:30pm	6:30pm
Preparatory 1 (Prep 1.5)	Sa	1:00pm	2:00pm
Preparatory 2 (Prep 1.1)	M	6:15pm	7:15pm
Preparatory 2 (Prep 1.2)	Tu	5:30pm	6:30pm
Preparatory 2 (Prep 1.3)	W	5:15pm	6:15pm
Preparatory 2 (Prep 1.4)	Th	4:30pm	5:30pm
Preparatory 2 (Prep 1.5)	Sa	2:00pm	3:00pm

Choose one group of 2 classes

Ballet Fundamentals (1.1) (Mon/Thur)	M	4:30pm	5:30pm
Ballet Fundamentals (1.1) (Mon/Thur)	Th	4:30pm	5:30pm
OR			
Ballet Fundamentals (1.2) (Tues/Sat)	Tu	4:30pm	5:30pm
Ballet Fundamentals (1.2) (Tues/Sat)	Sa	10:00am	11:00am
OR			
Ballet Fundamentals (1.3) (Tues/Thur)	Tu	5:30pm	6:30pm
Ballet Fundamentals (1.3) (Tues/Thur)	Th	5:30pm	6:30pm

Optional classes

Tap (Ages 5-6)	Th	6:30pm	7:15pm
Tap (ages 7-8)	Tu	6:45pm	7:45pm

Student Division

Choose one group of 2 classes

Class	Day	Start	End
Level 1 (1.1) (Mon/Thur)	M	4:00pm	5:15pm
Level 1 (1.1) (Mon/Thur)	Th	4:00pm	5:15pm
OR			
Level 1 (1.2) (Wed/Sat)	W	6:15pm	7:30pm
Level 1 (1.2) (Wed/Sat)	Sa	11:00am	12:15pm

Student should enroll in all classes

Level 2	Tu	5:15pm	6:45pm
Level 2	W	5:15pm	6:45pm
Level 2	Th	5:15pm	6:45pm
Modern	Th	6:45pm	7:45pm

Optional - extra cost

Student should enroll in all classes

Level 3	M	5:15pm	6:45pm
Level 3	W	5:15pm	6:45pm
Level 3	Th	5:15pm	6:45pm
Level 3	F	6:00pm	7:30pm
Modern	Th	6:45pm	7:45pm

Optional - extra cost

Student should enroll in all classes

Level 4 Tech and Pointe	M	6:00pm	8:30pm
Level 4 Tech	Tu	6:00pm	7:30pm
Level 4/5 Modern	Tu	7:30pm	8:30pm
Level 4 Tech and Pointe	W	6:15pm	8:30pm
Level 4/5 Tech and Pointe	F	4:30pm	7:15pm
Level 4/5 Tech and Pointe	Sa	9:30am	12:00pm

Student should enroll in all classes

Level 5 Tech and Pointe	M	4:30pm	7:00pm
Level 5 Tech and Pointe/Variations	Tu	4:30pm	7:30pm
Level 4/5 Modern	Tu	7:30pm	8:30pm
Level 5 Tech and Pointe/Repertoire	W	4:30pm	7:00pm
Level 4/5 Tech and Pointe	F	4:30pm	7:15pm
Level 4/5 Tech and Pointe	Sa	9:30am	12:00pm
Character	W	7:00pm	8:00pm

Optional Starts 8/28

Pre Professional Division

Students should enroll in all classes

Class	Day	Start	End
Pre-Pro 1/2/3 Tech/Pointe/Variations/Rep	M	4:15pm	7:45pm
Pre-Pro 1/2/3 Tech/Pointe/Variations/Rep	Tu	4:15pm	7:45pm
Pre-Pro 1/2/3 Tech1/2/3 (rehearsal)	W	4:15pm	6:15pm
Pre-Pro 1/2/3 Tech/Pointe/Variations/Rep	Th	4:15pm	7:45pm
Pre-Pro 1/2/3 Tech/Pointe	F	4:30pm	7:15pm
Pre-Pro 1/2/3 Men	F	6:15pm	7:15pm
Pre-Pro 1/2/3 Tech 1/2/3	Sa	9:30am	11:00am
Pre-Pro 1/2/3 Modern	Sa	11:00am	12:30pm
Character <i>Optional Starts 8/28</i>	W	7:00pm	8:00pm

Open Division

Class	Day	Start	End
Pre-Teen Ballet	Tu	6:30pm	7:45pm
Teen Ballet	W	6:30pm	7:45pm
Tap (ages 5-6)	Th	6:30pm	7:15pm
Tap (ages 7-8)	Tu	6:45pm	7:45pm
Modern Level 2/3	Th	6:45pm	7:45pm
Modern Level 4/5	Tu	7:30pm	8:30pm
Character <i>Starts 8/29</i>	W	7:00pm	8:00pm

If you take Tap, Modern or Character without taking Ballet, the cost is \$54 per month and requires permission of the teacher.

Adult & Senior Classes

Class	Day	Start	End
Adult Ballet (Beginner)	Tu	7:45pm	9:00pm
Adult Ballet (Intermediate)	M	9:30am	10:45am
Adult Ballet (Intermediate)	W	9:30am	10:45am
Adult Ballet (Intermediate)	M	7:45pm	9:00pm
Adult Ballet (Intermediate)	W	7:45pm	9:00pm
Adult Ballet (Intermediate)	Th	7:45pm	9:00pm

Workshop	Day	Start	End
Adult Ballet (Absolute Beg) Workshop	Th	7:45pm	9:00pm
Adult Musical Theater Workshop	M	7:45pm	9:00pm
Adult Tap Workshop	Tu	7:45pm	8:45pm
Character for Adults Workshop	F	6:30pm	7:30pm

Class	Day	Start	End
Fall Prevention for Seniors	W	10:00am	11:00am
Fall Prevention for Seniors	W	10:00am	11:00am
Senior Tap	Tu	11:00am	12:00pm

Adult Ballet Cost \$15 drop in fee or \$120 for a 10 class pass

Adult Workshops are charged per the workshop session of 7-8 classes.

Session 1: Last week of Aug—3rd week of Oct.

Session 2: 4th week of Oct—3rd week of Dec (*no class Thanksgiving week*)

Fall Prevention for Seniors is cost is \$5 drop in fee.

Senior Tap cost is \$10 drop in fee or \$70 for the session of 8 classes.

Senior classes follow the workshop schedule of sessions (see above).

Volunteers Needed

If you are waiting for your student during their class and would like to help us out, please let us know. We almost always have a need for volunteers.

Some of the tasks we need completed can be done while you are at the studios, but we also need people to help with the following:

Ushers—at the professional shows as well as the student shows

Cashiers—at the Nutcracker in the lobby, at Beer & Ballet

Sewing—minor repairs on costumes

Delivering posters and /or postcards to advertise the shows

Tuition

The annual registration fee is \$75 per student or \$120 per family and is non-refundable.

Monthly payments are processed through JackRabbit on the 3rd of every month. If your credit card fails for any reason, you have until the 10th of the month to update our files and make your payment. If payment is not received by the 10th of the month a \$50 late fee will be incurred. Tuition payments must be received monthly for your student to participate in class. If you would like to pay by cash or check, that can be completed at the front desk before the 10th to avoid the late fee. The months of August (2 weeks) and December (3 weeks) are prorated.

If you are interested in paying for the full year in advance, please see the School Operations Manager to make payment.

There is a commitment deadline and fee for various performing opportunities. Tuition must be up to date for your student to participate in demonstrations, special events, or performances.

You are required to give a 30-day notice to leave the program. Balances will continue to accrue whether or not your student is in class.

Family Discount:

Full tuition is paid on the highest-level student and then each additional family member is discounted 5%.

Boys/Young Men:

Boys/young men enrolled in the Student Division in Levels 1-3 are given a 50% discount. Young men in Level 4 and above will receive 100% tuition if they commit to all classes.

Class Levels and Monthly Tuition:

Children's Division	
Movement and Music	\$60
Creative Movement 1	\$80
Creative Movement 2	\$80
Preparatory 1	\$95
Preparatory 2	\$95
Ballet Fundamentals	\$155
Elective Tap	\$40
Student Division	
Level 1	\$175
Level 2	\$245
Level 3	\$350
Level 4	\$450
Level 5	\$475
Elective Modern	\$25
Elective Character	\$25
Pre-Professional Division	
Pre-Professional 1	\$475
Pre-Professional 2	\$475
Pre-Professional 3	\$475
Elective Character	\$25
Open Division	
Pre-Teen	\$100
Teen	\$100
Homeschool Dance Exercise	\$100
Children's Division Tap only	\$60

There is a \$25 returned check fee.

Dress Code

The School of Sacramento Ballet has a full dress code. Each level is represented by a specific colored leotard.

All leotards have been made specifically for our studio and may be purchased from Capezio Sacramento, school students regularly receive 10% off. They welcome phone-in orders, wherein free delivery to the studio is an option.

3839 H St, Sacramento, CA 95816 (916) 452-2255

The leotards will be in the store by August 14, 2019. Capezio's is offering our students a 25% discount August 14-16, 2019. You can go in early to be sized and then pick them up during the sale.

Leotard

Children's Division (All Classes) Style # SE1037C

Lavender dress, skirt is attached

Student Division Style# SE1012C/W

Level 1 Vibrant Violet (VBV)

Level 2 Burgundy (BUR)

Level 3 Hunter (HUN)

Level 4 Scarlet (SCR)

Level 5 Aubergine (AUB)

Pre-Professional Division Style# SE1012C/W

Navy (NAV)

Tights

Children's Division—Pink/skin tone tights—Footed or Transitional

Student Division—Pink/skin tone tights—Transitional

Pre Professional Division—Pink/skin tone tights—Transitional

Tights and shoes should complement each other in either pink or flesh tone as appropriate.

Boys/Men

Black shorts/leggings, white t-shirt and black ballet shoes.

Outer Wear

All students should wear coverups and different shoes when arriving at the school. Ballet shoes should never be worn outside.

Ballet Shoes

Pink ballet shoes with sewn elastic. Drawstrings must be tucked in. Either split or full sole is acceptable . Slipper style shoes are not acceptable

Hair

Proper hair is an important part of ballet etiquette. Hair should be pulled away from the face and neck in a high bun. Short hair must be secured back away from the face.



Jewelry

No jewelry except post earrings.

Warm-up Clothes

No warm-up clothes or cover-ups can be worn in ballet class.

Pointe Shoes Level 4 & Up

All pointe shoes must have sewn elastics and ribbons. First instructions will be provided by the teacher in class. Level 4 students, please wait to purchase your first pointe shoes until the teachers instructs you to do so. Any strings or torn material hanging off the tips must be removed.

Ballet Skirts

Skirts may be optional for some pointe & variations classes at instructor's discretion.

Performances

Winter Performance—Pre Professional & Trainees

January 25, 2020

On the Cunningham/Binda Stage

Time: TBD

Children's Division Performance—Preparatory 1 & 2, Ballet Fundamentals, Student Division Pre Professional and Trainees)

May 18, 2020

At the Sofia Theatre

Time: TBD

End of Year Performance—All Student Division, Pre Professional and Trainees

May 19, 2020

At the Sofia Theatre

Time: TBD

Participation Fees:

Winter Performance

Pre-Professional Division: \$75

Children's Division and End of Year Performances

Children's Division: \$25

Student Division: \$75

Pre-Professional Division: \$125

sacramento *Ballet*
AMY SEIWERT, ARTISTIC DIRECTOR

2019–2020 SEASON: *Sights Unseen*

Welcome to a celebration of world premieres.
Welcome to a year filled with respected
ballets performed here for the first time.
Welcome to creativity and power and
beauty.

Welcome to
Sights Unseen.

Mozart in Motion

October 3-6, 2019

The Nutcracker

December 12-22, 2019

Beer and Ballet

Jan. 31-Feb. 16, 2020

Homegrown

A Festival of New Works

March 26-29, 2020

Fast Forward

May 14-17, 2020

Western
Health
Advantage



SACRAMENTO METROPOLITAN
ARTS
COMMISSION

City of
SACRAMENTO

ARTIST: ANTHONY CANNARELLA
PHOTO: KEITH SUTTER PHOTOGRAPHY



Rules & Policies

Drop Off/Pick Up:

All students should enter and exit from the building using the Sacramento Ballet entrance on the south side of the building from the parking lot.

The door will require a code to enter if it is dark outside. The School will send out this code via email periodically throughout the school year. All students must sign in and out at the front desk for security reasons.

Please note that Sacramento Ballet is not a child-care provider. Our fees do not reflect supervision outside the studio. Students must be picked up within 15 minutes of the end of their class. If you are unable to pick up your child in a timely fashion, kindly call the front desk to make them aware. Parents will be charged a fee of \$5.00 per 15 minutes for any time the staff must wait beyond the allowed pick up time.

Attendance:

Students are expected to attend every class for which they are scheduled. Consistent attendance is critical to progress. Please make sure your child arrives to class at least 5-10 minutes before class begins, ready to learn and work. Late arrivals disrupt class concentration. Students late to any class may be asked to sit and observe.

Please notify the school as soon as you may know of an absence.

Missing more than 10% of classes will affect participation in performances and may require repeating the level the following year.

Make Up Classes:

If a student would like to take a make up class in the Children's Division or in Level 1 or 2, please contact the front desk to schedule an appropriate class.

Level 3—Pre-Pro may take any class in a lower level with prior approval from the teacher.

Sickness and Injuries:

In the event of an illness please keep your child at home and notify the front desk as soon as possible.

Injured students are asked to observe required classes and rehearsals while recovering from injury. If they're under the care of a doctor, both a doctor's note and release letter are required.

Ballet Classroom Etiquette:

- ◆ Talking in class is not permitted. If a student has a question, they should raise their hand and wait to be called on.
- ◆ Only bottled water is allowed in the studio. Eating and drinking is allowed in the hallway. Students **MUST** clean up after themselves.
- ◆ Students should not touch or place anything on the pianos or electronic equipment.
- ◆ All electronics must be silenced and kept in a dance bag. Sacramento Ballet is not responsible for any missing valuables. Students are responsible for keeping their belongings secure.
- ◆ Children's Division students should store their items in the black cubbies. Upper level female students should use the dressing room and upper level boys should bring their bags into the studios.

Code of Conduct

It is the policy of The School of Sacramento Ballet to maintain a positive and productive learning and working environment for all students, staff and Company Artists. As part of their training, students are expected to behave in a responsible and disciplined manner and to adhere to the rules and regulations in this document, both inside the Sacramento Ballet facility and outside in the greater community when representing The School of Sacramento Ballet or the Company.

The School of Sacramento Ballet strives to ensure that all rules are clear and reasonable, and students are expected to observe the established Code of Conduct. Sacramento Ballet reserves the right to suspend or dismiss any student whose conduct or attitude is found to be unsatisfactory.

The School of Sacramento Ballet emphasizes discipline, focus, a positive attitude and proper classroom etiquette.

We will utilize a “Three Strikes Rule” regarding disciplinary action. A “Strike” is applied when a student does not fulfill the rules, procedures, and standards of conduct as outlined in the Code of Conduct Agreement.

How the Three Strikes Rule works:

- 1st Strike—Warning by Faculty or staff member; the student is reported to School Director.
- 2nd Strike—Disciplinary meeting with School Director; phone call to parent or legal guardian.
- 3rd Strike—Parent or Legal Guardian meeting with School Director.

Agreement

Please initial by each statement, sign and return this page to the School

_____ Respect for all members of The School of Sacramento Ballet community.

_____ Students are to conduct themselves, whether inside or outside of school, in a manner that is reflective of the discipline and etiquette required in ballet.

_____ The School of Sacramento Ballet's discipline is based on a fundamental respect for persons, property, authority, the mission with objectives of the organization.

_____ The School of Sacramento Ballet recommends a no use policy regarding social media. Any contact of classmates in a group chat or other groups on social media which does not include all and/or speaks poorly of the organization or others is strictly forbidden.

_____ The School of Sacramento Ballet reserves the right to determine, at its discretion, which actions fail to meet the principles and philosophy of the school. Failure to follow these guidelines may result in a warning, disciplinary action short of dismissal, suspension of a student, revocation of a parent/guardian's privilege to attend or to participate in school activities, or dismissal depending on the severity of the offense.

_____ Bullying, harassment, or discrimination, including via social media, will not be tolerated. Students or adults who witness bullying, harassment, or discrimination should report it to the front desk immediately.

I, _____, the student, and we the parent(s) and/or guardian(s), have read the student handbook and agree to all rules, policies and code of conduct listed herein.

_____ Date _____
Student signature

_____ Date _____
Parent/Guardian signature



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