

UNCSA

PREPARATORY
DANCE

STUDENT HANDBOOK

A Guide for Families



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Welcome

50th Anniversary School Year

Dear Students, Parents, and Guardians,

I am delighted to welcome you to the University of North Carolina School of the Arts Preparatory Dance Program. I am a native of Fayetteville, North Carolina and began training at the University of North Carolina School of the Arts as a Ballet student in the summers beginning in 1995 and high school beginning in 1997. UNCOSA enabled me to fulfill my dream of becoming a professional ballerina, and I believe strongly in cultivating a warm and professional training experience for students to reach their fullest potential with dance. All faculty members are looking forward to working with the students on their technical and artistic development by honoring their stage of human and talent development.

Each generation of students is unique, and we cannot wait to see how our students develop to meet the current landscape of dance as versatile 21st century artists. In the Preparatory Dance Program we seek to provide students with a solid technical foundation, free of stylistic affectation and well versed in Classical and Contemporary techniques of dance to pursue a multitude of future possibilities--performance, collegiate, teaching, and lovers of the arts. Dance skills are life skills, and we seek to partner with your family to building wonderful citizens.

With warmest regards,



Monica Stephenson
Director, UNCOSA Preparatory Dance Program

History and Alumni

Founded in 1975, the Preparatory Dance Program was the brainchild of founding Dean of Dance, Robert Lindgren and his wife, Sonja Tyven. The Program's mission was to seek out gifted young children in the Winston-Salem/Forsyth County public school system and offer them after-school dance classes to create access to high quality training and to build a bridge to the School of Dance High School program.

Dayna Fox led the Preparatory Dance Program from 1989 – 2014, Preparatory Dance and UNCOSA High School alum, Matthew Donnell from 2014-2018, and Susan Brooker from 2018-2023. Currently the Program is under the direction of UNCOSA High School alum, Monica Stephenson.

For 50 years, the Preparatory Dance Program has grown immensely and has continued on this path honing the talents of hundreds of young children in our community and beyond. Many students who began their training in the program have been accepted into UNCOSA's high school and college divisions and have become members of major dance companies across the country and around the world. Others have utilized their skills to teach, mentor, parent, and pursue a variety of professional careers. Some of the Preparatory Dance alumni and their professional companies include:

Lauren Alzamora
Ballet Hispanico

Sara Havener
Royal New Zealand Ballet

Brian Waldrep
Houston Ballet

Sierra Armstrong
American Ballet Theatre

Jerome Johnson
New York City Ballet

Matthew Donnell
Kansas City Ballet

Jackson Calhoun
Richmond Ballet

Monica Johnson
Ballet Ethnic

Stephen Gunter
Ballet Rhode Island

Dylan Clinard
Atlanta Ballet

Claire Kretzschmar
New York City Ballet

Isaac Stappas
American Ballet Theatre

Daniel Cooper
Boston Ballet

Lydia McRae
Nashville Ballet

Kelley Potter
American Ballet Theatre

Leadership and Faculty



Monica Stephenson
Director, Preparatory Dance
UNCSA High School Ballet 2001

Former Professional Ballerina, The Washington Ballet, Los Angeles Ballet, The Dance Theatre of Harlem Ensemble

Master of Arts Dance Education
New York University

PhD Candidate
Texas Woman's University

Certifications: ABT National Training Curriculum Levels Pre - Primary through 7 and Partnering, Progressing Ballet Technique Level 1, Pilates Mat and Apparatus, and GYROTONIC®



Alejandra Doré
Rehearsal Director, Preparatory
Dance Performance Ensemble

Former Professional Ballerina, The National Ballet Company Dominican Republic, Maryland Ballet, Ballet Concierto, Ballet Compañía Nacional de Danza del Ecuador and Winston-Salem Festival Ballet.

Certifications: ABT National Training Curriculum Levels Pre - Primary through 7 and Partnering, Vaganova Syllabus, Progressing Ballet Technique Level 1



Lauren Alzamora

**Alumna, Preparatory Dance
UNCSA High School Ballet 2001**

Former Professional Ballerina, Ballet
Hispanico, Aspen Santa Fe Ballet, Ballet
Tech, Battery Dance Company

Bachelor of Arts Dance
St. Mary's College

Dance Educator, Arts Based School South

Certifications: ABT National Training
Curriculum Levels Pre - Primary through 3,
Pilates Mat and Apparatus



Claire Ketner

Bachelor of Arts Dance and English
Salem College

Former Faculty and School Administrator
Brooklyn Ballet



Courtney Stewart

Former Professional Ballerina
Soloist, San Francisco Ballet

Bachelor of Arts Performing Arts
St. Mary's College

Certifications: ABT National Training
Curriculum Levels Pre - Primary through 5,
Progressing Ballet Technique Level 1 and 2



Fernando Carrillo
**Assistant Professor, UNCSA
School of Dance**

Former Professional Dancer, Ailey II, Ballet
Hispanico, Lion King Broadway Tour

Former Faculty The Julliard School, Butler
University, Marymount Manhattan College,
The JKO School at ABT, Ailey School

Specialization: The Horton Technique



Anna Onipko

Alumna, Kiev State Choreographic Academy
Former Professional Ballerina, Kiev Ballet
and Opera Theater for Youth, National
Ballet of Ukraine

BFA Dance
University of Texas El Paso

Certifications: ABT National Training
Curriculum Levels Pre - Primary through 3



Gevorg Khachatryan

Alum Yerevan State Choreographic College,
Former Professional Dancer, Armenian
Theater of Opera and Ballet, Triad
International Ballet

Former Faculty, Burlington Dance Center
and Artistic Motion School of the Arts

Certifications: ABT National Training
Curriculum Levels Pre - Primary through 3



Jiwon Ha
Contemporary

BFA Dance
Pusan National University

Master of Education Dance
Pusan National University

Dance Faculty, Elon University

Certifications: Progressing Ballet Technique Level 1



Samantha Burns
Contemporary

BFA Dance
DeSales University

Dance Faculty, UNCSA Summer Dance /
Program Coordinator, Preparatory Dance
Advanced Training Program

**Sub Instructors: Samuel Shapiro, Tiffany
Bailey, Elizabeth Fowle**

Dance Medicine Professionals

Physical Therapists:

Denise Tickle

Dancer safety and healthy development is of extreme importance to us here at the UNCSA Preparatory Dance Program. We are honored to continue our relationship with Denise Tickle of Wake Forest Baptist Health. Denise Tickle, PT has been a Physical Therapist at Wake Forest Baptist Health since 1990. She currently works at the Stratford Road facility serving primarily a sports population.
Denise can be reached by email at: dtickle@wakehealth.edu.

Angie Koonin

Angie Koonin is the owner of Performance Driven PT with over 20 years of physical therapy and athletic training experience on the field, backstage, and in clinical settings. Angie currently works part-time as the physical therapist at UNCSA School of Dance. Her education includes a Master of Physical Therapy and a Bachelor of Arts with an Athletic Training concentration from UNC-Chapel Hill. She has additionally trained at New York University's Harkness Center for Dance Injuries.
Angie can be reached by email at: akoonin@performancedrivenpt.com.

Pediatric Sports Medicine:

David Michael Popoli, MD

Dr. David Popoli is board certified in physical medicine and rehabilitation and sports medicine. His clinical interests include pediatric/adolescent/young adult sports medicine, musculoskeletal overuse injuries, sports-related concussion and throwing injuries. In addition to working with athletes, he has a special interest in performing arts medicine and has spent years working with dancers, musicians, actors and vocalists. He is the medical director for the Atrium Health Wake Forest Baptist Performing Arts Medicine Program.
Dr. Popoli's Office can be reached at 336-903-7845.

Mission of Preparatory Dance

“Training the Entire Artist by Training the Entire Person”

Founded in 1975, UNCSA Preparatory Dance Program is the Triad’s preeminent dance education program for children age 3 and above to train with rigor and joy towards cultivating a love and long-lasting knowledge of the arts and it’s many future possibilities.

We believe dance training in the Preparatory Dance Program builds life skills of commitment, work ethic, teamwork, and self confidence to become great artists, parents, mentors, and citizens. Success is broad and our mission is to provide a high quality training environment reflective of the diversity of our community that provides a foundation to professional performance, teaching, collegiate study, and beyond.



Curriculum



Preparatory Dance ballet faculty are certified in the **American Ballet Theatre National Training Curriculum** which combines solid technical and artistic training, dancer health, and principles of child development. Classical ballet vocabulary is developed progressively through the ABT Curriculum with an emphasis on sound body alignment, musicality, coordination and attention to dynamic detail.

The Preparatory Dance Program consists of ABT Curriculum levels Pre-Primary (Ages 3-4), Primary (Ages 5-8), and Levels 1-5 (Ages 8 and Above). Character steps to include the Mazurka and Polka are taught in the ABT Curriculum as well as age appropriate strengthening and stretching exercises. Men's Technique and Pre-Pointe or Pointe exercises are added at Levels 1-5. A Young Boys class is also offered for Primary C and Level 1 students.

Rounding out the Preparatory Dance Program curriculum is Progressing Ballet Technique and Body Conditioning, Contemporary, Jazz, African Dance, and Performance Ensemble to build versatile, well-rounded dancers.

Progression in Preparatory Dance Program

Written Evaluations and Mentorship Meetings

Mid-Year Evaluations are provided for students in Levels 1 - 5 and Advanced Training Program. Final Evaluations with Level Placement are provided for dancers in Levels Primary A through Level 5 and Advanced Training Program. Dancers in Level 5 and Advanced Training Program also receive semi-annual mentorship meetings on their progression and goals.

Assessment Classes

Final evaluations, assessments, and level placement are determined by the collective Preparatory Dance faculty and leadership. A formal, adjudicated assessment class will be conducted in May to assess each student's acquisition of the vocabulary of their level in the ABT Curriculum. An informal assessment class will be conducted for Pre-Primary and Primary Classes. Following the assessment, students will receive the final evaluation with potentially a level placement. It is customary for students to repeat a class level if they need longer to grasp that level's curriculum or to develop further physically, emotionally, or socially for the next level. It is also possible that students will not be invited to re-enroll for the following year if the faculty does not feel the student has the aptitude to continue up the progressively challenging curriculum.

Students may be asked to depart the school at the end of the year or mid-year if their behavior is disruptive to the overall progress of the class. Family support and a healthy parent-teacher relationship are also critical to continuance in the program.

Progression to High School Study at UNCSA

Participation in the Preparatory Dance Program does not guarantee acceptance into any program towards professional study including at UNCSA. All professional schools have a separate entry point for students that have the talent, facility, aptitude, and potential to train towards a professional performance career. At UNCSA, that opportunity arises for rising 9th graders to audition for the High School program in Ballet and rising 11th graders to audition for the High School program in Contemporary. It is very rare for any student to become a professional dancer, and the selective process is extremely competitive for that level of study.

Not being the right fit towards training for a professional ballet career at UNCSA does not diminish a student's potential or future in dance. There are many excellent programs that prioritize different strengths and can provide the right environment for your child's growth and success in dance. Our goal in the Preparatory Program is to nurture a strong foundation in dance and to help each student find the path that best fits their unique abilities and aspirations, whether that's at UNCSA or another esteemed institution.

Selection into such programs may include professional-level physical facility that aligns with the demands of a rigorous conservatory program. Professional ballet facility is not body type, but rather, refers to the physical capabilities of the body that are necessary for a dancer to perform ballet at a high level. Facility for dance simply refers to what one's body can do. This includes:

1. Flexibility and Extensions: The ability to stretch and move joints through a wide range of motion, particularly in the hips, legs, and back. This is crucial for achieving the extensions, arabesques, and other movements required in ballet.

2. Strength: Ballet requires significant muscle strength, especially in the legs, core, and feet, to perform challenging movements and maintain them over time.

3. Turnout: The natural ability to rotate the legs outward from the hips, which is fundamental to most ballet positions and movements. While turnout can be improved with training, a certain degree of natural turnout is necessary for advanced ballet technique.

4. Flexible Feet for Pointe Work, Jumps, and Balletic Line: The aesthetic of ballet often emphasizes well-pointed feet to enhance the line of the leg.

A minimum of a straight line from the student's chin to the top of their foot, when pointed, is necessary for them to get fully onto pointe.

Having these attributes allows a dancer to perform the technical demands of ballet safely and effectively. While many of these can be developed with training, some are influenced by a dancer's natural anatomy, and professional training programs such as UNCSA often look for a combination of natural ability and developed skill. The Preparatory Dance Program aids dancers in building their facility with safe, age-appropriate stretching beginning at age 3 as well as strengthening with Progressing Ballet Technique and additional core focused work to include strength training, Pilates, GYROTONIC®, yoga, and other modalities. Additional stretching and cross training is advised outside of dance to aid children in building their facility (their instrument) for dance.

Advanced Training Program

The UNCSA Preparatory Dance Program's Advanced Training Program is designed to provide high school students with a comprehensive and rigorous training experience that prepares them for diverse careers and collegiate studies in dance. With a balanced focus on both contemporary and classical ballet techniques, we aim to cultivate versatile dancers who are ready to excel in today's dynamic dance landscape.

Program Objectives:

- 1. Comprehensive Technique Training:** Our curriculum offers a well-rounded approach to dance training in both classical ballet and contemporary techniques. Students will receive intensive instruction in movement principles to build their toolkit as artists.
- 2. Performance Opportunities:** We believe that performance is an essential component of dance education. Students will take part in rehearsals for multiple pieces that are created by faculty and guest artists, and will have the chance to showcase their talents in a variety of settings, including:
 - UNCSA's School of Dance presentation of the annual *Holiday Suite* (December)
 - Group piece presented at Youth America Grand Prix (February)
 - Group piece presented at UNCSA Festival of Dance (February/March)
 - Preparatory Dance Program Spring Performance (June)
 - Community outreach events across the Triad region (throughout the year)
- 3. College and Career Readiness:** Recognizing the importance of planning for the future, our program includes monthly workshops to support students in navigating the transition to collegiate study. From audition preparation to resume building, we strive to equip our students with the tools they need to succeed.
- 4. Artistic Exploration:** In addition to technical training, students will have the opportunity to engage in creative exploration and choreographic experimentation. Through improvisation and composition classes, they will develop their own artistic voices and broaden their understanding of dance as an art form.
- 5. Mentorship and Guidance:** The Advanced Training Program faculty consists of experienced dance professionals who are dedicated to nurturing the next generation of dancers. Through personalized mentorship meetings each semester and individualized feedback, we aim to support each student's unique journey and aspirations.

We believe in fostering a supportive and inclusive learning environment where students can thrive both artistically and academically. The Preparatory Dance Advanced Training Program is designed to be flexible with four days per week of training to meet the demands of high school academics and other non-dance activities. Students have the option to register for additional classes according to their goals and schedules.

Entry into the Advanced Training Program is through by audition. All prospective students are expected to successfully execute intermediate level ballet work, and have an intermediate to advanced understanding of contemporary technique. Current Preparatory Dance students entering high school may receive an invitation into the program following their annual assessment.

Program Coursework:

- Ballet Technique: Three Times per Week
- Contemporary Technique: Three Times per Week
- Composition and Improvisation: Once per Week
- Repertory: Once per Week
- College and Career Readiness Seminars: Once a Month

Electives:

- Ballet Technique: Up to 2 extra classes per week
- Jazz Technique: 1 class per week
- Pointe Technique (by invitation only): up to 2 classes per week

Summer Study

Primary A - C

Storybook Ballet Camp for Ages 5 - 7

Students may participate in a half day, story themed one-week camp that is fun, inspiring, and bursting with activity, crafts, and creativity. Boys and girls study ballet, tap, African and creative movement with time for a little snack and drink. Capacity is limited to 15 dancers per class. Register early to secure a place!

Levels 1 - 3

Young Dancer Summer Intensive for Ages 8 - 12

Students experience a focused two-weeks of dance in their respective levels of the ABT National Training Curriculum. Classes include ballet, pointe or pre-pointe, men's technique, West African dance, contemporary or jazz, and Progressing Ballet Technique. Classes run Monday - Friday from 9:00 - 3:45 pm. Dancers will have 15 minutes between each class and a half-hour lunch break. The intensive concludes with an informal presentation of their classwork.

Levels 4 - Advanced Training Program

UNCSA 4 Week Intensive for Ages 12 and Up

- Or - Four to Five Week Summer Intensive at Recommended Programs

Full summer intensives provide four to five weeks of cross-disciplinary dance training to fit the needs of serious dance artists. Under the instruction of renowned teachers and distinguished guest artists, students will develop their technique and hone their artistic skills.

Mini-August Intensive

Incoming Level 4, 5, and ATP Students

UNCSA Preparatory Dance

Ramp up safely for the school year by training 3 days per week after school with Ballet, Progressing Ballet Technique, and Pointe. Students experience training rooted in reinforcing proper body mechanics to include alignment and use of turnout before jumping into the school year.

All students in Levels 3 are strongly encouraged to participate in 2 weeks of summer study and Levels 4 through ATP a minimum of 4 weeks to progress to the next level with their peers due to the immense improvement that students that select to train in the summer make at intensives. To best benefit the progression of all students, dancers that do not train in the summers will be able to receive a final level placement at the beginning of the school year.

Adult Ballet

Want to try ballet or return to ballet after some time off? Adult ballet is for you!

Beginner I

Adult beginner ballet is designed for dancers aged 16 and older to give a foundational understanding of ballet vocabulary and body mechanics for the steps. The class is appropriate for those that have never taken ballet before, have minimal dance experience, want to strengthen their foundational knowledge, or have studied dance previously and are returning after years away from the art form. Students will learn basic ballet steps from Level 1 of the American Ballet Theatre National Training Curriculum.

Mondays: 5:30 - 6:30 pm

Beginner II

Adult beginner ballet II is designed for dancers aged 16 and older to build upon the foundational understanding of ballet vocabulary and body mechanics for the steps learned in Adult ballet beginner I. Students will continue to learn ballet steps from Level 1 and begin Level 2 of the American Ballet Theatre National Training Curriculum.

Mondays: 6:30 - 7:30 pm

Intermediate

Adult intermediate ballet is designed for experienced dancers aged 16 and older to build on the information learned in Beginner Ballet. This class introduces more complex movements and combinations of steps while still strengthening foundational technique. Students that have taken several semesters of Beginner Ballet or have extensive former experience are encouraged to progress to Intermediate Ballet. Students will learn ballet steps from Levels 2 through 4 of the American Ballet Theatre National Training Curriculum with options for differentiated learning according to experience level.

Prior ballet experience with an understanding of ballet basics and alignment are needed to participate.

Saturdays: 9:00 - 10:30 am

Performance Opportunities

Performance Ensemble

Youth Ensemble Ages 6-8: Primary B, Primary C, and Level 1

Junior Ensemble Ages 9-13: Levels 2 and 3

Senior Ensemble Ages 10-14: Levels 4 and 5

The Nutcracker Suite

Spring Performance Classical Story Ballet

Students that commit to Performance Ensemble enrich their training through developing technique and artistry while practicing and performing age-appropriate classical ballet repertoire. All students are highly encouraged to participate in Performance Ensemble to enhance their training beyond the classroom to the stage. Students learn how to perform with their peers, and the experience enhances their social bonds and love of dance.

Performance Ensemble Entails:

13 Saturday Rehearsals per Semester

Theater Production Week

In-Studio Presentations for Community Access

Community Outreach Activities

Spring Performance All Dancers: *Defilé*

All students in Level 1A and Above perform in the annual Spring Performance in the *Defilé: A Ballet Curriculum Demonstration*. The short class piece is rehearsed at the end of class times in April and May. Students must have good class attendance and attend stage rehearsals during Production Week to participate.

Costumes and theater production rental and expenses are covered through the Preparatory Dance Production Fund through the UNCSA Foundation Office. All ticket proceeds from the performances go to the Preparatory Dance Scholarship and Financial Aid Fund through the UNCSA Foundation Office. We appreciate your support in our primary fundraising activities of the year.

Primary Ballet Presentations



All Primary A through Primary C Students present their ABT National Training Curriculum coursework in a culminating presentation held in Studio A on the UNCSCA Campus. Family and friends are invited to attend. A dress rehearsal is required the day prior to the presentation as well as good class attendance for adequate preparation.

Students in Pre-Primary 3 and Pre-Primary 4 will have a culminating in-class presentation the last class of each semester.

Scholarships and Financial Aid

All Preparatory Dance families are eligible for to apply for financial aid through the UNCSCA Foundation Office. Annually, our *Nutcracker Suite* and Spring Performance raise funds to maintain our pool of financial aid resources. Our goal is to ensure cost is not a barrier to participation for any family in the program. Priority for awards are given based on documented financial need.

Named scholarships to include the Dayna Fox Scholarship and the Nina Danilova Scholarship are awarded to current students according to available funds in those specific scholarship accounts. Scholarships are assessed annually by the Preparatory Dance Faculty based on the financial aid application, classroom participation, passion, potential, and talent for dance.

To apply for financial assistance, the application and documentation must be submitted annually by September 1st. The application and requirements can be found at this [link](#).



Registration and Payment

Online registration and payment is through the ASAP registration system. The link is: <https://unca.asapconnected.com/?org=5375>. The tuition rates and withdrawal policy may be viewed at this [link](#).

Payment required at registration for full-year classes: 1/8 payment of annual fee, 7 equal additional installment payments as follows:

- 1/8 at registration or by September 1
 - 1/8 no later than October 1
 - 1/8 no later than November 1
 - 1/8 no later than December 1
 - 1/8 no later than January 1
 - 1/8 no later than February 1
 - 1/8 no later than March 1
 - 1/8 no later than April 1

Final Payments are due no later than April 30.

Families who are behind on payments will not be allowed to attend class or perform until their account is current. Students will not receive a final assessment report which opens up registration for the upcoming school year until the previous school year balance is paid. If your family is experiencing financial hardship, please let the Preparatory Dance administration know.

Payments may be made online at any time (preferred). Payments by phone may be made weekdays during office hours by calling: 336-734-2848. Please note that during busy times there may be delays reaching us by phone. Do not give payments to any instructor or administrator.

Payments by check should be payable to UNCSA, with the student's name and Preparatory Dance in the memo line.

Mail checks to this address:
UNCSA Community & Summer Programs
1533 S. Main Street
Winston-Salem, NC 27127

Uniforms

Preparatory Dance partners with local store, 2Fierce Dancewear to provide uniforms manufactured by Eurotard. Uniforms may be purchased at the store or online at the Preparatory Dance [link](#). Please follow the uniform website link carefully. Students may select their own tights and shoes that fit best.

Female Identifying:

Pre- Primary and Primary: 10467 Dress in Pink

Thin white ankle socks, bare legs, pink or flesh tone ballet shoes

Levels 1 - 5: 44527c/44527m Camisole Leotard and 06121c/06121 Skirt

Colors:

Levels 1A / 1B Light Blue

Levels 2 and 3 Royal

Levels 4 and 5 Black

Flesh Tone or Pink Ballet Tights and Shoes

Advanced Training Program: 44922 Pinch Front Slim Tank Leotard in Black

Flesh Tone or Pink Ballet Tights and Shoes

ATP Leggings for Contemporary Classes: 34945 in Black

All Contemporary and Jazz: Black Leggings and Black Jazz Shoes.

Male Identifying:

Pre-Primary and Primary: 44100c White shirt, 33440c Black shorts

Thin white ankle socks and white ballet shoes

Levels 1A - 5: 44100c/44100 White shirt

Black footed convertible tights, Black ballet shoes

Advanced Training Program: 44100c/44100 White shirt

Black footed convertible tights, Black ballet shoes

ATP Leggings for Contemporary Classes: 34945 in Black

All Contemporary and Jazz: Black Leggings, 44100c/44100 Black Shirt, and

Black Jazz Shoes.

Hair Guidelines and Supplies

- Female-identifying students hair MUST be put up securely in a bun or French twist at all levels of study Pre-Primary through Advanced Training Program.
- Braids, cornrows, and other natural hairstyles are welcome and may be put into the ballet bun or French twist.
- For examples of how to do buns with all hair types and textures, please view: <https://www.youtube.com/watch?v=zUC3WzQrT6s>
- No “Perfect Bun” sponges, hair beads, ponytails, or long bangs will be permitted.
- For students of all genders with short hair, please secure away from the face with a thin elastic headband that goes all the way around the head for security.

Supplies:

- Please bring hairpins, bobby pins, hairnets, hairspray, etc., to class at all times.
- Ladies should be encouraged to practice putting up their hair by themselves at the appropriate age.
- Most local drug and beauty supplies stores sell a variety of styles and colors of hairpins, bobby pins, and hairnets. Please make sure your child’s hair net matches their hair color. Please make sure to purchase strong hairpins.
- Students on pointe should have blister care, small scissors, and a needle and thread in their dance bag at all times. Please help your dancer on pointe learn basic sewing skills for quick repairs.
- Students in Level 1 and Above should keep a small, inexpensive notebook in their dance bag at all times. Please encourage your dancer to write down key corrections, notes, and goals and to review the material in their notebook periodically. Any dancer that observes due to sickness or injury will need to use their ballet notebook to take notes.
- **Level 3 and Above:** Medium Strength Theraband, yoga mat, and physio ball according to these dimensions for all pre-pointe and Progressing Ballet Technique classes.

Drop-Off and Pick-Up Procedures

Pre-Primary 3, Pre-Primary 4, and Primary A we ask that parents and guardians park and accompany their dancer into the building. Please wait for the duration of the 45-minute class in the event your dancer needs assistance.

New! Student Drop Off and Escort: Levels Primary B, Primary C, and Level 1

Meet the Preparatory Dance administrator 10 minutes before class and 5 minutes after class time at the Community Drop Off location: 1960 DeMille Drive. Students will be escorted to class and returned to the drop-off location. Please ensure your student is dressed or does not need assistance with hair or uniform. Families that miss the drop off time before class will have to park and bring their student into the building for class. Preparatory Dance staff will stay with the dancers at the drop off location 5 minutes after class ends. Any student that is not picked up on time will have to come back to the Dance building to wait with an administrator.

Student Drop Off: Levels 3 - Advanced Training Program

Students May Be Dropped off 15 - 20 minutes prior to their class time and picked up promptly when class ends at the Community Drop Off location: 1960 DeMille Drive. Students are to enter the building with their access card and walk directly to class to meet their teacher. Supervision is only provided at the dance studios (not at the drop-off location or in transit to the studios). **Dancers that do not come directly to class will not be permitted to stay in the program.** For safety, please ensure your dancer is not waiting at the drop off location for pickup at 7:15 pm.

All parents and guardians are welcome to come inside if you do not want to drop your student off at the drop off location. Supervision at the drop off is provided for Levels Primary B - Level 1B.

■ PERFORMANCE/SCREENING VENUES

P VISITOR PARKING

Special parking is designated for performances and events. Refer to the performance detail on www.unca.edu/performances for parking directions.



1 WELCOME CENTER
Admissions
Financial Aid
Registrar
Student Accounts

2 ARTIST VILLAGE FITNESS
3 CENTER NEW DIGITAL
4 MEDIA BUCK BUILDING
5 ACE EXHIBITION COMPLEX
6 Main Theatre Gold Theatre
Babcock Theatre BB&T Lobby

7 SCHOOL OF FILMMAKING
STUDIO VILLAGE
Sound Stages

8 MOVING IMAGE ARCHIVES
9 FILM SCORING STAGE

10 ALEX EWING
PERFORMANCE PLACE
Freedman Theatre
Catawba Theatre
Patrons Theatre
Cobb Rehearsal Studio

11 COSTUME, WIG AND MAKEUP
DESIGN STUDIOS

12 PEARCE BUILDING

13 SCHOOL OF DESIGN
AND PRODUCTION

14 ADMINISTRATION AND ANNEX
Financial Services
Human Resources
Information Technologies
Strategic Communications

15 DESIGN & PRODUCTION
PROP STORAGE

16 STAGE AUTOMATION SHOP

17 FACILITIES MANAGEMENT

18 ENVIRONMENTAL SERVICES

19 ANIMATRONICS

20 FILM PROP STORAGE

21 DUNIGAN SCULPTURE STUDIO

22 LIBRARY & LEARNING COMMONS

23 SCHOOL OF MUSIC COMPLEX
Watson Hall
Yekovich Conference Room

24 HIGH SCHOOL RESIDENTIAL
COMPLEX
Moore Hall
Connector
Sanford Hall

25 DANCE COSTUME SHOP
26 AGNES DE MILLE THEATRE

27 WORKPLACE
School of Dance
School of Drama
Visual Arts Program

28 SEMANS ARTS AND
ADMINISTRATION BUILDING
(SAAB)
Chancellor & Administration offices
Recording Studio
Event Space

29 DRAMA GYM

30 CAMPUS POLICE

31 GRAY BUILDING
Crawford Hall (2nd floor)
Hood Recital Hall (2nd floor)
High School Academics
Studio A

32 HANES STUDENT COMMONS
Eisenberg Social Hall
Dining Hall
Pickle Jar
P.O.D. Market
Wellness Center
Mail Center
Student Affairs Offices

33 DANIELS PLAZA

34 A-F RESIDENCE HALLS

35 THOMAS S. KENAN
INSTITUTE FOR THE ARTS

36 DIVISION OF LIBERAL ARTS

37 SUMMER & COMMUNITY
PROGRAMS

38 WORKPLACE WEST
CLASSROOM BUILDING V

39 WORKPLACE WEST
CLASSROOM BUILDING III

40 FOUNDATION OFFICE

41 ADVANCEMENT OFFICE

42 CENTRAL STORAGE FACILITY

43 CENTER STAGE APARTMENTS

44 To STEVENS CENTER
400 W. Fourth St.

Parking

Community Programs Meeting Location:

1960 DeMille Drive. Winston-Salem, NC 27127.

Enter through the Chapel Street gate.

Visitor Parking and the Community Programs Meeting Location is indicated on the campus map at this [link](#). Parking on campus is extremely limited. Families are advised to arrive early and park only in a spot that states, "Visitor."

On Saturdays, the Chapel Street Gate is closed. Next to the gate is Parking Lot R for Students and Commuters (gravel lot at the top of the hill). Please park in Lot R as it is permitted on Saturdays and proceed down the steps to the Community Programs Drop Off location.

Campus Safety

Student Supervision

Please ensure you supervise your student on campus when they are not with an instructor or staff member. Be on time and/or coordinate with a family to supervise your student when class dismisses. Students should always wait inside the locked door at the Community Programs Meeting location.

We Need Your Help: See Something, Say Something

24/7 response – UNCSA full-time police officers have been professionally trained and fully equipped to respond to emergency situations 24 hours a day, seven days a week. The Communications Center officers are available to respond via telephone 336-770-3362 from your cell.

There are blue emergency call boxes/phones strategically placed throughout the campus for use should the need for police or any other emergency services arise. Police escort is available within one mile of campus shall one ever feel unsafe.

Active Shooter Protocol

Step One: Run, Step Two: Hide, Step Three: Fight

For a full description on the steps and training opportunities, please visit this UNCSA Campus Police [resource](#).

Policies

General and Use of Space

- The UNCSA School of Dance is a high-traffic facility with state-of-the-art dance studios. Please help take care of the space so all students can benefit.
- Hanging on barres, playing the pianos, running in the hallways, and excessive noise are not permitted.
- Please use the locker room beside Studio 612 for changing clothes. Restrooms are only to be utilized for using the bathroom when at all possible.
- Siblings and friends of students in the Preparatory Dance program must be supervised at all times. Only dancers in the program are permitted in the dance studios.
- Due to the specialized flooring, food, drinks, and street shoes are not allowed in the dance studios. Only water can be brought into the studio.
- Please ensure your family picks up after themselves utilizing the trash receptacles throughout the building.
- **Cell Phones are not permitted by Preparatory Dance students while on campus.** Students are to keep the phone off or on silent in their dance bag at all times. Students that are not in compliance will be asked to give the phone to an adult for the duration of their class or rehearsal time.
- Soliciting or outside instruction is strictly prohibited.

Bullying

Bullying and Cyberbullying is the engagement of repeated or aggressive behaviors meant to intimidate, harm, or control another person physically, mentally, or emotionally. Examples include, but are not limited to, teasing, playing pranks/tricks, spreading rumors, and intentionally embarrassing or frightening another individual. Please report any bullying or potential circumstances of bullying to the Program Director immediately. Bullying may result in dismissal from the program.

Attendance and Tardiness

All classes begin on time. If a student is more than 15 minutes late, they will be asked to observe the class due to the risk of injury. Absences are to be communicated in advance when possible. Excused absences include: illness, death of a loved one, medical and dental care, religious holiday/event, mandatory school events and performances, and educational opportunities. There is no substitution for class time. Students with excessive absences will not progress through the program and may not be able to perform due to inadequate preparation at the discretion of the faculty.

Please email prepdance@uncsa.edu to communicate any late arrivals and excused or unexcused absences. Faculty will be notified.

Inclement Weather Policy

Cancellations of Preparatory Dance classes for inclement weather are influenced by several factors, including UNCSA campus or hosting organization closures and conditions on the ground. We will confirm closings by email by 12:00pm on the given day. UNCSA Preparatory Dance reserves the right to hold classes or rehearsals when other schools or businesses are closed for inclement weather. Attendance at regularly scheduled classes will be at the discretion of the parent or guardian in the event of a WSFCS district full-day closure. Any absences will be considered excused.

Performance Policy

Students that miss more than three rehearsals in a performance rehearsal period, may not be able to participate at the discretion of the faculty. Any student that is not participating fully in classes, cannot participate in rehearsals. Technique class comes first in dancer training. Students that miss a stage rehearsal will not be able to perform in the production due to the need for all children to be adjusted to the stage.

Social Media Policy

Use of social media must be an extension of the Preparatory Dance Program's expectation that every dancer and family member respect the dignity of others and the Program. To support the constructive and positive learning environment the Program has created, comments or posts about students, the Program, or others that may be obscene, defamatory, threatening, harassing, discriminatory, or hateful may lead to immediate dismissal from the Program.

The Program and UNCSA have permission to take and publish images and video of the dancers and instructors, but that permission does not extend to others. You can post pictures of your dancer, but because of the concern for the privacy rights of the participants, images and photographs on personal social media sites must not include other dancers or instructors in the program.

Teaching methods and choreography are intellectual property protected by law. No video containing studio classwork or choreography may be posted on any social media site other than those controlled by the Program and UNCSA. Photography and videography is not permitted at performances.

Communication Policy

All communication must go through the Program Director or Administrator. Faculty are not to be called, emailed, and/or texted. Please do not discuss student progress and concerns in the hallway. All families are advised to go through the Program Director or Administrator to schedule a meeting with your child's instructor. Concerns and questions are to be in a formal meeting so the faculty team can adequately think and provide an appropriate response with the time and consideration each student deserves.

Private Instruction

The class schedule is designed to be age and skill level appropriate. Due to the rigor of the program, students receive the instructional time needed to achieve the curriculum for their level of study. If a student is attending the full schedule of classes and performances, they are receiving an amount of instructional time safe for their body. Private instruction is not encouraged, and we typically do not have the physical space for additional classes. Private instruction may be recommended if a student is recovering from an illness or injury, has a specific technical concern, is falling behind in their comprehension of the curriculum, or needs assistance preparing for an outside dance performance / event. All private instruction requests will be guided through the Program Director. **Please note:** students in the Preparatory Dance Program are not permitted to compete in the Youth America Grand Prix.

Extracurricular Activities

Preparatory Dance does not restrict students from participating in activities that do not conflict with their dance classes and rehearsals. Students should request permission if they wish to be excused from classes or required rehearsals to participate in, or audition for, activities that may take them away from their classes, such as Community Theatre and/or other non-school related activities. School related activities are: required school plays, concerts, showings, field trips, etc. for which a student is receiving a grade. Often make-up classes with an equivalent or lower level will be recommended.

Injuries and Recovery

If a student needs to sit down due to injury for more than three classes, we recommend a diagnosis by a medical professional. Students that are injured should observe, take notes, and follow all guidance from their medical professional. Dancers must submit a doctor's note with the diagnosis and activity recommendations to the Program Director or Administrator to ensure the faculty team is made aware. Clearance from a doctor does not guarantee that the student will participate fully in class. The instructor may recommend additional strengthening or ramping back up at a lower level for safety. The Preparatory Dance Director and teachers will help the dancer work safely to ensure that the student comes back efficiently and reserves all rights to instruct a dancer to stop if they feel that the movements that they are doing are not safe for them.

Progression to Pointe Work

Beginning in Level 3 of the ABT Curriculum, students are introduced to dancing on pointe. Pointe work requires a high level of technique as well as body strength and flexibility. Dancers in Level 2 begin PBT and pre-pointe exercises to prepare their bodies for pointe. All dancers must successfully pass a physical assessment to progress to pointe. The assessment details and rubric are available to all families for review at this [link](#).

Illness

Dancers are not to come to Preparatory Dance if they are unwell. A student that becomes ill at Preparatory Dance, must be picked up to go home. When to stay home: Currently has a fever over 99 degrees or has had a fever in the last 24 hours, taking fever reducing medication, cough, wheezing, runny nose, chills, vomiting/diarrhea, or change in eye color/eye discharge. If a student is diagnosed with Covid-19, please inform the Program Director and quarantine following these [CDC guidelines for respiratory viruses](#). Please ensure your student utilizes a high-quality mask if they are recovering from or have mild fever-free symptoms of a communicable illness.

Volunteerism and Fundraising



We need you! The Preparatory Dance Program receives no state funding. Tuition only covers a portion of expenses that include top area faculty, marketing, financial aid, costume rental, UNCSA facilities and security, and professional union costs for theater performances, to name a few.

Support is not just financial, your volunteerism ensures children can perform at their best!

Volunteer opportunities include, but are not limited to:

- NEW! The Nutcracker Market at both Tanger Center and DeMille Theater. Merchandise now supported by UNCSA Advancement Office. Proceeds go to Preparatory Dance.
- Backstage and Front of House Support for Preparatory Dance Performances
- Costume Fitting and Preparation
- Hair and Makeup Support
- Marketing, Photography, and Graphic Design
- Performance Sponsorship Initiative
- Community Engagement Events and Logistical Support
- Audition and Performance Advertisement
- School Outreach and Recruitment

Share how you can help at prepdance@uncsa.edu. We appreciate your support!

QUESTIONS AND IDEAS? CONTACT US

General Administrative Questions:
Mrs. Cameron Rodish, Administrator
prepdance@unca.edu

Administrator Hours:
3 - 7 pm Monday - Friday

Artistic (Dance Class Experience) Questions
and Program Feedback / Concerns:
Monica Stephenson, Program Director
Email: stephensonm@unca.edu
Phone: 336-734-2939



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