BALLROOM COURSE OUTLINE AND CONTRACT

Mrs. Tessie Hernandez

FHS Main Campus (236-2200 ext 62260)

Conference Time: 8:15 am

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**Course Objective:**

In this course, students will learn the fundamentals of Ballroom Dance. Students will learn waltz, tango, rumba, cha cha, fox trot, swing, and salsa. Along with Ballroom, students will broaden their knowledge and experience in the areas of body movement. Rhythmic structures, axial and locomotor movements, and dance history will be taught. Students will be also given the opportunity to acquire basic fundamental skills in ballet, jazz, modern dance, pilates and yoga.

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1. **Materials**
   1. Composition Book, Glue Sticks
   2. Box of Kleenex
   3. Suggested items for locker: lock, hair ties, deodorant, feminine hygiene products, safety pins
   4. Dance Attire

Girls: black tank leotards, black ankle length footless tights or leggings, ballroom shoes (No cover-ups, label all belongings)

Boys: black sweatpants or jogging pants and a plain, short sleeved, white or black T-shirt, which must be tucked inside the pants, ballroom shoes

Students must have all dance attire by the 3rd week of school. Before then, please bring shorts and t-shirts.

Attire may be purchased at **Dance Designs** (929 Reynolds), or **Distractions** (1360 N. Lee Trevino Dr). Closed Sundays and Labor Day

Some attire may be found at sporting good stores, K-Mart, Target or Wal-Mart.

If a student misplaces, loses or has her/his clothes stolen, new clothes must be purchased within **two (2)** school days. The student should wear PE attire for the next class. For every class after that, when non-dance attire is worn, the dancer will receive partial credit until new dance attire is purchased.

**Consequences for not suiting out in the proper dance attire:**

* + 1. First and Second offense: Verbal warning. Highest grade ‘50’
    2. Third offense: Call Home.
    3. Fourth offense: Office Referral

1. **Grading** 
   1. Daily Participation Grade (60% of total grade)

Each day of class will have one participation grade. (General class participation, journal entries, pop quizzes)

**Students must be properly dressed in the appropriate dance attire to earn participation grades.** Only **partial** daily participation credit (‘50’) will be given when not in proper dance attire because movement is restricted and skills cannot be performed with correct technique

**Non Participation due to a Medical Excused**

A student will be excused from participation when the dance teacher has received a note from the parents or legal guardian, which has been signed by the school nurse BEFORE school. Parents must specify the number of days to excuse their child. A student may be excused for up to a maximum of **2 class days** with a request from the parent. If the student must be excused for **more than 2 class days, a physician’s note** must be given to the school nurse for her to sign. Student will do a written assignment for full credit. **Per Texas regulations**, the physician must be licensed in the **USA**

* 1. **Skills Tests/Projects/Notebooks (20% of total grade)**- written or movement skills tests, projects, notebook grades

Make up tests due to not suiting out will result in a 20 point deduction

* 1. **Major Tests/Performance (20% of total grade)**
  2. **Semester Grades:** Each 9 weeks grade will count as 45% of the semester grade. The semester final will count 10% of the semester grade.

1. **Tardies and Absences** 
   1. **Tardies**

Students must be **inside** the locker room **before** the tardy bell rings.

Students must be ready to dance 5 minutes after the tardy bell rings

* 1. **Excused Absences**

The student will be allowed to do make-up work for excused absences. Please see Mrs. Hernandez regarding make up work. Should student have missed notes or choreography, it is his/her responsibility to obtain notes or choreography from a peer or the teacher.

* 1. **Unexcused Absences**

A **zero** will be received **for any grades** given on days where the student has an unexcused absence. It is the student’s responsibility to check with the attendance office if an error has been made and bring the proper documentation indicating change.

1. **Dance Etiquette and Behavior (Citizenship Grade)**
   1. Be Ready to Dance (Suit out, Tie hair back, remove jewelry, warm up)
   2. No street shoes, gum, food, drinks, cough drops, in Dance Studio. Bottled water
   3. Be silent and attentive during entire class.
   4. Listen and follow directions and instructions.
   5. Demonstrate self-discipline & effort to improve. Learn to accept dance evaluations/critiques with a positive attitude and do your very best to make corrections and improvements in a reasonable time.
   6. Respect yourself and others.
   7. Be courteous and supportive.
   8. No Stealing will be tolerated. Please leave all valuables in locker.
   9. Follow all School Rules regarding all matters including cell phone use. When not in studio, please make sure you are following school dress code. Do not roam the halls in dance attire.
   10. Points will be taken off of citizenship grades when a student has to be told follow any of the above mentioned rules. If this occurs excessively (3 times), a phone call will be made home. If it still occurs, the student will be sent to assistant principal
2. **Performances**

Dance II, III, IV, Ballroom students are scheduled to participate in one performance in the fall and one in the spring. All pieces are by audition. All participants must be academically eligible. If a student fails to suit out more than 2 times during preparation for performances, student will not be able to perform in upcoming performance. There may be some additional costs for costumes or cleaning of costumes. These costs will be coordinated with plenty of time, and will be kept to the minimal amount necessary. All costumes that are checked out from the dance department must be returned cleaned. If a student is fails to return a costume, he/she will be put on the FHS delinquent list.

**Dance Contract- Keep in Dance Notebook**

I have read and understand the FHS Dance course outline. I will follow all rules and policies.

Student Name (Printed) Student ID# Period Date

Student Signature

Parent/guardian signature Date

Parent/guardian’s first and last name (print) Home/Cell/Work Phone E-mail address

Second Contact Person’s first and last name Home/Cell/Work Phone E-mail address

Medical Info (ie: allergies, diabetes, seizures, migraines, eating disorders)

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**Photo/Video Release**

I give the FHS Dance Dept permission for my son/daughter to be photographed/videotaped for the use of school publications for the purpose of education and promotion. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Parent’s Signature Date

**Dance Supply Order Form- Due 9/2- Checks Payable to FHS**

\_\_\_\_Ladies Ballroom Shoes (Buy): $66.00 Ballroom Shoe Size \_\_\_\_\_\_

\_\_\_\_Men’s Ballroom Shoes(Buy): $66.00 Ballroom Shoe Size \_\_\_\_\_\_

\_\_\_\_Ladies Ballroom Shoe Rental $30 Ballroom Shoe Size \_\_\_\_\_\_

\_\_\_\_Men’s Ballroom Shoe Rental $30 Ballroom Shoe Size \_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_ Total Amount Due

Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Class & Pd\_\_\_\_\_\_\_\_\_\_\_\_\_ Receipt #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_