

BALLERETTES DANCE TEAM

2025-26 INFO PACKET

Welcome Letter

Dear Ballettes Families,

Welcome to the 2025–2026 dance season! We are so excited to begin this journey with both returning dancers and new members. Whether you are stepping into your first season or are a seasoned Ballette, you are joining a team that values hard work, creativity, and community. Inside this packet, you'll find everything you need to know to prepare for a successful and fun season—from schedules and fees to expectations and upcoming events. Our goal is to keep you informed and ready to support your dancer every step of the way.

Thank you for trusting us to be part of your dancer's growth. Here's to a fantastic season full of dance, teamwork, and memories to last a lifetime!

With gratitude,

Kenidee Sellers

Dance Instructor/Coordinator, Ballettes Dance Team

Ketrina Mitchell

Director

Practice Schedule/ Information

Location:

I Beat All Inc

1550 Senioa Rd, Tyrone, GA 30290

Practice Days & Times:

- Monday: 6:00 PM – 8:00 PM
- Tuesday: 6:00 PM – 8:00 PM
- Thursday: 6:00 PM – 8:00 PM

All dancers are expected to attend scheduled practices and arrive prepared and on time.

Additional rehearsals may be scheduled before competitions and performances, with a notice being given to families.

Monthly Tuition: \$150

- Registration Fee: \$30 (one-time, new members only) due upon enrollment
- Competition/Uniform Fees & Fundraising :
Details to be shared at Parent Orientation

Season Overview & Key Dates

- Registration Opens: Friday August 15th @12PM
- Evaluation/Conditioning Week: August 25, 26, & 28 (6-8pm)
- Parent Orientation Meeting: August 28, 2025, @7:30 PM (Ballerettes Dance Studio)
- First Day of Practice: Tuesday, September 2, 2025
- Season End Date: [To be determined]

Our season calendar including competitions, performances, and additional events will be provided at the Parent Orientation Meeting.

Communication Channels

We will keep families updated via:

- Email newsletters for upcoming events
- Team Group Chat for regular communication
- Social media updates (@ballerettesdance)

Please ensure your contact information is up to date with the team office.

Competition Team Information

List Of Preferred Skills:

- Left, Right, & Middle Splits
- Cartwheel & Front/Back Walkover
- V-layout
- Left & Right Pirouette (Single, Double, &/or Triple)
- Leg Hold/ Heel Stretch
- Leaps
- Toe Touch
- Forward/Backward Roll
- Kicks (Right & Left Leg)

all skills will need to be demonstrated to determine mastery for skill level

Dancers:

- Arrive on time, warmed up, and dressed appropriately.
- Show respect to coaches, teammates, and staff.
- Commit to giving your best effort every practice and performance.
- Communicate absences in advance whenever possible.

Parents:

- Support your dancer's attendance and punctuality.
- Stay informed by checking team communications regularly.
- Assist with fundraising and volunteer opportunities when available.
- Encourage your dancer and uphold team values at home and events.

Information continue on next page

Expectations for Dancers

Being part of the Ballerettes Dance Team requires more than just showing up — it's about commitment, discipline, and consistently striving to improve. Every dancer is expected to meet the following standards:

1. Attendance & Punctuality

- Arrive at least 10 minutes early to prepare and stretch before practice begins.
- Attendance at all scheduled practices, events, and performances is mandatory unless excused in advance.
- Frequent tardiness or absences may result in limited performance participation.

2. Physical Readiness & Stamina

- Maintain strong stamina and endurance to perform full routines without excessive fatigue.
- Participate in conditioning exercises and stretches at every practice to build strength, flexibility, and injury prevention.
- Work on cardio fitness outside of practice (running, jump rope, dance drills, etc.) to support performance quality.

3. Effort & Focus

- Give 100% effort during every practice and performance.
- Stay engaged, listen to instructions, and avoid distractions during rehearsals.
- Come prepared to apply corrections immediately.

4. Team Spirit & Respect

- Encourage and support all teammates.
- Respect coaches, instructors, and fellow dancers at all times.
- Handle disagreements respectfully and professionally.

5. Professionalism & Representation

- Represent the Ballerettes Dance Team positively at all events, both on and off the stage.
- Follow all dress codes and grooming requirements for practices and performances.
- Maintain a positive attitude even when routines or corrections are challenging.

6. Personal Responsibility

- Keep track of your uniforms, shoes, and equipment — arrive with everything you need.
- Practice routines at home to reinforce what is taught in class.
- Stay hydrated, eat balanced meals, and get enough rest to support your training.

Practice Attire Policy

To ensure unity and professionalism, all dancers are required to wear the designated practice attire at every practice session.

- Practice Wear: Official team practice set or all black attire is required at all practices. No jewelry and hair pulled back.
- Shoes: jazz shoes, sneakers, or dance shoes
- Hair & Makeup: Performance standards will be discussed at Parent Orientation.

No Exceptions: Jeans, street clothes, or non-dance footwear are not permitted.

Violations:

- First Violation: Verbal reminder and warning.
- Second Violation: Dancer will sit out of practice for the day (no refunds or make-up time provided).
- Repeated Violations: May result in suspension or removal from the team.

By registering for the Ballerettes Dance Team, dancers and parents/guardians agree to follow this policy to maintain team standards and safety.

Missed Practice Policy

Attendance at all scheduled practices is mandatory to ensure team readiness and performance quality.

- **Notification:** Dancers/parents must notify the coach at least 24 hours in advance if a practice will be missed (except for emergencies).
- **Excused Absences:** Illness, injury, family emergency, or school-related events (with prior notice) may be considered excused.
- **Unexcused Absences:** Any absence without notice will be marked as unexcused.
- **Consequences:**
 - 2 unexcused absences in a month may result in sitting out of the next performance or event.
 - Repeated unexcused absences may result in suspension or removal from the team.
- **No Refunds:** Tuition will not be refunded or credited for missed practices.

By registering, dancers and parents/guardians agree to uphold this attendance standard to support team commitment and success.

Payment Policy

All tuition payments are due on the 10th of each month. Preferred payment method will be specified.

- **Late Payment Fee:** A late fee of \$30 will be applied to any account not paid in full within 5 days of the due date.
- **Pause of Participation:** Dancers with outstanding balances beyond 10 days past due will not be permitted to attend practices, performances, or competitions until the account is brought current.
- **Missed Classes:** Missed classes due to late payment suspension will not be refunded or credited.
- **Delinquent Accounts:** Accounts more than 30 days past due will result in removal from the program and the balance being sent to collections.

By registering for the Ballerettes Dance Team, you agree to abide by this payment policy and understand that it is in place to ensure fairness and operational sustainability for the program.

Captain/Co-Captain Application

- GRADE AVERAGE “B” OR ABOVE -OFFICIAL REPORT CARD REQUIRED
- POSITIVE ATTITUDE
- HONOR CODE OF CONDUCT
- PUNCTUALITY (NO MORE THAN 2 UNEXCUSED ABSENCES)
- RECOMMENDATION LETTER
- FORMAL ESSAY-”WHY YOU DESERVE TO BE IN A LEADERSHIP ROLE, HOW YOU DEFINE WHAT A LEADER IS, WHAT IT MEANS TO YOU AND HOW YOU WILL REPRESENT THE ORGANIZATION”
- IN-PERSON INTERVIEW
- 45SEC-1MIN SOLO PERFORMANCE

LEADERSHIP POSITIONS DO NOT “ROLL OVER”
HAVE TO REAPPLY EACH SEASON

Application Open From: August 12TH to September 12th 2025

Submit Typed or Emailed Essay to Coach Ken or kenideesellers@gmail.com SUBJECT “ Leadership Essay Application”

Open positions: Captain & Co-Captain

CODE OF CONDUCT

- RESPECT YOURSELF, YOUR INSTRUCTORS AND OTHERS
- RUDE GESTURES, AND BODY LANGUAGE WILL NOT BE TOLERATED
- NO CELL PHONES DURING PRACTICE OR AT PERFORMANCES
- NO BULLYING
- NO FOUL LANGUAGE
- NO TOUCHING OTHER DANCERS
- UNIFORM REQUIRED FOR PRACTICE
- HAIR PULLED AWAY FROM FACE DURING PRACTICE
- NO TARDIES OR UNEXCUSED ABSENCE
- NO EATING OR DRINKING IN STUDIO
- MUST NOT FALL BELOW "C" AVERAGE IN SCHOOL

*BREAKING CODE OF CONDUCT RULES MAY RESULT IN FURTHER DISCIPLINARY ACTIONS.

The I Beat All Dance Program is designed with the dancers best interests at heart. This is a dance program, and we train hard and enforce structure in order to be successful. We will treat all dancers fair and strive to move them to the highest level of success. For us to produce quality dancers adherence to guidelines is imperative.

We reserve the right to remove any dancer/parent from the program due to non compliance.

Parent Signature_____ Date_____

Received by dancer_____ Date_____