



# DOLYA SCHOOL OF UKRAINIAN DANCE

2022-2023 Handbook

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[www.dolyaschoolofdance.com](http://www.dolyaschoolofdance.com)

## Welcome to the Dolya School of Ukrainian Dance

Welcome to the Dolya School of Ukrainian Dance! We are so happy to be back with in person classes after 2 long years of online learning!

The Dolya School of Dance was incorporated in April 2019 as a non-profit. The school was based off of fundamental beliefs of its Directors that Ukrainian dance should be available to everyone regardless of ethnicity or cultural identity, size, past dance experience, financial status, gender identity, religious beliefs, special needs or disabilities, or technical ability.

Our school offers free dance lessons to those aged 2 to adult from basic training to more advanced; ballet training for our junior and senior ensemble dancers; and specialized professionally-led workshops. At the Dolya School of Ukrainian Dance, our dancers continue to learn the basics of Ukrainian dance from each distinct region of Ukraine. Mixing traditional pieces with more contemporary performances, Dolya provides an exciting and challenging activity for dancers of all ages!

Our instructors grew up dancing in local Ukrainian dance ensembles and many also have different types of dance training as well. We have multiple graduates of Sudbury Secondary School's Dance Program within our instructor group and within our ensemble; as well as dancers and graduates from other dance schools/programs.

**OUR MISSION:** To establish a school of dance to teach Ukrainian dance in a fashion that promotes fun, new friendships, physical activity, and a unique learning environment that ultimately helps keep the Ukrainian culture alive and thriving in the Greater City of Sudbury and beyond. The school is to operate perpetually, providing free dance classes to the community, utilizing trained volunteer instructors, in a fashion that is cost-efficient so that all families, regardless of financial status, cultural ethnicity, or previous dance experience, can participate and receive education and training on Ukrainian dance technique, in a non-judgemental and inclusive fashion.

Anyone interested in learning to dance is welcome to join the Dolya School of Dance. You do not have to be Ukrainian...you just have to enjoy dance, the Ukrainian culture, and all it has to offer!

*Keri Shewchuk*

Artistic Director, Dolya School of Ukrainian Dance

## Class Organization

The Dolya School of Ukrainian Dance offers a variety of classes to dancers aged 2 and over. Please note: the age categories for each group may vary year to year depending on enrollment.

Class	Age	Date/Time of Classes	Other
Level 1 Preschool	2 & 3	Monday nights 6:00 - 6:30 p.m.	
Level 2	4 - 6	Monday nights 6:00 - 6:45 p.m.	
Level 3	7 - 9	Monday nights 6:00 - 7:00 p.m.	
Level 4	10 - 14	Monday nights 6:00 - 7:30 p.m.	Those age 12-14 also have option of being in Junior Dolya Ensemble
Jr. Dolya Ensemble	12 - 14	Sundays 12:30 - 2:30 p.m.	*Also will have ballet workshops
Sr. Dolya Ensemble	14 +	Sundays 12:30 - 2:30 p.m.	*Also will have ballet workshops
Adult Classes (lower impact)	18+	Sundays 12:30 - 2:30 p.m.	*Also will have ballet workshops

Those in the Jr. Dolya Ensemble, the Sr. Dolya Ensemble and the Adult Beginner Class will have the opportunity to take part in our monthly ballet workshops with the fabulous Carolle Mageau. The ballet workshops take place the last Sunday of the month at our regular Sunday practice. These workshops work on strengthening, technique, core building, and stage presence (no, there are no tutus or point shoes involved).

Each group has a specific curriculum that they follow to make sure that dancers develop certain skills so they are prepared for their move to the next group. Dancers will only be moved up to the next group based on: age, completion of previous class skills (if applicable), and attendance. Those who miss multiple classes during the year, may be held back an extra semester to get caught up prior to being moved up to the next group.

## Practices - Dress Code

GIRLS/WOMEN	BOYS/MEN
<p>T-shirt, tank top, dance top                      Black pants (leggings, yoga pants, cotton pants)                      Red leather ballet slippers (children)                      Hair tied up off face                      No jewellery or watches</p>	<p>T-shirt                      Black pants (leggings, yoga pants, cotton pants)                      Black leather ballet slippers (children)                      Hair tied up off face (if long)                      No jewellery or watches</p>

**Absolutely no jeans, skirts or dresses are to be worn to practice! Those showing up in inappropriate attire, will be asked to change prior to being allowed to dance.**

## Practices - Dancer Expectations

1. Use the washroom before class!
2. Children will not be allowed to come and go from class and must remain with their instructor until they are picked up.
3. Bring a water bottle to each and every class. Fill it before class starts!
4. No running, screaming, tag, wrestling or uncontrolled behaviour before, during or after class.
5. Clean up after yourself!
6. Inform your instructor if you are unable to make it to class. Absences makes it difficult for instructors to plan classes, organize dances, and confuses students who are in class!
7. Arrive, ready to dance at least 5 minutes before class! **Classes start at exactly 6:00 p.m. with or without you!** You will not be able to dance until you have completed a proper warm up!
8. Follow all classroom etiquette outlined by your instructor.
9. Talk to your instructor if you don't understand what they are asking.
10. Do not touch any of the equipment.
11. Have fun and bring your smile! 😊

## Parent Observation/Drop Off and Pick Up

**Preschool (Ages 2 & 3)** - Parents are allowed to observe class and participate as required. Parents are asked not to remain in the dance studio hallways once class is completed; and to instead proceed to the main floor if you are waiting for one of your other children to finish their dance class.

**Dancer Drop Off/Pick Up** - All children should be dropped off and picked up from their assigned dance studio. Please make sure you acknowledge with your child's dance teacher that they have arrived or that they are being picked up.

No dancer will be allowed to leave the second floor of Sudbury Secondary until they are picked up by their parent/guardian.

## Attendance at Practices

The most important expectation that the instructors have are attendance and punctuality. **Please inform us if you are not able to attend class. Please call or text the Artistic Director at:**

705.698.9338

Attending on a regular basis shows respect for the time and commitment of the instructors, the other students, and the other parents.

**Dancers who do not attend on a regular basis, will not be allowed to perform. All dancers must attend the final 3 practices prior to any performance should they wish to dance in that performance.**

## Dancer/Parent Communication

The Dolya School of Dance has several ways to relay information to you including:

- This handbook
- Handouts that get sent home on a regular interval with the students (these also get posted on our private Facebook page)
- Dolya School of Dance Website [www.dolyaschoolofdance.com](http://www.dolyaschoolofdance.com)
- Email distribution list - make sure we have your email address should you want to be included. Our email address (if you wish to reach us at any time) is [dolyaschoolofdance@gmail.com](mailto:dolyaschoolofdance@gmail.com)
- Facebook
  - Private Facebook pages: This is where we post information specifically for dancers, parents/guardians of the Dolya School of Ukrainian Dance:
    - Dolya School of Dance (you will receive a request to join if you approved of this during registration)
    - Dolya Junior & Senior Dance Ensemble (includes information specific to the Ensemble, Jr Ensemble and Adult Beginner Group)
  - Public Facebook page: This is where the community keeps track of us! It is named Dolya School of Ukrainian Dance. You can join on your own at any time!
- You can also find us on Instagram!

## Cancellation of Practices

All dates for practices are provided in our Calendar of Events. The dates are also listed on our website.

If a practice cancellation is known ahead of time (i.e. a week or two before), we will notify parents and dancers via a handout and it gets posted on all of our private Facebook pages.

If a practice cancellation is not known ahead of time (i.e. cancelled due to weather/storms), a message will be posted on our private Facebook pages by 2:00 p.m. on the day of practice. We ask that if you believe there is a chance practice may be cancelled that you check our Facebook page first. Please acknowledge that you saw the message (i.e. like the post or comment). By 4:00 p.m. we will call only those dancers/parents/guardians who we have not heard from.

Since we are using Sudbury Secondary School, classes are automatically cancelled if: 1) it is a stat holiday/long weekend or 2) buses were cancelled/schools closed due to weather. This is because we have to follow the school calendar and Rainbow School board policies.

## Performances

### Costumes

The costume purchase agreement will be signed by each family registering with the Dolya School of Ukrainian Dance.

#### For all groups:

- There are four options for acquiring costumes:
  1. Purchase New - Sized Just For You - You can choose to purchase your costume outright. When you register, you will be provided with the picture of what your class costume looks like as well as the cost to purchase the costume entirely as well as the cost of individual pieces (if you only need 1 or 2 pieces). You will need to fill out the costume order form and size your child for their costume. Once complete, you would submit your forms to the Director, along with cash or check (written out to Dolya School of Ukrainian Dance). The costume is then ordered for you directly from our vendor in the Ukraine. These costumes are customized specifically for your child.
  2. Purchase Used - We will be gathering an inventory of “used” costumes. This inventory should grow over the years as dancers change classes. The costumes will be purchased directly from the seller of the costume at a price based on original cost as well as general condition of the costumes. Items that are not acceptable to be worn (i.e. severely stained items, etc.) will not be allowed to be sold through our inventory.
  3. Fundraise Your Costume - We will be running multiple fundraisers over the year beginning in July of each year raising funds for the next dance season. If you decide to fundraise, any profits made by your family will go into your child’s

costume “bank”. (i.e. you sell \$500 worth of chocolate bars - just an example). If we make a 20% profit on the chocolate bars, that means you made \$100 profit. 25% of this profit (or \$25) would go into our dance school’s general account and 75% of this profit (or \$75) would go towards your child’s costume. 25% will always go to the general dance school account. If we perform somewhere where we get paid (i.e. \$1000), those who dance at the function, will have 75% of the profits allocated to their costume banks. **If you plan on using the fundraising option, register early and get in on our early fall fundraiser which will make it the easiest for you to fundraise the cost of your costume by the time the first costume order is placed in October.**

4. Grants/Donations - There will also be times when we receive grant monies or donations that we will be able to use to purchase costumes for all dancers. These types of funds will be communicated to you when we are made aware. This could mean the purchase of potentially a second costume for the older children, new types of footwear (i.e. boots or characters shoes, moccasins), or different headpieces.

#### Footwear for Dancers Aged 2 to 14:

All dancers 14 and under are required to purchase red, leather dance slippers that are used both in rehearsals and in performances. The slippers can be purchased at JUMP! Skate and Dance Store on the Kingsway (across from Chapters).

#### **For the Jr. and Sr. Ensemble:**

- The same rules apply as above to you in regards to purchasing costumes.
- A list has been developed based on the priority costumes that we will be purchasing.
- If you are a new dancer, you will only need to purchase the costume (to start) of the dance that you will be learning. For most, this will mean purchasing our Poltava costume (Hopak costume) first. The other costumes can be ordered at any time if you are choosing to purchase them yourself, or use money that is in your costume bank.
- All Jr. and Sr. Ensemble members are required to have red leather boots. These boots can only be purchased through our Ukrainian vendors and have to be ordered well in advance. Please see the Director if you are in need of red boots.

#### **Recommendations For Keeping Your Costumes Crisp and Clean:**

1. Most costume items can be washed in cold water and hung to dry. Speak to your instructor if you have specific washing/laundrying questions. Iron on low heat.
2. Headpieces - hang or put in hat box (some purchase plastic bins to keep them in).
3. DO NOT eat, drink, or smoke in or near our costumes. Drink water only if required.
4. DO NOT put costumes on the floor!
5. ALWAYS transport costumes in costume bags or covered with a plastic bag.
6. ALWAYS hang up costumes when not in use.
7. DO NOT hang costumes on metal hangers.
8. ALWAYS ensure that your costume is in good repair. If you notice any loose buttons, pompoms, snaps, trim, hems coming undone, stains, etc., ask your instructor if you need help repairing it.

## Dressing for Performances

Girls/Women	Boys/Men
<p>Hair double French braids; tied back as best you can if short (if you need assistance, there are always volunteers available to help but you must arrive <u>early</u> on a day of performance).</p>	<p>Hair slicked back; tied back as best you can if longer</p>
<p>Nude tights (default); other colours may be assigned</p>	<p>Black leather ballet slippers or whatever footwear has been assigned to you (older dancers)</p>
<p>Makeup - blush and red-tinted lipstick, brown hues work best if you are using bronzer and/or eye shadow recommended (stage lighting can make you look white without it)! Speak to your instructor if you have any issues with your dancer wearing make-up!</p>	<p>Same colour socks as your footwear</p>
<p>No jewellery except that which comes with your costume!</p>	<p>No jewellery except that which comes with your costume!</p>
<p>Light coloured undergarments - white is the best (no print).</p>	<p>Light coloured undergarments - white is the best (no print)! Supportive as needed.</p>
<p>Good, supportive bra for older dancers (sports bras are recommended).</p>	

**NEVER SIT ON THE FLOOR IN YOUR COSTUME!!!!**

**NEVER** walk around half-dressed. This is considered an insult in Ukrainian culture. Either full costume, or street clothes. Be aware of how you represent Dolya when you are in public!



## Performance Rules

1. Stay away from the stage, and do not open the side curtains until it is your turn to line up!
2. If you are not behind stage, stand quietly and professionally in your designated area.
3. Please stay close to your group prior to performing. Your instructor should know where you are at all times. If it is performance time and you are not present, the show still goes on!
4. Go to the washroom before you get dressed.
5. Double check each other's costumes before you go on stage. Make sure you are pinned if needed (i.e. belts, skirt closures)!
6. All headpieces must be pinned securely.
7. For flowing skirts, make sure you always have a pair of bloomers on underneath!
8. Costume pieces falling off on stage should not be occurring! Make sure they are on right and that they fit you properly. If they fall though, leave them there! Don't stop dancing to pick up pieces on the stage.
9. Clap for other performers!
10. If there is a problem with the music, keep smiling and keep dancing until either the music kicks back in or there is an appropriate time to exit. Always watch your instructor for directions!
11. When passing behind the curtain in any hall/theatre, etc, walk slowly, quietly and against the back wall. No opening the curtains at any time!
12. No talking - if you say something - whisper!
13. No fooling around or horseplay!
14. Don't touch anything backstage.
15. Be professional at all times. Only walk around in full costumes (not half-dressed).

## Volunteer Opportunities

Everyone you see working with Dolya, including the instructors, Board Members, Directors and Advisory Members, are volunteers. They give their time, sweat and money to the organization in order to provide dance classes for you or your children.

Monies raised through events and fundraising efforts help to run the dance school and provide music, costumes, decorations, supplies, choreography, equipment, etc.

In an effort to grow the dance school and encourage parent involvement, we are asking parents and dancers to make a sincere effort to help out whenever you can. Remember, dance classes are free/low-cost and this is only possible because of a huge commitment from many volunteers. The more volunteers we have, the more successful we can make our dance school! See our Volunteer Commitment Form for protocols related to volunteering.

Watch Facebook often for opportunities to volunteer during the year. We thank you in advance for your support!

## Make a Difference

With your registration, you or your delegate, automatically becomes a member of the Dolya School of Ukrainian Dance. Becoming a member of the school allows you to be part of an organization that has grown out of a rich heritage that is proud of its culture and enthusiastic to share it with the world.

As a member, you will:

1. Be invited to take part in our annual meeting as a voting member. This meeting reviews the past year of operation and plans for the future. Your participation is key to growing and improving our dance school each and every year!
2. Be eligible to run for a position on our Board of Directors.
3. Be eligible to sit on sub-committees
4. Have valuable access to our organization including providing feedback on a regular basis, and having a true say on how our dance school will thrive.

Board meetings are held on a monthly basis and are open to any member who wishes to attend. Meetings will be announced 2 weeks in advance. We encourage you all to attend and really be a part of the Dolya family.

## Dolya Board of Directors

<b>President/Chair of the Board:</b>	Bernadette Remillard
<b>Vice President:</b>	Melissa Hooge
<b>Secretary:</b>	Logan True Windover
<b>Treasurer:</b>	Keri Shewchuk
<b>Member At Large:</b>	Taylor Garand

Our Annual General meeting is held at the end of October at which time, Board members can be nominated/elected. Information regarding our annual meeting voting/nomination processes are circulated to all of our families 2 weeks prior to the meeting.