

# Grand Avenue Dance Program

2025



Thanks for your interest in our 2025 Grand Avenue Dance Program.

We are very proud of our program and the success it had during the 2024 dance season and we are excited to take our teams to eisteddfods again as well as introduce a new dance offering of sports aerobics to our younger year levels.

## **Rationale**

**Vision** – to enable all students to engage with dance, to learn dance skills, create their own dances, and enjoy performance opportunities.

**Mission** – to create a dynamic and connected community that inspires all students to be creative and curious about dance.

Students are taught basic fitness warm ups, technical skills, dance steps and whole routines. They are taught how to manage their belongings when performing, and competing. Students are given the opportunity to participate in classes, to learn routines and to participate in competitions and performances.

There is a multitude of research studies which show the benefits of dance can be across many areas. Dancing can be a way to stay fit for people of all ages, shapes and sizes. It has been used successfully for therapy with people with dementia and Parkinson's Disease. Dance has a wide range of physical and mental benefits including:

- improved condition of your heart and lungs, and increased aerobic fitness
- increased muscular strength, endurance and motor fitness, as well as stronger bones
- better coordination, agility and flexibility, balance and spatial awareness
- improved academic scores and mental functioning
- greater self-confidence and self-esteem
- better social skills and a sense of belonging
- improved self-management and executive function skills
- improved psychological well-being

## **Dance Staff**

Our dance staff for 2025 are:

- Mrs Anjie Austen – Dance X & STAR Dance
- Mrs Kate Maxwell – Aerobics
- Miss Ellie Beech – Hip Hop
- Ms Tayla Sheehan - STAR Dance

Dance Co-ordinator – Mrs Anjie Austen

Dance Admin - Mrs Racheal Jones

## **Rehearsal Times**

Monday – STAR Dance 2:50pm – 3:50pm (Year levels to be confirmed)  
Prep – Year 2 GASS aerobics (Auditorium)

Wednesday - STAR Dance 2:50pm-3:50pm (Year levels to be confirmed)

Thursday - Hip Hop 2:50pm – 4pm (might be 4:30pm at times) (Auditorium)

Friday – Dance X - in school time

Close to competitions, extra or longer rehearsals may be required. The dance teachers will inform you of this.

## **Communication**

The preferred method of communication is email if you need to contact dance staff. Many notes and information will come into your inboxes. It is vital that your contact information is kept up to date.

## **Competitions and Performances**

Grand Avenue dancers will be competing in eisteddfods in 2025 as well as at our end of year Dance Showcase.

Our competitions **may** include:

Dance X:

1. Brisbane Performing Arts Competition (2-6 June 2025)
2. DanceLifeUnite (DLU) – July
3. EBDSN – awaiting dates
4. Beenleigh Eisteddfod – Fri 8<sup>th</sup> August
5. Ipswich Dance Eisteddfod (June)
6. Dance X (August)

Hip Hop:

1. Beenleigh – Fri 8<sup>th</sup> Aug
2. Dance X (August)
3. Rumble - end of Term 3
4. House of Champions – early Term 4

STAR Dance: (max of 2 comps)

1. Brisbane Performing Arts Competition (2-6 June 2025)
2. Beenleigh Eisteddfod – Fri 8<sup>th</sup> Aug
3. Dance X (August)

Once event dates are confirmed this information will be shared.

Parents also need to be aware of other costs involved such as door fees to watch the dancers. Door entry is often around \$15 per ticket plus parking costs at some events.

Parents are responsible for transport to/from eisteddfods. Please note, some are on weekends. Buses may be provided at times for STAR Dance groups

## **Fees**

Program Fee – Dance is an extra curricula activity; it is a user pays system. All fees are to be paid by the due date to participate in the first eisteddfod.

***We are seeking a donation towards our dance 2025 fees from the P and C at the November 2024 meeting. If this motion passes, the only cost to families would be costumes in 2025. If the motion does not pass, the costs to families is listed below.***

Levies include:

- Dance instruction from a qualified choreographer
- Music – copyright/permissions
- Competition Entry Fees

Hip hop fees 2025: \$75

Dance X fees 2025: \$75

STAR dance fees 2025: \$50

Costumes and dance kits – These items are essential for our performances. Payment of costumes is required by the due date directly to supplier. This information is provided by GASS to families directly once a child has been accepted into the program.

### ***Example of costings:***

If your child is in multiple groups, **they will pay levies and costumes for multiple groups.** (Dance X dancers must also participate in STAR dance)

Eg – Child A is in Dance X (and compulsory STAR Dance)

Costs = Levy Dance X + levy STAR Dance + 3 x costumes (Dance X) + 1 x costume (STAR) + general costs (PA shirt, stockings, makeup, dance shoes, hair items etc... (outlined on costs document)

Siblings B & C both do STAR Dance

Costs – Levy STAR Dance x 2 + 2 x dance costumes + general costs (PA shirt, stockings, makeup, dance shoes, hair items etc... (outlined on costs document)

Child D in in hip hop, Dance X (and compulsory STAR Dance )

Costs = Levy Dance X + levy STAR Dance + levy hip hop + 3 x costumes (Dance X) + 1 x costume (STAR) + 1x hip hop costume + general costs (PA shirt, stockings, makeup, dance shoes, hair items etc... (outlined on costs document)

## **Costumes**

Costumes are purchased by parents/guardians for all STAR, Dance X and hip hop students. They are carefully considered and are age appropriate (might be leotard style). There are other items that need to be provided which are outlined in the dance kit list below.

We use an Australian supplier to ensure communication is timely and items are meeting Australian standards for Dance X and STAR Dance. Our preferred supplier creates a private website that allows GASS families to purchase items. Sizing information is provided to families at time of ordering. We have a lot of costumes to order and having a local supplier makes this task easier for all involved. Postage costs are added on at time of purchase. Costumes are delivered to GASS and kept on site for the year.

## **Dance Kit**

A dance kit provided by parents is required for all dance participants.

Approximate costs for basic items are below:

- Performing Arts Shirt – to be purchased through the GASS Uniform Shop approx. \$50
- Black leggings/Tights – approx. \$10 each (Kmart)
- Black jazz shoes – approx. \$60
- (above ankle) black socks
- dance stockings (jazz for all STAR/Dance X) (contemporary – Dance X only) approx. \$30 a pair (will need to be replaced if laddered) (note: Dance X will need high shine and a convertible pair)
- Skin toned underwear – crop top/bra approx. \$50
- Make-up kit – students are not allowed to share for hygienic reasons (Foundation, blush, eyeshadow, eyeliner, mascara, lipstick, wipes, make-up remover) (email sent home after selection with more information) approx. \$60
- Hair kit – brush, hair spray, bobby pins, extra hair ties, safety pins (approx. \$20)
- Contemporary/lyrical foot socks for Dance X (approx. \$20)

## **Dance X** (previously known as Troupe)

Each year, top dance students from years 4-6 are invited to become a member of the school competition Dance Troupe, Dance X. At times, advanced Year 3 dancers may be invited to join this group.

During the year Dance X compete in at least 3 eisteddfods, as well performing at community and/or school events. They are considered to be school representatives at a high level and their behaviour expectations are set accordingly high as well. Please note, some competitions are held on weekends and attendance at all competitions is expected.

Please note, auditions are held for each year. Being in the program for one year does not automatically give a position for subsequent years.

**Note:** Dance X students must also participate in the STAR dance program. Please be aware of the associated levies/costumes for this group as well.

### **Costuming costs 2025**

Costume - Jazz x 2 items (approx. \$100 each) total approx. \$200

Contemporary/lyrical 1 item (approx. \$100 each)

Jazz shoes, stockings x 2, PA shirt, black leggings, foot socks, hair and makeup (listed costs above)

## **Hip Hop- The Avenue Crew**

Each year, students from years 4-6 are invited to audition to become a member of the school competition Hip Hop Crew. The Hip Hop Crew work closely with a choreographer during after school rehearsals, and practice during school hours. Hip hop will compete in at least 3 eisteddfods.

During the year, the Hip Hop Crew compete in competitions (during school hours and on weekends), as well performing at community and school events. They are considered to be school representatives at a high level and their behaviour expectations are set accordingly high as well.

Please note, auditions are held yearly. Being in the program for one year does not automatically give a position for subsequent years.

### **Costuming costs 2025**

Costume – approx. \$130

Hip hop shoes – approx. \$45

Black socks – approx. \$5

Performing Arts Shirt – to be purchased through the GASS Uniform Shop.

Black leggings – approx. \$10

## **STAR Dance** (Previously known as General Dance)

STAR dance classes are available to all students from Years 3-6, after school from 2:50pm – 3:50pm in the auditorium/dance/STEAM room. Students are required to audition for a spot in this program and upon acceptance are responsible for paying the associated levy and also purchasing the allocated costume by the due date. If the costume is not ordered by the deadline date, your child will not be able to participate in the program. Numbers are capped and groupings will most likely be mixed year levels to help cater for eisteddfod age groupings.

In 2025, our groups will consist of

1 x Year 3 group (Twinkle Stars)

3 x mixed Year 4/5/6 groups (Sparkling Stars, Neon Stars and Glitter Stars)

### **Costuming costs 2025**

Costume – approx. \$100

Jazz shoes, stockings x 2 , PA shirt, black leggings, foot socks, hair and makeup (listed costs above)

## **Dance auditions**

Entry to all dance groups is via audition. Auditions are closed sessions to allow the children to focus. Outcomes of auditions will be released within 1-3 weeks of auditions.

Consideration will be given to:

- Demonstration of proficiency in dance and strong ability to learn choreo quickly and accurately
- Compliance with school expectations regarding effort and behaviour and ability to follow instructions
- Technique – all technical elements executed correctly with proper leg, carriage and arm placement.
- Performance – high energy consistent throughout, strong facials, fully extending through limbs, hitting accents
- Musicality – Correct counting, stay at correct tempo

## **Aerobics**

Sports Aerobics is offered to Prep – Year 2 children as part of our GASS Dance Program. This is a user pays system. We use an external provider, Meg Ryan Sports Aerobics as our facilitator for this program. Weekly fees are approx \$15 and children will be invited to perform on assembly, Dance Showcase and in the Meg Ryan Showcase. Fees associated with this program are available through Meg Ryan Sports Aerobics directly. This is will be held Monday 3-4pm on school site.

Grade 3 and older are welcome to join the aerobics external group (costs differ for this option) 4-5.30pm on school site.

## **Creative Generation**

Grand Avenue State School will be participating in C Gen 2025. EOIs will be released towards the end of the school year. This program does involve costs that are notified shortly after being accepted into the program (costuming is kept to around \$50 for massed dancers, featured costumes can be a little more expensive). This program requires weekend rehearsals as well as show week at Southbank in July where parents are required to drop off and pick up for dinner breaks as well as after the show (around 10pm). Numbers for this program can be capped by the organisers and if this is the case, parents of nominated students will be contacted. This program is fully funded by parents/guardians. This program relies on parent supervision during show week. Students in Dance X need to be aware of potential eisteddfod clashes with C Gen rehearsals where priority will need to be GASS Eisteddfods.

## **Badges**

Year 3 – 5 receive a badge to show their years of dance participation at school (STAR Dance, hip hop and Dance X programs only)

Year 6 receive a Performing Arts badge.

Badges are not presented at Dance Showcase.

## **Trophies**

These are awarded at the end of the school year at the Dance Showcase.

The awards are 'Growth in Dance' and 'Dance Excellence' for both Dance and Hip Hop.

## **Parent Code of Conduct**

Grand Avenue enforce the Education Queensland Parent Code of Conduct.