

Littleton Youth Ballet



2024-2025
Handbook

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Contact Information

All rehearsals are held at Littleton Ballet Academy
(unless specified in the production schedule)
1169 W. Littleton Blvd Littleton, CO 80120

(303) 794-6694

www.littletonyouthballet.org

www.littletonballetacademy.org

For absences, please **email** ballerinalba@gmail.com

Artistic Directors

Alison Jaramillo and Bobbie Jaramillo

Staff

Jennifer Haws, Stage Manager

Danielle Belanger, Production Manager

Dana Benton and Talia Boresow, Rehearsal Assistants

Board Members

President: Shauna Baity

Vice-President: Tim Baity

Secretary: Wendy Vogel

Treasurer: Diane Christensen

Scott Elliott, Alison Jaramillo, Bobbie Jaramillo, Carrie Kemp, Anna Rutter, Emma Rutter,
Brian Schmidt, Erin Skufca, Christene Woodward

Mission Statement

Our mission is to maintain a first-rate non-profit youth company of dancers, enriching their lives and those of their families, schools, communities, and beyond. We also aim to provide a caring and respectful environment that offers each dancer quality performance experience to enable them to reach their fullest potential, not only as dancers, but in all areas of life. We strive to encourage and promote dance with dynamic, full-length productions and diverse outreach programs throughout the Denver area.

Our Difference

What makes LYB is different is that we are cognizant of the fact that we have a hand in raising your children. Our goal is to build strong, amazing human beings in addition to them becoming beautiful dancers with clean strong technique and artistry. Our dancers have so many opportunities to perform in real theatre settings. Also, we are fortunate to be able to bring in a variety of guest artists to supplement our dancers education.

Our Core Values

- **INTEGRITY:** Integrity refers to the quality of being honest, having strong moral principles, and adhering to a set of ethical values. It involves being truthful, trustworthy, and consistent in one's actions and decisions, regardless of whether others are watching or not. A person with integrity is reliable and acts with sincerity, demonstrating a strong sense of responsibility and fairness.
- **PASSION:** Passion is a profound feeling of love, dedication, or interest that drives a person's thoughts, actions, and pursuits. When someone is passionate about something, they feel a deep connection and devotion to that activity, idea, cause, or person.
- **RESPECT:** Respect is a fundamental and multifaceted concept that encompasses a positive regard and consideration for others, oneself, or even things like institutions or nature. It involves recognizing the inherent worth, rights, and dignity of individuals and treating them with courtesy, empathy, and fairness.
- **INSPIRE:** To inspire means to fill someone with a strong feeling of enthusiasm, motivation, or creativity. When something or someone inspires you, it ignites a sense of inspiration within you, driving you to take action, create something new, or pursue your goals with renewed energy and passion. Inspiration can come from various sources, such as art, nature, experiences, people, or ideas, and it often leads to positive changes in attitude, behavior, and perspective.
- **CHARACTER:** In terms of a person, character refers to the moral and ethical qualities that shape an individual's behavior, actions, and decisions. It encompasses traits like honesty, integrity, kindness, and resilience. In essence, character is a term that captures the essence of what makes something or someone distinct, whether in terms of moral values, personality, or defining qualities.
- **POSITIVITY:** Positivity refers to the state of having a constructive and optimistic attitude, outlook, or mindset. It involves focusing on the favorable aspects of situations, events, and experiences, even when faced with challenges or adversity. Positivity involves looking for solutions, maintaining hope, and cultivating a general sense of well-being. People who exhibit positivity tend to approach life with an open and hopeful attitude, emphasizing the potential for growth, learning, and improvement. They often see setbacks as temporary and view challenges as opportunities to learn and develop resilience. Positivity can have a significant impact on mental and emotional well-being, as well as on relationships and overall life satisfaction. It's important to note that positivity doesn't mean ignoring difficulties or pretending that negative emotions don't exist; rather, it's about maintaining a balanced perspective and actively seeking ways to overcome challenges while staying focused on the good.

Inclement Weather

The studio will be closed on inclement weather days (i.e. excessive snow) using Littleton Public School District (www.littletonpublicschools.net) as a guideline. There will be an email sent out regarding the closure. In case of moderate weather despite a Littleton Public School District closure please call the studio and check your email after 1:00 p.m. In case of bad weather on Saturday an email will be sent out to all families no later than 7:30 a.m. regarding class and/or rehearsals that day. Information will also be sent via Remind, posted on the front page of the website, posted on the LBA Facebook Page, and on the LBA blog.

Excused Absence Policy

Dancers in LYB are allowed two excused absences for rehearsals for each show. Two are allowed for *The Nutcracker*, two for Storybook Ballet, two for the LYB Concert, and two for the Encore Performance so please plan accordingly. If there is a problem, please let us know in advance. Acceptable reasons for missing rehearsals are illness, family vacations, and mandatory school concerts ONLY. **Please let us know of absences at least two weeks in advance VIA EMAIL.** If you are injured, you must continue to come to rehearsals (or call in when you need to be absent) or you will lose your place in LYB. If you need to be absent you MUST email us directly at ballerinalba@gmail.com. In case of a last-minute illness, please send an email directly to ballerinalba@gmail.com **AND** call us at (303) 794-6694.

Performing Company Requirements

Being a part of a performing company gives a student the opportunity to gain additional rehearsal and performance experience which will help their technical and artistic development as well as giving them a chance to be part of a team. During the year the students will have rehearsals as many as three times a week to learn and work on choreography. These pieces will be performed in *The Nutcracker*, the Encore Performance, Storybook Ballet, in the LYB Concert, and in the School Performance. In addition, dancers will also be given the opportunity to perform at schools, assisted living homes, festivals, hospitals, and other charitable events throughout the year giving them invaluable performing experience and teaching them the value of community service. Students must audition annually. Fees are nonrefundable. **Participating in Littleton Youth Ballet requires a commitment from August 27th to May 31st.**

Company (Ballet 6, 7 and 8)

- To maintain your place in LYB's Company level
- **Regularly** attend the required number of ballet classes per week as well as additional open classes
- Participate in all four performances
- Follow all general behavioral policies
- Work intelligently and continue to develop technique
- Participate in the outreach program
- Attend a summer intensive program (either LBA or out of state)

Other opportunities

- Participate in ballet competitions
- Participate in additional coaching
- Participate in the Professional Training Division

Junior Company (Ballet 4A, 4B, and 5)

To maintain your place in LYB's Junior Company level

- **Regularly** attend the required number of ballet classes per week as well as additional open classes
- Participate in three or four performances
- Follow all general behavioral policies
- Work hard and continue to develop technique
- Attend a summer intensive program at LBA or approved program out of state (if applicable)
- Participate in outreach program

Other opportunities

- Participate in the ballet competitions (if applicable)
- Participate in additional coaching (if invited)

Apprentice Level (Ballet 3)

- To maintain your place in LYB's Apprentice level
- **Regularly** attend three or more ballet classes per week and an additional open class
- Participate in at least three performances
- Follow all general behavioral policies
- Work hard and continue to develop technique

Other opportunities

- Attend a summer intensive program at LBA
- Participate in outreach program

Website Code

On the Littleton Ballet Academy website, there is a link to important information (forms, schedules, handbooks, etc.) that only LYB families have access to. The code is HEARTS.

Production Fee

Company Production Fee for the Season

If paid on or before September 16th	\$325
If paid September 17th to September 30th	\$375

All production fees must be paid to LYB directly. Because our accounting for LBA is separate we cannot automatically charge the card on file. You may pay fees either by bringing in your credit card to charge the fees, writing a check payable to LYB, or paying in cash.

This fee covers performance fees for the Encore Production, The Nutcracker, the Storybook Ballet, and the LYB Concert as well as the audition fee, and admission for one parent and dancer to the banquet. It does not cover the LBA School Performance.

There is also a media fee per immediate family this year which will now be charged through Littleton Ballet Academy in four installments.

The fee schedule is as follows:

- September 20th: \$75
- December 20th: \$125
- March 20th: \$75
- May 10th: \$200

This provides all dancers professional videos for ALL shows (3 for Encore, 5 for The Nutcracker, 3 for Storybook, 1 for the LYB Concert, and 5 for the School Performance-17 shows), as well as professional pictures taken during the shows, AND a new headshot every year. Audition photos will be done separately this year.

There are no monthly fees. This fee does NOT cover the School Performance. Dancers with more than one child in LYB may work out a payment system with Anna Rutter but we will not be able to go past three months.

LYB Contract

If you plan on participating in Littleton Youth Ballet **you will be required to fill out an online contract.** The form can be found online. Log in to the Family Portal and click on Classes and Events in the upper right-hand corner. Click on Find Events. Page down the list until you see Littleton Youth Ballet Contract. Please fill this form out (it only takes a few minutes) and make sure you read the agreement text.

General Behavioral Policies

To achieve the skill level required in dance, students should understand the necessary level of focus and concentration that will be required of them prior to attending rehearsals. Talking during rehearsals is discouraged. This allows the maximum amount of progress to be made during rehearsal time since dance technique is based on continual repetition of movement to train and strengthen the muscles of the body.

Anyone who repeatedly violates any company rule may be dismissed from the company at the discretion of the co-directors. This includes students and family members.

- Students are expected to behave respectfully and courteously at all times toward any faculty and staff, toward each other, and to all other dance related people (physical therapists, pointe shoe specialists, costumers, etc.)
- Complaining about casting on a continual basis either in person or on social media sites may result in dismissal from the company.
- Any verbal, physical abuse, or harassment (including texting or on social media sites) will not be tolerated and use of this behavior may cause permanent dismissal from the company.
- Gossiping, spreading rumors, and/or bullying will not be tolerated. This includes students AND parents.
- Self-destructive behavior is not permitted.
- Please refrain from general goofing off in rehearsals.
- If a director, faculty member, or guest artist gives you a correction, practice it right away.
- Accept a correction politely....do not have excuses, talk under your breath, or pout.
- If you have a problem, please discuss it with us. It's best to self-advocate for yourself.

- You may not understand the casting process and you have a right to ask what you can do in the future to change the outcome.
- Crying favoritism or politics is a waste of time. This policy also applies to parents.
- Honesty is always the best policy. Please remember the dance world is very small.
- Please be aware of your conversation in the hallways and break room.
- Dancers are expected to dance full out at every rehearsal.
- Please do not leave the studio during any rehearsal unless you have asked permission from the directors or LYB staff member (unless it is an emergency).
- Please be early for all rehearsals.
- Excessive unexcused absences may result in dismissal from LYB.
- Please follow dress code requirements for all rehearsals.
- Dancers must show respect for the property of others and for the facilities.
- Theft will not be tolerated and any person caught stealing will be dismissed from the company.
- Please clean up after yourselves. The lobby, break room, bathrooms, and studios should remain clean and free of debris at all times. Please put all trash, paper towels, and drink containers in the appropriate waste cans.
- No food or drink (except water) is allowed in the studios.
- No chewing gum is allowed in rehearsals.
- Please follow all rules and procedures that are listed in our production packets.
- Drug, alcohol, vaping, and tobacco use is prohibited.
- Parents: please do not email us about your child and then let us know that your child would be furious about going behind his or her back. We need to have an honest relationship with your child.

Student and Parent Use of Social Media and Texting

Use of Facebook, Twitter, Snapchat, TikTok, Instagram, LinkedIn, blogging, and other online social media vehicles is commonplace as texting. This policy is intended to provide our students and parents with guidelines to eliminate any confusion concerning the use of social media.

- You DO NOT have permission to reveal any information that compromises LYB. By that we mean you are forbidden to share personal information about the director, other students or their families, or anything that is proprietary and/or confidential to them or LYB.
- When casting comes out please wait one week before posting your parts on social media.
- Students and parents should neither claim nor imply that they are speaking on behalf of LYB.
- Never post or text anything that could compromise the self-esteem of students or staff of LYB. This policy applies to parents and students.
- LYB owns the copyright to all choreography taught at the school.
- Respect the law, including those laws governing defamation, discrimination, harassment, and copyright and fair use. As stated in this handbook, parents and students should never post negative comments about other schools or teachers. Also, please do not post negative comments about school activities such as competitions and performances or about the directors of those events.
- Ensure that your social networking conduct is consistent with all of the policies contained in this handbook.
- Just a reminder: we can see what's posted on social media so if you are commenting on other people's posts remember that our staff can see those comments.

Injury and Illness Policies

- If you are injured, please let someone know immediately so we can help you.
- DO NOT come to rehearsals if you have a fever or are contagious. You should be resting and getting well.
- If you are injured or ill, please keep us posted on how you are doing.

- If you are injured, you are expected to come watch rehearsals if you are in the show. Please keep us updated on your condition.
- When you miss a rehearsal, you need to find out what was missed in rehearsal. Unfortunately, we do not have the time to reteach choreography.
- Concerning injuries, there is no one size fits all solution. However, we DO NOT want anyone to perform or dance when they have an injury, even if you have paid for a competition or are wanting to perform. If the faculty feels you shouldn't dance, we ask that you please listen to us. Our knowledge comes from own dancing experience and we all have acquired a lot of information relating to dance specific injuries.
- If an injury causes a dancer to be sitting out a lot, we will require you to see a physical therapist to determine what the best plan should be.
- And when coming back from an injury, we highly suggest taking lower-level classes to rebuild technique.

Cell Phones and Cameras

We understand the importance of maintaining communication with family members. However, all cell phones, PDAs, pagers, etc. should be turned to mute if the device is in the studio. No calls or texting permitted during rehearsals. Please be careful when taking pictures with your cell phone or camera and if you post ANY pictures on any social media site please make sure that **all** people in the picture have given you permission to be online. Inappropriate postings will NOT be tolerated! Performances are not allowed to be videotaped by audience members. DO NOT post ANY part of any LYB performances, competitions, or rehearsals on any social media site unless you have obtained permission from the co-directors.

Non-Discriminatory Policy

Littleton Youth Ballet does not and shall not discriminate on the basis of race, color, religion, gender, gender expression, age, national origin (ancestry), disability, marital status, sexual orientation, or military status, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, volunteers, subcontractors, vendors, and clients.

Casting Policies

- Artistic Directors have the final decision in casting for The Nutcracker and Storybook Ballet (LYB productions). However, outside judges and other faculty members may be involved in all casting decisions.
- Bad behavior in auditions (such as laughing, giggling, pouting, talking, poking, sarcastic remarks, talking back to your teachers, etc.) may result in not getting the parts you hoped for.
- When you receive your part(s), accept it graciously. You have one day to be disappointed and then it's important to move on. Continual complaining about parts, either verbally or on social media sites may cause dismissal from the production or future productions. (This also applies to parents)
- There are no specific "level" parts such as a Ballet 3 part.
- Just because you did a part last year does not mean you will have a new part the next year. You will end up repeating parts and it sometimes has nothing to do with ability. It also doesn't mean you will do the same part the next year.

We DO take in the following when doing casting

1. Technique (who is the best for the role)
2. Performance quality (how you perform on stage)
3. Behavior
4. Attendance (students who are here ON TIME and do not miss ANY rehearsals, this includes any excused absences)
5. Attendance at regularly scheduled classes and summer intensives (taking into account excused versus unexcused absences)
6. Commitment level
7. How right a person is for a role

8. Whether or not the dancer fits into a costume for a particular role

The following factors do not affect casting

1. How long a dancer has been with LYB
2. Age
3. Whether a parent holds a faculty or staff position
4. Whether a parent is on the LYB Board of Directors
5. Whether or not a parent has donated time or money

Rehearsal Schedule

LYB rehearses during the following times.

Tuesday 7:15 pm to 8:45 pm Company

Friday 6:30 pm to 8:45 pm Company and sometimes Junior Company dancers

Saturday 2:00 pm to 6:30 pm All LYB dancers

This does not mean that dancers will rehearse during all of these times during the year. During The Nutcracker, most advanced dancers will not be needed on Saturday afternoons until mid to late October. Apprentices will rehearse on Saturday afternoons only. Occasionally we may need a few Sunday rehearsals for dancers in leading roles with guest artists, but we will try to schedule those as minimally as possible.

Required Performance Wear

Depending on casting, LYB members may need to provide the following items as part of their own costuming. We will give you advance warning before you need to purchase these items. This list includes but is not limited to:

- **Nude camisole leotard (NO CLEAR STRAPS)**
- Black camisole leotard
- Black fishnets
- White camisole leotard
- Black character shoes
- **Pink trunks***
- Black footed convertible tights
- Nude trunks

*We will let you know well in advance in case you do need these items. ALL female dancers in Ballet 6 and higher need pink trunks if cast in Snow and Flowers in The Nutcracker

Outreach Performances

Part of the mission of LYB is to bring dance to people who don't often get the chance to see dance. This includes performing in festivals, schools, assisted living homes, hospitals, charitable concerts, and community events. Sometimes these shows will include dancers from LBA (especially dancers in tap classes). We are working on increasing our outreach program and hope to be able to do four or five shows per year. All dancers in Company A and B and Junior Company A and B are required to perform in at least one outreach performance (if needed). Apprentices are not required to participate but are highly encouraged to do so if we have the need. This is a wonderful chance to volunteer for your community and performances count toward school volunteer hours.

Outreach performances are full performances in smaller spaces with costumes and performance style hair (slicked back, hair sprayed bun with a hairnet (NO bun covers) or slicked back ponytail depending on the piece). We ask that you remove all nail polish before the outreach shows (please do this the night before at home). Makeup should consist of the following for our younger dancers: a little bit of blush and mascara and a natural pink lipstick. Older dancers can also wear eye shadow and liner and will need blush, mascara, and a natural pink lipstick. The point of the makeup is to bring out facial features but makeup does not need to be heavy because most of our outreaches are not done with stage lights.

Please remember that you are representing Littleton Youth Ballet and that good behavior is of the utmost importance. The words "please" and "thank you" go a long way! Sometimes we are not performing under the best conditions (with small stages, possibly on carpet or linoleum and even tinier dressing room situations). On these occasions please remember that we are guests in the facility and that the performance is the most important thing.

The performances we do in outreach situations are pieces that we have performed before or will be performing in the future. In certain cases, a limited number of parent volunteers will be used for events to minimize the number of people we bring. For example, if we are performing in an assisted living home for their residents we will only be able to

take a small number of parents because there may not be enough seating for all the residents and extra parents. The volunteers we bring will be used to help with any quick changes. Any volunteers will also be expected to be on their best behavior as well. Thanks for your cooperation in this matter.

Theatre Performances

Theatre performances are done with full lights and a marley dance floor in a theatre setting. These performances will require full makeup. Please follow the makeup and hair policies listed in the performance packets (these are emailed and posted before each performance.) In addition to this, in order to keep a professional image, we ask that you have natural hair color as well as a natural skin color. We also require you to wear deodorant. Remember, we share costumes and it's not fun to wear a costume that smells.

In addition, you **MUST** treat all costumes with respect. Please do not sit in any tutus (romantic or classical). If you absolutely have to sit in a costume, please make sure you are sitting on a blanket or shirt. We will inspect all costumes carefully after performances and you may be charged dry cleaning expenses if you have not taken care of costumes (such as not wearing deodorant) or if they are found lying on the floor because they are not hung up properly. If you are helping someone get into a costume, please make sure your hands are clean so you don't get makeup on the costumes. If you return a costume that has more than the usual share of wear and tear you may be charged dry cleaning fees and/or repair fees. Please ask Anna, Bobbie, or Ali if you have any questions about how to hang up costumes properly.

Uniforms

In the fall, we will be ordering LYB uniforms which will include a jacket and pants. We encourage everyone in LYB to purchase one. Dancers who are participating in any competition will be required to have one. Each dancer will have their name embroidered on the jacket. We ask that dancers wear them to community outreach performances, auditions, master classes, and ballet competitions. When you are wearing the uniform, **PLEASE** wear the full uniform. If the pants don't fit please substitute black pants that are comparable. We also sell other LYB apparel but only LYB dancers will have the opportunity to purchase the uniforms. We have chosen a timeless design that can be ordered in both child and adult sizes and we will keep this consistent so that you don't have to purchase a new uniform each year.

Extra Opportunities

Denver Ballet Guild Young Dancer's Competition

The Denver Ballet Guild Young Dancer's Competition is an annual event which gives dancers ages 10 to 18 the opportunity to participate in a master class with a guest teacher. Dancers ages 12 and up compete for scholarships in a judged master class and also have the opportunity to perform a variation in front of a panel of judges. The competition offers over \$20,000 in scholarship awards and is open to dancers from all over Colorado. The competition will be taking place the first weekend in March. Applications should be available in November

YAGP and Universal Ballet Competition

Youth America Grand Prix Competition is an annual event which gives dancers ages 9 to 20 the opportunity to perform classical and contemporary variations in front of a panel of judges on stage. Universal Ballet Competition is a newer competition for dancers ages 7 to 18. Both are competitions that requires separate coaching. Dancers get to perform a solo on stage in a beautiful costume that we provide but the results can definitely be varied depending on the judges from year to year. As long as dancers aren't obsessed with the results, it's a great opportunity. Dancers need to be invited to participate.

StarQuest

We are always trying to broaden our dancers' experience within the dance world. Starquest is a nationwide competition that gives dancers the opportunity for feedback as well as exposure to a different side of the dance. Jennifer Haws works for this company which prides itself on a positive competition experience and works to build relationships with local dance schools.

ADC/IBC Ballet Competition and Ballet Championships of America

ADC/IBC and BCA are competitions which gives dancers the opportunity to perform classical and contemporary variations in front of a panel of judges on stage. ADC/IBC has a judged master class and BCA offers master classes. Both will require separate coaching. Dancers get to perform a solo on stage in a beautiful costume that we provide but the results can definitely be varied depending on the judges from year to year. Again, as long as dancers aren't obsessed with the results, it's a great opportunity. Dancers need to be invited to participate.

Master Classes

Occasionally, master classes are offered in the area, sometimes by us and sometimes by an outside organization. We recommend taking advantage of these classes. It's a wonderful chance to study with some fabulous teachers! Generally master classes cost \$20 to \$35. The Vail Dance Festival offers a full series of master classes, but these are for dancers in Ballet 6, 7, and 8 only, and sometimes age restricted. We have been increasing our master classes at LBA by bringing in a few master teachers to do a residency at different points in the year.

Summer Intensive Auditions

Dancers ages 11 and up have the opportunity to participate in summer intensive auditions. A summer intensive is an out of state summer program, similar to the one we do in July. Students have the opportunity to study ballet intensively during a period of two to five weeks (depending on the program); some schools also offer other types of dance as well. Most schools require an audition for admission and do an audition tour in January and early February. The auditions cost between \$25 and \$35 and are basically a master class. We recommend that you attend auditions for schools that are a good fit for you. Ali will help your child with this process if she is interested. Video auditions require an additional fee of \$75/hour to film and edit the video.

CPYB

For **some** dancers, we recommend the summer programs Central Pennsylvania Youth Ballet has to offer. The programs are rigorous and are geared toward refining technique. Students may find themselves in a class with much younger dancers from CPYB's year-round school. Our students that have attended CPYB in the past have improved a great deal in a short time due to the intense training. CPYB is recommended for students who love hard work, have a tough skin, and truly love ballet. No auditions are required but specific pictures are needed with application. We will help you with these pictures because they are very specific and will determine placement. Dancers as young as ten may participate in this program if we feel they are ready.

Attending Dance Performances

There are lots of dance companies in Colorado. We highly recommend that students go see dance performances on a regular basis, especially Littleton Youth Ballet performances. We have an annual field trip in the fall to see Colorado Ballet and often invite people to come see whatever shows they have to offer in the spring as well. Other companies include Aspen/Santa Fe Ballet, Third Law Dance Theatre, Wonderbound, etc. We also encourage taking a trip to see the Vail Dance Festival in the summer. There are some wonderful dancers and companies that come every year.

Arts Enrichment

We encourage you to see other performances as well. Whether it's going to see music concerts at Colorado Symphony Orchestra, Littleton Symphony Orchestra, or Boulder Philharmonic, plays at the Denver Center Theatre Company, choral concerts by Voices West or Kantorei, musicals at the Denver Center for Performing Arts or Town Hall Arts Center, or art at any of our local museums; these are all events that help enrich a young dancer's life. Sometimes you can take advantage of discounts by subscribing to different email newsletters or going on specific free days.

Books

We recommend you and your child read books about dance. There are so many wonderful dance books available. Look for autobiographies by famous dancers (parents may want to screen a few of the ones written in the 80's), dance fiction (some children's, some tween), dance manuals, or dance history (there's a hilarious book *Tutus, Tights, and Tiptoes, Ballet*

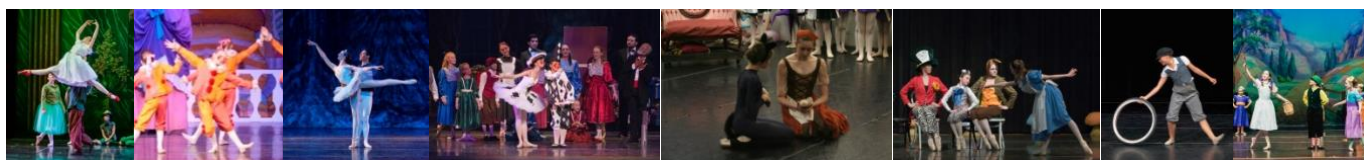
History as it Ought to Be Taught). Every dancer should have a copy of Gail Grant's *Technical Manual of Classical Ballet*. Amazon.com is a great place to start. We have lots of dance books and DVD's available for you to access on our Wish List. Just look up our Wish List and enter either LYB or our email address dancelyb@live.com and you will see a public list of books and DVD's that are worth taking a look at. Ali has read a lot of these but please make the final decision in making a purchase. (Please note: This doesn't mean we want these items, it's just an easy way to create a public list ☺).

Classical Music

Classical music is an integral part of ballet. It's important to at least have a basic knowledge of classical music. We suggest changing the radio station sometimes to 88.1 FM and just listen while cleaning the house or doing homework. We do recommend reading up on at least a few composers whose music is used frequently in ballet such as Tchaikovsky, Prokofiev, Chopin, Minkus, and Bach. You can find inexpensive albums with a large range of classical music available to download. Playing a musical instrument is also a terrific way to develop musicality which is essential in dance.

Documentaries, TV, Movies

Dance in general is a popular subject right now thanks to reality TV and dance documentaries. Of course, there are some shows that definitely are not suitable for most of our dancers and please use your best judgment. There are some shows that are family friendly with lots of dance. There have also been a few documentaries that have come out in select movie theatres and via streaming apps about ballet specifically such as *First Position*, *Ballet 422*, *Ballet Now*, and *Getting to the Nutcracker*. Sometimes New York City Ballet's production of George Balanchine's *The Nutcracker* has been presented live in theatres. The opportunity to see ballet is growing all the time.



Coaching for Variations

For dancers who are invited to participate in the Denver Ballet Guild Young Dancer's Competition, YAGP, UBC, or StarQuest, additional coaching is available.

All participants need to

- Commit to coaching all season (September to the end of March)
- Follow all the rules in the LBA and LYB handbooks
- Parents must also follow all the rules in the LBA and LYB handbooks

This year the coaching team consists of: Slava Mesropov, Alison Jaramillo, Dana Benton, Francisco Estevez, Emma Rutter, and Erin Skufca. Not all dancers will work with all coaches, but we will collectively work together to get dancers to competition readiness. Studying privately with other teachers outside LBA is not allowed.

Group coaching rates for invited dancers are as follows

\$125 per month per dancer billed September to March (7-8 months).

- Coaching will begin at the end of August
- Please let us know ahead of time when you are going to be absent.
- Dancers need to warm themselves up before coaching so plan on arriving 15 minutes before coaching time.

Payment will automatically be deducted from the card on file at the start date of each month beginning in September and going through March or April (depending on Finals).

Private coaching with any of the coaches is also allowed and can be scheduled through the school.

Rates vary from \$45 to \$100 depending on the coach. There is no additional rental fee for LBA dancers as long as you follow the rules. If not, we will have to charge studio rental fees.

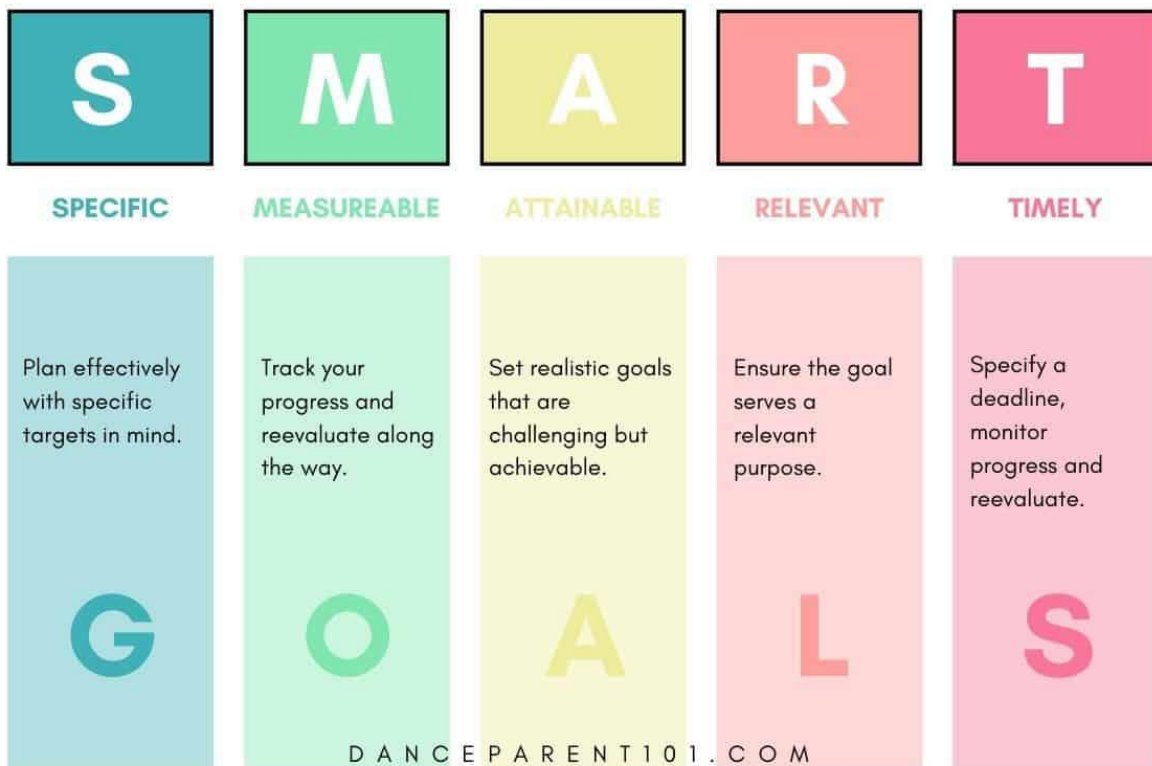
Meet your Mentor Lunch

All LYB dancers are invited to meet their mentors on Saturday, September 7th from 1:15 pm to 2:00 pm. Dancers will be dismissed from class 15 minutes early. Please bring your own lunch. A dancer's mentor is a student in Ballet 7 and 8 and is someone a young dancer can talk to throughout the year and lean on for support if she or he should need it. Mentors can answer questions, provide advice, help with pointe shoes, and provide encouragement.

S.M.A.R.T. Goals

SMART goals meet five different criteria: specific, measurable, achievable, relevant, and time bound. We will be working with students to create a few goals for the year. Expressing goals in this way stay helps students identify what they want to work on this year to help them see better results!

The SMART acronym was originally developed for setting business goals by George Doran in the 1980s and has been adopted by many sports psychologists as an effective goal-setting tool. Using smart goals for dancers is a great way to ensure your dance goals are achievable, motivating, and give you focus.



NHSDA

We are now participating in The National Honor Society for Dance Arts™ (NHSDA) is a program of the National Dance Education Organization.

- Junior Program - students in grade 6-8 or the local Middle School equivalent
Induction into the NHSDA Junior Program is earned through the accumulation of at least 15 points awarded for dance activities such as rehearsals, performances, research, workshops, or community service activities, alongside a minimum GPA of 3.0.
- Secondary Program - students in grade 9-12 or the local High School equivalent
Induction into the NHSDA Secondary Program is earned through the accumulation of at 30 points awarded for dance activities such as dance classes, rehearsals, performances, research, workshops, or community service activities, alongside a minimum GPA of at 3.0.

Each chapter is set up at the institutional level, and only students who are enrolled in that school or studio can apply for induction. This is an amazing opportunity to graduate with membership in The National Honor Society for Dance Arts™ (NHSDA) and dancers even receive honor cords to wear to graduation (if allowed by school). It will also be an amazing thing to add to college resumes!

Banquet

All LYB dancers are invited to the end of the season banquet. The date at this point is TBA and sometimes includes an activity. The banquet is free for all LYB dancers and one additional family member. Additional family members can purchase tickets for \$30. This is a dress-up affair and dinner will be served (gluten free options available). The annual banquet is a celebration of the successful season and each dancer is presented with a unique Littleton Youth Ballet pin. Three awards are also presented: The James Clouser Award which is presented to an advanced dancer at the discretion of the artistic directors, the Fernand Nault Award which is presented to a younger advanced dancer at the discretion of the artistic directors, and the Peer Award which is chosen by the dancers.

Photo Shoots

Every dancer in LYB will have a headshot taken in the fall. This will be in the program and is available for you to have as a media file. We will also hold a photo shoot so that dancers can take professionally posed dance photos in the studio with Candidly Created. For dancers who are doing summer intensives, CPYB, and the Denver Ballet Guild Young Dancer's Competition, Fran and his team will direct you as to what poses you should do. You also have the option to purchase more photos if you need more photos. These are scheduled for Wednesday, September 18th and Thursday, September 19th and will require a separate fee.

Pictures and Video

Through the media fee, all dancers will receive videos to all the shows in a year (which this year is 18 shows!). Therefore, video recording any production is not allowed and is a copyright infringement. This is not just a Littleton Youth Ballet policy but a general policy of theaters and a courtesy to our patrons and a safety issue for our dancers. The media fee will also provide all dancers professional dance photos taken during every show. Please understand that flash photography is not allowed during a performance.

Donations

Littleton Youth Ballet is a 501c3 non-profit organization and we need your help! We are accepting tax-deductible donations at various levels. If you are interested in donating, please fill out a form and send it in to us today. We also accept matching gifts and business sponsorships as well.

Sponsorship

New this year: we are actively looking for business sponsorships to help cover the costs of our productions. If you are interested in having your business sponsor The Nutcracker or The Wizard of Oz, please let us know.

Colorado Gives

Littleton Youth Ballet is part of Colorado Gives. Colorado Gives.org is a year-round, online giving website featuring the missions, programs and finances of more than 2,000 Colorado nonprofits. Made possible by Community First Foundation since 2007, ColoradoGives.org encourages charitable giving by providing comprehensive, objective and up-to-date information about Colorado nonprofits and an easy way to support them online. You can donate any time or you can choose to donate on Colorado Gives Day which is the first Tuesday in December and features a \$1 million Incentive Fund. Every nonprofit receiving a donation on Colorado Gives Day will receive a portion of the fund, increasing the value of every dollar donated.

Fundraising

During various times of the year we may do some fundraisers for different projects such as raising money for travel marley, sets, or costumes or to bring in guest artists during the year. We promise to keep these to a minimum, but we will expect all members to participate. We always sell Butter Braids in the fall and may do another fundraiser in the spring. Thank you in advance for your support!

Calendar

For all of our schedules, go to LYB Rehearsals and Info page on www.littletonballetacademy.org. You will need to type in the password to have access. This year it is HEARTS. There is a hub on the Family Portal as well.

We are also using a Google calendar on the LBA website. The entire year planned out for you on a Google calendar. You can also subscribe to this as well.

LBA calendar link: <https://rb.gy/j3ym9>

LYB calendar link: <http://bit.ly/2Y3Rd29>

PTD calendar link: bit.ly/3qDP4yu

Competition calendar link: <http://bit.ly/3QNNdlg>

The LYB handbook is a living breathing document and addendums may be added during the year as need arises. We thank you for being a part of Littleton Youth Ballet!

LBA Calendar 2024-2025

Subject to change

Monday, August 12th to Saturday, August 17th: Open House, NO regular classes, maintenance classes open to watch

Monday, August 12th to Friday, August 16th: Competition Rehearsals

Monday, August 12th: Information Meeting about the 2024-2025 Academic Year 4:30 pm and 6:00 pm

Tuesday, August 13th: Nutcracker Information Meeting 4:30 pm

Tuesday, August 13th: LYB Information Meeting 5:30 pm

Wednesday, August 14th: Information Meeting about the 2024-2025 Academic Year 4:30 pm and 6:30 pm

Thursday, August 15th: Photo Shoot with Candidly Created (during class times)

Friday, August 16th: Information Meeting about the 2024-2025 Academic Year 6:00 pm

Friday, August 16th: LSO performance at Clement Park (Ms. Bobbie conducts the LSO!)

Saturday, August 17th: Western Welcome Week Parade 10:00 am

Sunday, August 18th: Littleton Youth Ballet performance with the Littleton Symphony Orchestra

Monday, August 19th: 2024-2025 Academic Year begins

Monday, August 19th: Professional Training Division begins

Tuesday, August 20th: Wizard of Oz Encore Performance Rehearsals begin

Wednesday, August 21st: Information Meeting about the 2024-2025 Academic Year 6:00 pm

Wednesday, August 21st: LYB Information Meeting 7:00 pm

Friday, August 23rd: LYB Auditions (Ballet 3, 4A)

Saturday, August 24th: LYB Auditions (Ballet 7 and 8) and (Ballet 5 and 6)

Monday, August 26th: Coaching begins

Wednesday, August 28th: Information Meeting about the 2024-2025 Academic Year 6:00 pm

Monday, September 2nd: Labor Day NO CLASSES

Tuesday, September 3rd: Nutcracker Information Meeting 5:45 pm

Wednesday, September 4th: Information Meeting about the 2024-2025 Academic Year 6:00 pm

Saturday, September 7th: Meet your mentor lunch 1:15 to 2:00 pm (LYB only)

Wednesday, September 4th: Information Meeting about the 2024-2025 Academic Year 6:00 pm

Monday, September 16th: LYB online contract and fee due at lower rate (fee CANNOT be deducted automatically)

Saturday, September 14th: **Encore Performance: *Wizard of Oz* at Lone Tree Arts Center**

Sunday, September 15th: **Encore Performance: *Wizard of Oz* at Lone Tree Arts Center**

Tuesday, September 17th: Nutcracker Information Meeting 5:45 pm

Wednesday, September 18th and Thursday, September 19th: Audition Photo Shoot with Candidly Created

Saturday, September 21st: Nutcracker Auditions 2:00 to 3:30 pm

Monday, September 23rd to Saturday, September 28th: Observation Week: Pre-Ballet Division and ALL Intermediate Division (Ballet 4A, 4B, 5) classes

Wednesday, September 25th: Nutcracker Casting sent

Wednesday, September 25th: MANDATORY Nutcracker Meeting for new families

Thursday, September 25th to Saturday, October 12th: Nutcracker T-Shirts on sale

Saturday, September 30th: Final deadline for LYB online contract and fee due at higher rate (fee CANNOT be deducted automatically)

Monday, September 30th to Saturday October 5th: Observation Week ALL Primary Division (Ballet 1, 2, 3) and ALL Pre-Professional Division (Ballet 6, 7, 8) classes

Saturday, October 5th: Nutcracker rehearsals begin (Pre-Ballet 3, Ballet 1, Ballet 2, Ballet 3, Ballet 4)

Monday, September 30th to Saturday, October 19th: Butter Braid Fundraiser

Wednesday, October 9th: Sugar Plum Fairy Tea tickets on sale

Wednesday, October 9th: Nutcracker online contract due (fee will be deducted at lower rate automatically)

Tuesday, October 15th: Final deadline for Nutcracker online contract (fee is \$25 higher and will be deducted automatically)

Monday, October 9th to Saturday, October 28th: Butter Braid Fundraiser

Wednesday, October 16th: Nutcracker tickets go on sale

Saturday, November 2nd: Butter Braid delivery

Saturday, November 9th: Nutcracker Cast Chili Party 6:30 pm at LBA

Sunday, November 10th: Sugar Plum Fairy Tea

Friday, November 15th to Sunday, November 17th: Ballet Championships of America

Saturday, November 16th: LYB Program ads due

Friday, November 22nd: Streets of Southglenn Parade at 6:00 pm

Wednesday, November 27th to Friday, November 29th: Thanksgiving Break NO CLASSES/REHEARSALS (Classes and rehearsals resume Sat, Nov 30th)

Saturday, December 7th: Pre-Ballet Holiday Show

Thursday, December 12th: BYU Christmas Show at Newman Center

Friday, December 13th and Saturday, December 14th: Nutcracker Photo Shoot

Wednesday, December 18th: *The Nutcracker* Dress Rehearsal @ the Joanna Ramsey Theatre (modified LBA schedule)

Thursday, December 19th: *The Nutcracker* Dress Rehearsal @ the Joanna Ramsey Theatre (modified LBA schedule)

Friday, December 20th: *The Nutcracker* @ the Joanna Ramsey Theatre

Saturday, December 21st: *The Nutcracker* @ the Joanna Ramsey Theatre

Sunday, December 22nd: *The Nutcracker* @ the Joanna Ramsey Theatre

Saturday, December 21st to Saturday, January 4th: Winter Break NO CLASSES (Classes resume Monday, January 6th)

Monday, December 30th to Friday, January 3rd: Coaching for Competitions offered (optional)

Friday, January 17th to Sunday, January 19th: Universal Ballet Competition

Saturday, January 25th: Rehearsal for Storybook Ballet begin for dancers in Ballet 3, 4, and 5

Saturday, January 25th: Registration begins for Summer Intensives and Camps

Monday, January 27th to Saturday, February 1st: Observation Week: Pre-Ballet Division and ALL Intermediate Division (Ballet 4A, 4B, 5) classes

Friday, January 31st to Sunday, February 2nd: ADC/IBC Competition

Monday, February 3rd to Saturday, February 8th: Observation Week ALL Primary Division (Ballet 1, 2, 3) and ALL Pre-Professional Division (Ballet 6, 7, 8) classes

Friday, February 21st to Sunday, February 23rd: Denver Ballet Guild Young Dancers' Competition

Friday, February 28th to Sunday, March 2nd: Youth America Grand Prix

Friday, March 7th to Sunday, March 9th: StarQuest Competition OR **Friday, March 14th to Sunday, March 16th**

Saturday, March 15th: Final deadline for School Performance at lower rate (fee will be charged Monday, March 17th)

Monday, March 24th to Saturday, March 29th: Spring Break NO CLASSES (Classes resume Monday, March 31st)

Saturday, April 5th: Deadline for Summer Intensive registration at lower rate

Tuesday, April 22nd to Sunday, April 27th: YAGP Finals

Saturday, May 10th: LYB Concert and Professional Training Division Performance

Saturday, May 24th: Last day of 2024-2025 Academic Year

Monday, May 26th: Memorial Day NO CLASSES

Tuesday, May 27th to Thursday, May 29th: School Performance Pictures and Rehearsals

Friday, May 30th and Saturday, May 31st: School Performances

Monday, June 2nd to Saturday, June 7th: No regular classes

Monday, June 9th: Summer Schedule begin

Monday, June 9th to Friday, June 13th: Fairy Tale Camps (ages 3-4 and 5-7) and Junior Summer Intensive (Ballet 1)

Monday, June 16th: Registration for 2025-2026 Academic Year begins

Monday, June 16th to Friday, July 18th Summer Ballet Intensive

Monday, June 16th to Friday, June 20th: Fairy Tale Camps (ages 3-4 and 5-7)

Monday, June 23rd to Friday, June 27th: Fairy Tale Camps (ages 3-4 and 5-7)

Monday, July 7th to Friday, July 18th: Junior Summer Intensive (Ballet 2)

Monday, July 21st to Saturday, July 26th: Summer Break (no classes)

Saturday, August 9th: Last Day of Summer Classes

Monday, August 11th to Saturday, August 16th: Open House Week

Monday, August 11th to Friday, August 16th: Maintenance Classes

Monday, August 18th: 2025-2026 Academic Year begin