

FUSO DANSE STUDIOS  
STUDENTS AND PARENTS HANDBOOK  
YEAR OF DANCE: 2022

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# STUDIO MANIFESTO:

Dancing is a platform to develop confidence, engage your body capabilities, maintain a healthy lifestyle, release your stress after a long day at work, and build meaningful and long-lasting friendships. No matter the age or skill level, the benefits of dancing are evident in every dancer.

At Fuso Danse Studios, we are committed to giving our dancers the best experience that we can. The Studio strives to help their dancers grow in their chosen area of dance as well as in their personal lives.

Our core values demonstrate our promise and values towards everyone that steps through our doors:

**SUPPORT** encourages **GROWTH**

**ACCOUNTABILITY** builds **RESPECT**

**INTEGRITY** stays **TRUE TO YOU**

The Dancers are the Studio!

# STUDIO INFORMATION & TIPS:

Stepping into any activity can be a scary thing. Here's some information on how to get started and feel like part of the family in no time

## REGISTRATION:

Before strapping those dance shoes on, it's important that all dancers and/or parents (whether returning or new) ensure that we have your correct information on file.

Registration forms can be completed online: [www.fusodanse.co.za](http://www.fusodanse.co.za) or request one from the instructor in charge of the class.

This information is kept confidential and includes your class registrations, media release form (so we can show off your awesome dance skills) and terms and conditions.

The information not only allows us to administer your account correctly but provides our instructors with emergency information, should it be required at any point.

Registering also ensure that should our classes reach capacity, you will be guaranteed your place in the class of your choice.

If any information changes during the year, we recommend that dancers and/or parents update their details with the studio to ensure that we have the most up-to-date information.

## COMMUNICATION:

Our instructors are big on communication and while they remain open to receiving messages directly, the studio has 2 preferred methods that we use to communicate class and events information: Email and WhatsApp.

For convenience, our primary method of communication is via email. You will receive monthly newsletters and important information via email, so please ensure that you have provided an email address that is active and checked

regularly. We are also happy to include multiple email addresses if you would like information to go to more than 1 email address.

We will also communicate via WhatsApp, so if you are active on WhatsApp we will add your phone number to the Studio group.

It is our promise to respond to any messages within 24-48 hours and we will not leave a query unanswered. Our instructors can be contacted directly during office hours 8am – 4pm on weekdays on their mobile numbers. Please use whatsapp where possible so that we can return your message.

You can also contact the studio directly via Facebook page messenger or via email: [info@fusodanse.co.za](mailto:info@fusodanse.co.za)

We are also proud to provide you with an up to date website where you can find info on all our instructors, dance styles as well as social and competition events. We also have an online store where you can purchase your studio dance wear, dance accessories and gift.

Website: [www.fusodanse.co.za](http://www.fusodanse.co.za)

## DRESS CODE:

We want our dancers to feel comfortable when they attend our classes and as such we recommend dressing appropriately for the class you have registered for. Wearing the appropriate dress code sets the standard of how you present yourself in the class. It's also allows you to dance to your full potential without feeling restricted

Tops/Shirts: We recommend wearing our studio T shirt for classes. These can be purchased from our online store on our website. Should you not have a shirt, you are welcome to wear a non-restrictive shirt that allows for arm and body movement.

***Note:*** Any dancer attending a Fuso Danse event, social or workshop held by another dance association, is recommended to wear the Studio T-Shirt. This shows a oneness amongst the dancers and a sense of pride in the studio.

Pants/Skirts/Dresses: We recommend wearing comfortable long pants for classes. These can be in the form of gym pants, sweat pants as an example. Jeans are not recommended due to their restrictive nature.

Should you wish to wear a skirt or dress, please ensure that it is no shorter than 10cm above the middle of the knee and will not flare up when executing turns.

Shoes: We recommend wearing comfortable shoes for classes. Any shoes with heels higher than 1 inch are not recommended for any solo type of dancing. Recommended footwear for newly registered dancers are takkies, sneakers, pumps or sandals (with back strap)

**Note:** Any dancer attending a Fuso Danse for longer than 3 months is advised to have the correct dance shoes for their chosen class especially where these shoes are not immediately required. Correct footwear improves the execution of steps and helps maintain correct posture and balance when dancing. Solo Style dance shoes and boots can be pre-ordered via the Fuso Danse online store

## ETTIQUETTE AND CONDUCT:

One of our core values speaks volumes as to how seriously we take conduct; before, during and after a class or event. Whether it's our instructors, dancers or parents we embrace a culture of family and acceptance towards all.

### Before class or event:

Dancers should arrive no less than 15min before class to put their shoes on and warm up.

Dancers and parents are to wait in the waiting area and should not enter the dance room until the previous class has ended. Should the venue not have a waiting area, they are to wait quietly at the back of the room. We want to give everyone a chance to learn without disruptions.

Dance with integrity. We are all fortunate to be part of the beauty of dance. When you enter the studio, leave your worries of the day behind you and enter the studio with an open mind and heart. Bring a positive attitude to those around you.

## During class or an event

Dancers are to apply dance etiquette at all times while class is in progress. This includes:

- No eating or drinking on the dance floor, including chewing gum on the dance floor. If you require a drink of water, please wait until there is a break in the dancing.
- All cell phones should be switched to silent or turned off for the duration of the class
- Respect each other's dance space. Do not encroach onto them while dancing. Do not use excessive arm movements that could interrupt another dancer (unless instructed to do so).
- Do not leave the floor in the middle of a teach. This can be viewed as being rude or disinterested in what is being said. If you need to leave the floor, wait until there is a break in the teach and move as quickly as possible to the edge of the floor. Do not walk through the dancers to get to where you want to be. Walk around the outside of the room.
- Eyes and ears open, mouth closed: Unless you are asked a question or asked to demonstrate something, the only voice that should be heard in class is the instructor. When a correction is being made, take note and embrace these as your own. We want you to take in as much knowledge as possible and we should always strive to learn something each class.
- Body language is a powerful storyteller and that's what dancers ultimately become. Your body language tells people around you how you are feeling. Stand up tall, relax your arms, look at the instructor and smile. The more you are invested in your classes the more the instructor wants to invest in you.
- When it's time to dance, spread out and find a space where you can see the instructor and still have room to move.
- We all have our favourite spots in the studio. Why not move around and challenge yourself. Dancers who are new to the studio or are feeling unsure should stand towards the front of the class. The more experienced dancers should stand towards the edges so that they can be followed if the instructor is unable to get to that wall.

- No photos or videos may be taken by a dancers and/or parent during class. All dancers are required to provide consent or non-consent for The Studio to use videos and/or pictures for marketing purposes. This is due to privacy and child protection laws as well as the safety and wellbeing of the dancers
- Dancers wishing to film a dance for learning purposes must ask permission from the instructor. If permission is given, they are to film the instructor only.

### After class or event

Once the class is complete, do not leave the venue until the instructor has announced the end of the class. There may be some announcements that require your attention.

Thank the instructor for making time available to teach you and for their knowledge that they have imparted.

If there is another class after you, move as quickly as possible to the waiting area (or side of the venue) in a quiet manner. Only chat to your fellow dancers once you are outside the dance room.

There is a short break in between the classes where the instructor is available to answer any questions that you may have. If the instructor runs out of time, please send them a message via WhatsApp or email, or wait until the next class is finished.

Please ensure that you have all your belongings with you when you leave. Should you leave something behind, please inform the instructor as soon as possible and they will keep it safe until the next class.

## HEALTH AND SAFETY:

The Studio is not liable for any loss of damage to personal property while on the premises

The Studio endeavours to provide a safe learning environment and has policies in place to reduce the risk of injury.

However, the nature of the dance and performance carries risk of injury and this should be recognised by the parents and dancers. It is the parents and/or dancers' responsibility to inform the instructor of any injury prior to the start of the class so that this can be managed correctly.

The studio is not responsible for any personal injury sustained while the dancer is on the premises.

## PRICING AND ACCOUNTS:

The Studio has a standardise pricing model for all its class. This can be viewed from the website or via enquiry from the studio owner. The fees are calculated to cover classes from January to November and take into account public holidays. There are no classes on public holidays.

5% Multi-class discount applies to any dancer registered for more than 2 group class regardless of venue and level.

8% discount applies if the dancer wishes to pay for the year up front, before 28 February.

All new and existing dancers are required to register annually for their chosen classes. This ensures that they secure their spot should the class reach capacity during the year. Each class is limited to 15 dancers, pending covid restrictions.

Private lessons and team training are administered separately to group classes. Please enquire with the instructor if you wish to book a private lesson. Lesson times are availability dependent. Group classes can be arranged for Starter section. It is not recommended that dancers from Newcomer upwards have shared lessons do to their individual needs. Please speak to your instructor if this is a problem and we can find a solution.

Continuous Private Lessons are booked on a 6 or 12 month contract. 1 month cancellation is required.

The following conditions are applicable to all dancers:

- All accounts are to be paid up before the end of each month (unless specific permission has been obtained from the studio owner for a different payment date)
- Accounts will incur a R30 late penalty for every completed week that payment is outstanding.
- Payments are to be made via EFT or Credit Card. Cash payments will be accepted for walk-in dancers and for registered dancers by approval from the studio owner.
- For all payments, please ensure that you use your name as a reference for easy allocation to your account.
- It is at the owner's discretion to not permit a dancer to participate in the Studio Showcase or be part of the performance team unless they are registered, and their account is up to date.
- No refunds will be given for missed classes. However, any classes missed by the instructor will be made up at the earliest convenience if another instructor cannot take the class.
- Dancers may make up a class that they have missed by attending another class at a similar or lower level.
- If there are any queries regarding the dancers account, or there is any concern paying the fees, please contact the studio owner at your earliest convenience to discuss the matter.

## EXAMS AND COMPETITION:

Fuso Danse Studios offers their dancers the opportunity to participate in SADTA medal tests as well as solo and team competitions.

Medal tests are aimed at testing a dancer's technical ability and musicality. While competitions showcase technical ability and performance, as well as musical interpretation and choreography. Participation in medal tests or competitions is not compulsory.

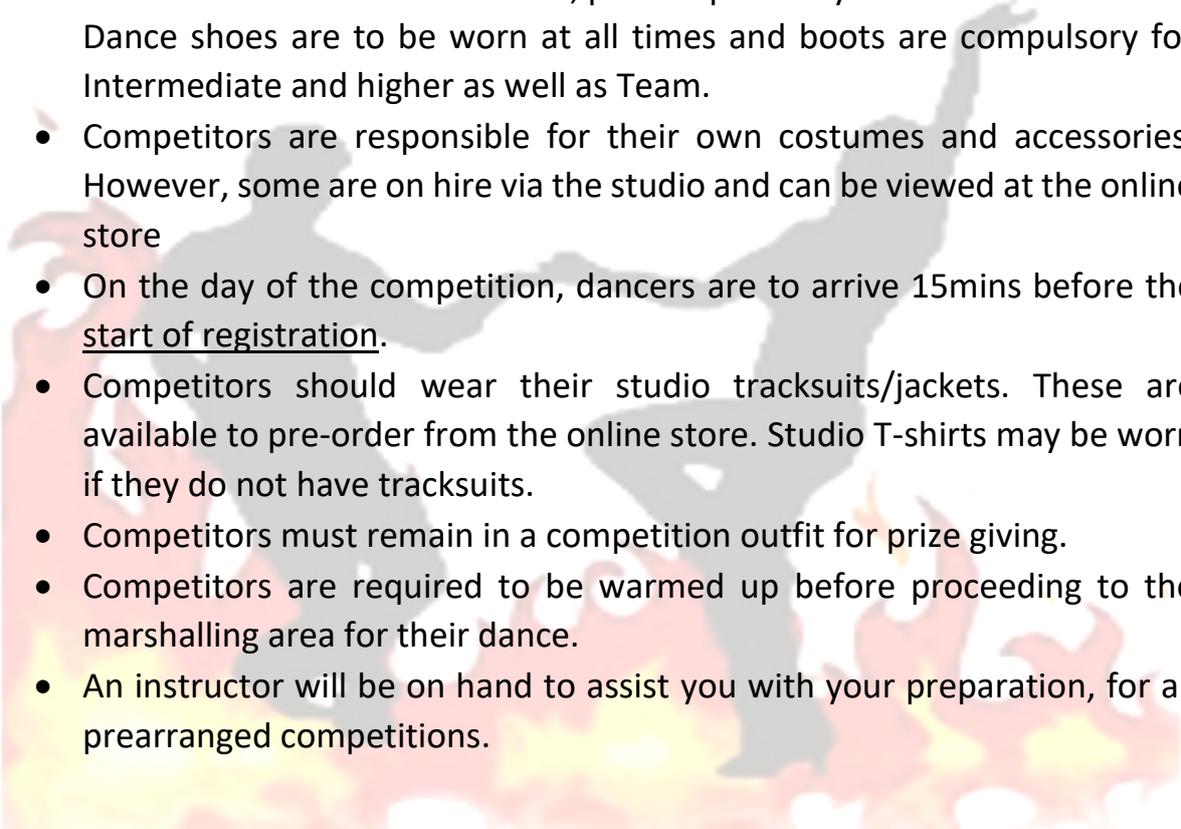
Anyone interested in doing medal tests should note the following:

- The level at which a dancer is examined, will be determined by the instructor with reference to any previous examinations done.

- The instructor may require a dancer to repeat a level already examined, especially if a dancer transfers from another studio.
- Medal test participants are required to attend either private lessons and/or the Foundation Focus class (depending on the level being examined)
- Private lessons for medal tests can be shared with no more than 2 people per lesson.
- Dancers are required to have trained for at least 3 months with respect to their medal tests before doing the exam. If the instructor feels that dancers are not ready, they may recommend the dancer postpone their exam to the following test date.
- Test dates are determined by the SADTA at the beginning of the year. There are usually 2 (May – South Coast & November – Ballito). Additional dates may be set which the studio will communicate to everyone.
- Dress code for medal tests is smart/presentable with correct dance shoes. No takkies/sneakers may be worn.
- On the day of the exam, dancers are to arrive no later than 30min before their required time.
- Dancers are required to be warmed up before entering the venue. An instructor will be on hand to assist with this and any other matters necessary.

Anyone interested in doing competitions should note the following:

- The level at which a dancer competes, will be determined by the instructor with reference to any competition and dance experience.
- Competitors are required to attend either private lessons and/or the Foundation Focus class (depending on the level being danced).
- There is a minimum level of lessons required before a dancer can compete under the Studio banner. This is to ensure that the dancer not only represents themselves, but the Studio to the best of their ability.
  - Social/Starter – 8 lessons
  - Newcomer/Novice – 12 lessons
  - Intermediate/Advanced/Allstar – 16 lessons
- Dancers competing under the Studio banner must be registered with the studio.

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- Dancers competing under the Studio banner are not permitted to enter competitions in their private capacity. All entries will be done by the studio owner.
  - Competition dates are available throughout the season in various provinces. Please note that anyone competing at SA Masters, is required to enter KZN Regional competition as this is a qualifying event for SA Masters (Line Dance).
  - Competitors should consult the regulating body rules and be aware of the costume restrictions. If in doubt, please speak to your instructor. Dance shoes are to be worn at all times and boots are compulsory for Intermediate and higher as well as Team.
  - Competitors are responsible for their own costumes and accessories. However, some are on hire via the studio and can be viewed at the online store
  - On the day of the competition, dancers are to arrive 15mins before the start of registration.
  - Competitors should wear their studio tracksuits/jackets. These are available to pre-order from the online store. Studio T-shirts may be worn if they do not have tracksuits.
  - Competitors must remain in a competition outfit for prize giving.
  - Competitors are required to be warmed up before proceeding to the marshalling area for their dance.
  - An instructor will be on hand to assist you with your preparation, for all prearranged competitions.

## PERFORMANCE TEAM:

From time-to-time Fuso Danse Studios offers their dancers the opportunity to perform in team competitions as well as festival events and demonstrations.

Being a part of a dance team requires a different focus of skills compared to solo dancing. Instructors are looking for dancers who have displayed a passion for dance as well as good work ethic, maturity and responsibility.

Auditions are held at the beginning of each dance season or as required. This may extend to selection for competitions if the instructor feels that not all members are ready to dance at that point.

Anyone interested in doing performance teams should note the following:

- Practice will be confirmed at the start of the comp season. Additional practices may be scheduled as required. These will be communicated to the team.
- No dancer may miss more than 1 practice per month and not more than 2 consecutively. Selected team members may not miss a practice within 4 weeks before a competition.
- The team instructors will make themselves available should anyone want additional practice. This is at the availability of the instructor.
- Dancers are required to be registered and paid up studio members to be eligible for team selection.
- Instructors have the discretion to change the choreography to better suit the team dynamics.
- Dancers will be required to pay for their team costumes. However the studio will assist, where possible.
- All competition rules and requirements are applicable to the performance team.
- Any dancer leaving the team once costumes and/or travel arrangements have been finalised, will be required to reimburse the studio in full.

## YEAR END SHOWCASE:

Fuso Danse Studios is proud of their dancers and the growth and achievements they've gained during the year. And we want to share that with everyone.

Each year, the Studio will put on a themed showcase comprising of social classes, competitors, the performance team and guest performers (if required).

The showcase is planned for the first weekend in September at the end of the competition season (covid dependent).

All students are invited to participate in the showcase however it is not compulsory, and we welcome any dancer that wishes to volunteer to help even if they don't want to dance.

Dances will be taught in class, with additional rehearsals to be held if necessary. These will be communicated closer to the time.

Note: any performer who does not attend the opening & finale rehearsal may not be in this part of the show.

Performers will need to acquire costumes and all appropriate shoes and accessories. These will be supplied by the studio as much as possible but may require performers to purchase some items or use their own clothing.

Competitors and performance team performing in the show will be required to wear their full competition outfits

Tickets are sold through the studio and are approximately R100 - R150 per person, depending on the ticket type.

Souvenir programs and merchandise are available to purchase on the day of the showcase (not compulsory).

No photos or videos may be taken during the performances except by the assigned photographer. We respect each dancer's consent to have their photo taken or not taken during the show and the Studio expects the same from its dancers. Personal photos may be taken before and after the performances.

If there is anything that you think we have missed out or you have any questions not covered in this handbook, please contact the studio and we will be happy to assist.

All COVID protocols as per the health and safety manual are to be followed unless otherwise indicated by the instructors or South African Government.