



CENTER STAGE SCHOOL OF THE ARTS

COMPETITIVE HANDBOOK

2025 – 2026



[@cssageorgetown](https://www.instagram.com/cssageorgetown)

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Dancer and Parent Code of Ethics

At Center Stage School of the Arts, by working as a team we can contribute toward the positive character development of each member, leading to a rewarding season for all.

Integrity: to conduct oneself with honesty, courtesy, and respect; to express consideration for one's fellow dancers, educators, parents, staff and competitors; to be a person who leads by example and honours commitments; to be a person other people can count on.

Leadership: to guide, direct and influence people in achieving their highest goals and ideals; setting an example through one's actions and speech; to inspire and serve the people of your class, team, or community through full participation in ALL dance related activities.

Responsibility: to respect and adhere to the policies and procedures of the studio or the organizers of any convention, workshop, or competition; demonstrates the ability to interact with peers and authority figures in a mature manner; to question authority in a respectful manner; to speak of any issue or grievance to the person who is able to resolve any concern.

Character: to embody high levels of personal integrity, leadership and responsibility for oneself and others; a person who has courage and willingness to face issues and concerns with maturity and dignity; to avoid gossip, criticism, or denigrating comments for any members of the dance community, including staff, choreographers, parents, or peers.

Parents play a major role in the success and experience of their child.

We understand that from time-to-time conflicts or disagreements may arise. We ask everyone to wait at least 24 hours before addressing any issues. Further, we encourage parents to try and resolve isolated incidents amongst themselves before involving the studio and staff.

Anti-Bullying Policy

Purpose

At Center Stage School of Arts, we are committed to creating a safe, welcoming, and respectful environment for all students, parents, and staff. Bullying in any form is unacceptable and will not be tolerated. This policy applies to all children who participate in our programs, as well as to parents, guardians, and staff members who interact within the studio community.

Definition of Bullying

Bullying is defined as repeated and intentional behaviour—whether verbal, physical, social, or online—that causes harm, fear, or distress to another individual. Bullying can include but is not limited to:

- **Verbal bullying:** name-calling, unwanted teasing, threatening, or making offensive remarks.
- **Social bullying:** excluding others, spreading rumours, or encouraging others to isolate someone.
- **Physical bullying:** pushing, hitting, or other forms of physical aggression.
- **Cyberbullying:** using social media, messaging, or other online platforms to harass, embarrass, or intimidate. (This form of bullying can only be addressed if it occurs within the dance studio online platforms.)

Our Commitment

1. Provide a safe and supportive environment where children feel respected and valued.
2. Educate students about kindness, respect, and teamwork as part of our studio culture.
3. Take all allegations of bullying seriously and investigate them promptly.
4. Work collaboratively with parents/guardians to address incidents and support all parties involved.
5. Ensure appropriate actions are taken to prevent recurrence, including disciplinary steps when necessary.

Reporting Procedure

- Any student, parent, or staff member who witnesses or experiences bullying is encouraged to report it immediately to the studio director or designated staff member.
- Reports may be made verbally or in writing.
- Once an incident is reported, the directors will initiate an incident report and commence investigation of the alleged bullying.
- All reports will be handled confidentially to protect the privacy and dignity of those involved.

Response & Consequences

- The studio will investigate all reported incidents fairly and promptly.
- If bullying is confirmed, the following steps may be taken depending on the severity and circumstances:
 - o Discussion and mediation with the involved parties.
 - o Notification and meeting with parents/guardians.
 - o Written warning or temporary suspension from classes.
 - o Permanent removal from the studio in severe or repeated cases.
- At the conclusion of each investigation, we will communicate the appropriate course of action to the involved parties.
- Should allegations of bullying arise from environments beyond the studio's control, we will refer those matters back to the parties for resolution outside of our studio setting.

Prevention & Education

We will weave discussions on respect, teamwork, and kindness into our classes wherever appropriate. Our staff will receive training on how to recognize and address bullying behaviours effectively. Parents and students will be informed of this vital policy upon enrolment, ensuring that everyone understands our collective commitment to a positive environment.

I understand and accept the Code of Ethics and Anti-Bullying Policy and take responsibility for my choices and behaviour.

Parent's signature

Dancer's signature

Important Dates

EVENT	DATE	LOCATION	TIME	PRICES
SHOCK The Convention  (Mandatory for Mini & up)	Sunday September 28 th	Hilton Toronto Airport Hotel & Suites Mississauga, ON	7:45 AM - 6:00 PM Class schedule sent by email	Paid in cash at the Studio
Hair & Make-Up Class (Mandatory for NEW female competitive dancers) (Ages 11 & under must be accompanied by a parent)	Sunday January 25 th	Studio	1:00 PM - 3:00 PM	Make-Up Kits must be ordered by January 6 th (or earlier if needed for the Hair & Make-Up class) See attached form
Stage Rehearsal (Mandatory for all groups) (Full make-up required for new competitive dancers)	Sunday February 22 nd	John Elliott Theatre Georgetown, ON	9:00 AM - 10:00 PM Schedule TBA	Rehearsal Package \$48 + HST per dancer (covers theatre rental)
Night of the Stars (Mandatory show for solos, duets & trios)	Saturday February 28 th	John Elliott Theatre Georgetown, ON	5:00 PM - 8:30 PM Schedule TBA	Tickets purchased through Box Office Price TBA
Xtreme Dance Champions 	March 26 th - 29 th	Nottawasaga Inn Resort Alliston, ON	Schedules will be sent by email as they become available	Entry Fees Per Competition: Solos: \$109 + HST Duets/Trios: \$78 + HST Groups: \$71 + HST Lines: \$66 + HST
SHOCK Dance Challenge 	April 9 th - 12 th	Richmond Hill Centre for the Performing Arts Richmond Hill, ON		*Please note that a small fee has been added to each entry fee to cover administrative cost
Star Beat Dance Champions 	April 23 rd - 26 th	First Ontario Performing Arts Centre St. Catharines, ON		
KARV Dance Challenge 	April 30 th - May 3 rd	Hamilton Convention Centre Hamilton, ON		Competition Media Fees: Xtreme: \$50 + HST per dancer Star Beat: \$35 + HST per dancer KARV: \$50 + HST per dancer

EVENT	DATE	LOCATION	TIME	PRICES
BTS Rehearsal & Comp Team Party	Friday May 29 th	Studio	4:30 PM Schedule TBA	N/A
Recreational Rehearsal & Recital Weekend (Competitive dancers will be guest performers)	June 6 th & 7 th	River Run Centre Guelph, ON	Time & Details TBA	Tickets purchased through Box Office Price TBA
Beyond the Stage Charity Show	Sunday June 14 th	River Run Centre Guelph, ON	Time & Schedule TBA	Tickets purchased through Box Office Price TBA
Summer Intensive (Mandatory for all competitive dancers)	August 18 th - 20 th	Studio	Schedule TBA	Price TBA

*Dancers who do not attend the Intensive and Convention will NOT be eligible for extras

Supergroup

We are thrilled to be doing our team Supergroup again this season for our 25th anniversary! Moving forward, we plan to make this every other year activity. We realize the effort and commitment involved for everyone and thank you for your support! This is a team event and is **mandatory** for all competitive dancers. Please see rehearsal schedule below:

CHOREOGRAPHY WITH MISS ANDREA					
	Sunday October 5 th	Sunday November 2 nd	Friday November 28 th	Monday January 26 th	Friday January 30 th
FT	10:00am - 12:00pm		1:30pm - 2:30pm	1:30pm - 3:30pm	
Pre Comp	12:00pm - 2:00pm			9:30am - 11:30am	
Pre Mini	12:00pm - 2:00pm		9:30am - 10:30am	9:30am - 11:30am	
Mini	2:00pm - 4:00pm		3:30pm - 4:30pm	10:30am - 12:30pm	
Junior	4:00pm - 6:00pm		2:30pm - 3:30pm	11:30am - 1:30pm	
Inter/ Inter Adv		10:00am - 12:00pm	10:30am - 11:30am	12:30pm - 2:30pm	
Senior		12:00pm - 2:00pm	11:30am - 12:30pm		10:30am - 12:30pm
Senior Adv		2:00pm - 4:00pm	12:30pm - 1:30pm		11:30am - 1:30pm

CLEANING WITH MISS KELLY			
FT	Wednesdays	Nov 26, Dec 17, Feb 4, Feb 25	7:45pm - 8:30pm
Pre Comp	Saturdays	Nov 8, Dec 20, Feb 7, Mar 7	3:15pm - 4:00pm
Pre Mini	Wednesdays	Nov 12 Dec 10, Jan 21, Mar 4	7:00pm - 7:30pm 7:00pm - 7:45pm
Mini	Saturdays	Nov 8, Dec 20, Feb 7, Mar 7	4:00pm - 4:45pm
Junior	Wednesdays	Nov 26, Dec 17, Feb 4, Feb 25	7:00pm - 7:45pm
Inter/Inter Adv	Fridays	Nov 14, Dec 12, Jan 23, Feb 27	8:30pm - 9:15pm
Senior	Wednesdays	Nov 26, Dec 17, Feb 4, Feb 25	8:30pm - 9:15pm
Senior Adv	Mondays	Nov 24, Dec 15, Jan 19, Mar 2	8:30pm - 9:15pm

ENTIRE CAST REHEARSALS	
Friday February 13th	9:00am - 12:00pm
Saturday February 21st	4:30pm - 6:30pm & Comp Team Pizza Party 6:30pm - 7:30pm

Additional Competitive Expenses

DESCRIPTION	PROCESSING/DUE DATE	COST
Comp Team Vest	October 15 th	\$138.00 + HST
Extra Choreography Fees:	November 15 th	
Solo		\$645.75 + HST
Duet		\$430.50 + HST per dancer
Trio		\$430.50 + HST per dancer
Small Group (4-9 dancers)		\$269.00 + HST per dancer
Large Group (10+ dancers)		\$242.00 + HST per dancer
Supergroup		\$89.00 + HST per dancer
Competitive Entry Fees	December 15 th	See Important Dates chart above for prices
Make-Up	January 6 th	See attached form for prices
Earrings	February 1 st	\$19.00 + HST
Choker	February 1 st	\$35.00 + HST
Rhinestone Ponytail Holder	February 1 st	\$19.00 + HST
Stage Rehearsal Fee	March 28 th	\$48.00 + HST
Costumes	March 28 th	Prices range - will not exceed \$366.00 + HST per costume
Tights, Shoes, and Props		Prices range - purchased separately from costumes
Event expenses to be considered and covered by each family:		
- Hotel Reservations		
- Travel Expenses - Gas, Parking, etc.		

Competitive Team Make-Up Order Form

Student Full Name: _____

Parent Full Name: _____ Phone: _____

Email: _____ Method of Payment (please circle one): Online AutoPay

ESSENTIAL PRODUCTS	UNIT PRICE	QUANTITY	TOTAL
Dual Mineral Foundation	\$35.00		
Eyeshadow – Cream colour	\$12.00		
Eyeshadow – Light Brown colour	\$12.00		
Eyeshadow – Dark Brown colour	\$12.00		
Blush	\$19.00		
Lipstick	\$19.00		
Eye Pencil Liner – white	\$11.00		
Lip Pencil Liner – red	\$11.00		
Eyelineer Gel + Angled brush combo	\$35.00		
Eyelineer – Gel	\$26.00		
Eyelineer – Liquid	\$26.00		
False Eye Lashes	\$15.00		
Eye Lashes and Glue	\$25.00		
Make-Up Kit: includes 3 eyeshadows, blush, lipstick, lashes & lash glue (all other items to be purchased individually) *Items cost \$95 when purchased separately.	\$84.00		
Make-Up Kit: same items as above kit plus 3 brushes (blush, eyeshadow & blending brushes)	\$100.00		

SUBTOTAL \$ _____

13% HST \$ _____

TOTAL \$ _____

Expectations for Dancers and Parents at Competitions

Punctuality:

- Dancers **MUST** be “**Dressed and Ready**” 1 hour before their performance time. This means that they must be in the warm-up area in full costume, hair and make-up.
- It is the responsibility of the parents to have their child dressed and ready at the appropriate time. Parents are also responsible for any fast changes that may occur during the competition.
- **Please have respect for other teammates and teachers by being on time.**
- **Check that you have all the pieces of your costume before you leave the house, especially hair pieces and small accessories!**
- Inspect your costumes before and after every performance. It is common to get runs in tights or taps to come off shoes. Be prepared! Bring extra tights, screws, needles, thread etc.
- All transportation to and from any competition is the responsibility of the parents. Always give yourself extra travel time and aim to arrive early!
- Please note that dancers may have to miss school and parents may miss work if the competition takes place on Thursday or Friday.

Team Spirit:

- At Center Stage, we clap for everybody!!! We encourage all dancers and parents to cheer for and congratulate other team members and competitors from other schools. This is supposed to be a fun event to be enjoyed by all. Let's lead by example even if the same courtesy is not extended our way.
- We are proud to say that we have been complimented by several competition organizers in the past on our dancers' and parents' positive behaviour and we would like to see this continue!
- We must continue to keep our focus on the reasons why we participate in these endeavors... for the experience, not the medals and outcome.

Awards Ceremonies:

- All dancers are expected to stay and participate in their awards ceremonies. From time-to-time dancers performing several numbers in one day may not be able to attend their award ceremony as they must prepare for their next piece. Every effort will be made to ensure that they can attend but we cannot make any guarantees. It is the dancers' responsibility to have someone else accept the award in their place.
- Dancers may stay in their costume but must wear their studio vest over top during adjudication.
- Dancers must behave in a positive manner regardless of the outcome of the placements and awards. Dancers are expected to say thank you and curtsy while accepting their awards from the judges or emcee and remain respectful to all other dancers including those from other schools.

Monetary Awards:

- Competitive winnings of less than \$5 will be donated to Beyond the Stage. You will be notified regarding anything over \$5.
- Competitive prize money is divided equally between the studio, choreographer, and dancers. When cash prizes are won students and choreographers will be notified by email. Details of the amount will be disclosed, and participants will be given the option to receive their winnings by cheque or donate to Beyond the Stage.

Expectations for Dancers and Parents at the Studio

Attendance: Attendance must be excellent and consistent throughout the season. This includes attending all mandatory rehearsals and workshops. Dancers run the risk of losing opportunities like extras (and potentially removed from the team if it becomes an ongoing issue) should we not be notified with reasonable advanced notice & agreed upon circumstances. There should be no more than 3 absences in any class throughout the season.

Core Classes for FT Dancers: As dancers progress through our competitive program, our goal is to train a well-rounded dancer who is proficient in movement, technique, and musicality. The CORE classes that develop these areas are Ballet, Contemporary, Jazz and Tap.

All of the other genres certainly lend to those areas as well and have unique benefits, but they are secondary to what the CORE classes develop.

As part of the Full-Time competitive team, dancers are required to include classes in Ballet, Jumps & Turns, Stretch & Strength, Contemporary, and Tap as a part of their weekly training. Lyrical, Acro, and Hip Hop are optional classes, but are highly recommended. FT dancers must be training a minimum of 8 hours per week.

Extras & Activities: Center Stage extras and activities/events need to take priority over any outside activities, training, performances, clubs, teams, tournaments, games, vacations, etc. We will not make scheduling accommodation for such opportunities as it is understood that Center Stage competitive team related events and outside choreography/extras scheduling comes first. **Once the extras choreography schedule has been finalized, there will be no changes or cancellations, barring illness or an emergency. Please keep this in mind when accepting any extras that may be offered.** Dancers must be enrolled in 4 classes and attend mandatory workshops/intensives to be considered for an “Extra”.

Extras Costumes: Costumes are chosen or designed by the teacher and Artistic Directors. Second-hand costumes are allowed as long as they fit the vision of the choreographer.

Group Costumes: Custom, catalogue and store-bought costumes may require embellishment, therefore parents may be asked to help with rhinestoning, sewing, steaming, gluing, packaging, etc. It is understood that this is on a volunteer basis, and no compensation will be provided by Center Stage.

Studio Time: Space is available for competitive dancers to practice their routines individually or with their duet/trio or small group partners. We also recommend using the space to practice leading up to ballet exams. Dancers must provide their own music and sound equipment. Center Stage equipment is NOT to be used during studio time. Parents are encouraged to let their dancer use the time without your supervision and/or input. Sign-up online will be available closer to the start of the competitive season. Sign-up is on a first come, first served basis with a limit of 1 space per week to allow others to sign-up. If a space is not filled within 24 hours of the session, the slot can be booked. Dancers should be rehearsing their pieces on a weekly basis on their own.

Private Lessons: Private Lessons provide one-on-one instruction tailored to individual needs, pace, and goals, which can lead to faster progress, deeper understanding, increased confidence, and more targeted feedback than is possible in a group setting. Many of our teachers are available for sessions that are to be booked exclusively by our office staff.

1 hour - \$90.00 + HST

30 minutes - \$50.00 + HST

Parents, please note that Private Lessons are a student/teacher experience. We ask that Parents remain out of the Studio during that time. **Cancellation Policy:** 24 hours' notice is required to provide enough time to fill the slot with another dancer(s). You will be charged the applicable fee for any sessions missed or cancelled less than 24 hrs. in advance.

Dropped classes must be communicated with the Studio directors before initiating any cancellations.

Hair & Make-Up Class: All dancers who are new to the competitive team are required to attend our in-person hair and make-up application class. Dancers must bring a complete make-up and hair kit to the class as it will be a hands-on learning experience. Dancers ages 11 & under should be accompanied by the parent who will be applying their make-up for performances.

Leadership Opportunities: Competitive team dancers have the opportunity to develop their leadership skills through "assisting" in younger classes during the school season or over the summer in our popular summer dance camps. Assisting is one of the best ways that dancers can improve their own technique, ability, and awareness. It's also a fantastic example of being selfless by sharing your time and knowledge with others. Candidates must be 12 years old or over and should be motivated, friendly, responsible, and caring.

Applications are accepted yearly in Feb-March. Please see the Assistant Handbook for details.

Assistants who help in competitive classes are NOT required to attend the competitions with their class; however they are more than welcome to lend a hand in warm-up or backstage if they are willing and able. Assistants should focus on their own dances and be well rested and prepared without distraction...but again, if no conflicts arise, they are more than welcome to help out!

Professional Development Opportunities: Center Stage is proud to offer the opportunity to senior dancers who are interested in becoming professional "Dance Teachers" to attain their Teachers Certification through the B.A.T.D (British Association of Teachers of Dance). We have had numerous successful candidates through the years and have hired several graduates to join our faculty as a result.

Candidates must be 16 years of age by the time of the exam (which is typically at the end of May or early June). This is unique to the BATD as all other associations and programs require candidates to be a minimum of 18 years old. Candidates will be assisting in various recreational and/or competitive classes throughout the year to complete the program. Through this experience candidates will learn proper teaching techniques, progressions across the floor, syllabus work, classroom strategies, and more.

The teaching exam is a combined Jazz and Tap exam (called "Stage") and candidates must be currently training in **BOTH** genres at Center Stage to qualify. Choreography, music theory, rhythm work, terminology/vocabulary, and review of exercises will be performed in the exam.

This is a fantastic tool for any dancer to have under their belt as most reputable schools require their faculty to be accredited...plus it makes future employers take you more seriously.

Workshops and Intensives ...Why?

We have been doing workshops as a part of our Comp Team training since before Covid. We took a pause for two years as nothing was an option because of province wide shutdowns.

Once everything started to open up again, we compromised and made it optional as there were still many fears, several families with unique health concerns and other important factors.

We have been asked repeatedly by both parents and students to go back to implementing our policies and following through as we did prior to Covid. We have done our best to gently nudge everyone back to the old “normal” while trying to be mindful of each family’s varying situations.

Our team has been successful during comp season and we believe that a large contributing factor has been their training at the studio and exposure to new styles and teachers through Intensives and Workshops.

Workshops give our staff a chance to gauge how our kids are progressing by observing our dancers alongside dancers from other schools. Oftentimes dancers from other schools can be a huge source of inspiration for our team as they watch each other learn in the same space. Our kids are also a big inspiration for others, and it gives an awesome sense of pride to our dance family. Additionally, we want our dancers to have opportunities to take class with guest teachers we can’t necessarily afford to bring into the studio for our in-house intensive in the summer. Workshops help to develop the skill of “picking up choreography”. This is an important factor and skill when involved in any “extras” opportunities. Because “extras” are limited to only a certain number of hours, being able to pick up choreography quickly is needed so that progress moves along at a decent rate. This is especially true for Intermediate/Senior/Advanced dancers.

It also challenges their listening and observation skills like no other experience we can think of. Attention to detail is imperative and we find our dancers return to the studio after “workshop weekends” with a keener eye, better focus and greater determination overall.

We understand and know first-hand from personal experience that Workshops and Intensive are difficult and challenging. It’s ok to let our dancers feel uncomfortable in these safe, learning environments. Learning to take away something positive from a challenging situation is a valuable life skill. Adapting to a new environment (dancing on carpet, sharing a ballroom floor) and learning without mirrors adds a new layer to “feeling” the movement which is the heart of our art-form.

In the words of Lauren Ritchie:

We have a choice to frame the workshop experience as “Intimidating or Inspiration”

Choose to see others’ strengths as whispers of what is possible.

Choose to let your strengths shine to inspire others.

Choose to interpret challenges as opportunities.

Together, with your help, we know our Comp Team can have another successful year full of great experiences and positive growth.

Closing Thoughts

Competition can be a fun and rewarding experience, building confidence and new friendships. A lot of hard work is involved in making your dancer look their best when they perform on stage. We would like everyone to feel prepared for what is ahead. We are looking for a commitment from everyone involved. If you have any further questions, please feel free to ask.

Miss Kelly and Miss Claudia