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SPSG COMPETITIVE DANCE COMPANY

HANDBOOK & POLICY

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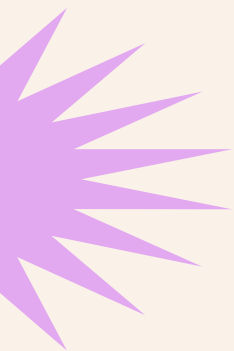
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NOT YOUR ORDINARY DANCE STUDIO



The Shine Power Studio & Gym competitive dance program is built for dancers who are ready to committ, grow, & thrive in a competitive enviroment- without losing the joy that made them fall in love with dance in the first place. Our competitive program is high-energy, goal driven, & rooted in strong expectations, teamwork & accountability. Dance is a priority here, and our dancers rise to that challenge with pride.

What truly sets SPSG apart is our intentional approach to competition. We are comitted to providing a nationally competitive experience while remaining mindful of our families. By limiting regional competitions to two and selecting national events that “could” be driven too verses flying, whenever possible, we work to keep our program a bit more financially accessible without sacrificing the quality, training, or opportunity.

Our dancers train hard, perform with confidence, and compete with heart. SPSG is more than a place to rehearse- it’s a second home where discipline meets encouragement, passion fuels progress, and lifelong relationships thrive. This is where dancers are challenged & supported to be their best on and off stage.



AUDITIONING FOR THE SPSG TEAM

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Trying out, in person,
is mandatory to
qualify for a team.

DISCLAIMER: Auditioning for the SPSG competitive team is a meaningful accomplishment in itself. Not all dancers are placed on a team for their first, second and sometimes third year of trying out. That is okay! Growth, readiness, & placement will look different for every dancer. We ask families to remember that dancers are deeply influenced by parental reactions. By choosing to audition, both dancers and parents agree to approach results with positivity & support- regardless of outcome. Every result provides valuable feedback & guidance, and all dancers deserve encouragement for the courage & effort it takes to step into an audition.

When do you try-out: ONCE we establish the dates for try-outs, we will email them to all interested families. TWO dates are provided at the end of July and early August. Students only need to attend ONE.

Auditions are designed to be fair, transparent & reflective of each dancer's overall readiness for the competitive environment.

Dancers are **evaluated by TWO independent judges.**

They also receive a **3rd score-sheet** completed by their 25-26 instructors. The third evaluation is NOT based on personal opinion but on a dancer's year-round commitment, attitude, work ethic, behavior, class participation and the family's ability to follow ALL policies.

Many students overlook the importance of the 3rd scoresheet. This can be a make it or break it score. In addition to scoring the student's year-round participation, the third score-sheet also considers family communication and behavior throughout the prior season. Competitive dance is a team commitment and we value positive, supportive families. A family's ability to uphold expectations and contribute positively to the studio environment is crucial in developing healthy teams.

DAY OF DETAILS: Students NEED to come dressed in black leotards with black spandex. Black jazz shoes or ballet shoes. Hair must be neatly tied back.

*Boys can wear black shorts & black t-shirts.

The waiting area is closed during try-outs but parents may bring their child in for check-in.

Each student will have a name tag and have a headshot taken.

They try-out with their teammates. The ONLY independent portions are the introduction (clearly stating name & age), the random question (ex: why do you want to be on a competitive member?) and the special skill. More details on page 6

Most try-outs take 1.5-2 hours depending on how many students we have trying out.

TEAM STYLES & AGE REQUIREMENTS

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*Updated for Season 13: To allow for a balanced try-out and to ensure each team competes in the correct age division, dancers must register to audition for the team that best matches their age (as of July 1, 2026). The only exception applies to dancers who fall near the minimum or maximum cut-off. These dancers should STILL audition within their age category; however, they may be considered for placement on an older team IF their audition score greatly exceeds those of their peers.

JAZZ I TEAM

*Typically competes in the mini or junior division. This team is for ages 7 (only if invited by a coach) to 11.

JAZZ II TEAM

*Typically competes in the teen division. This team is for ages 12-15.

CLOGGING TEAM

*Typically competes in the teen or senior division. This team is for ages 12-18.

HIP-HOP TEAM

*Typically competes in the teen or senior division. This team is for ages 13-18.

JAZZ III TEAM

*Typically competes in the senior division. This team is for ages 15-18. *OR Freshman-Senior. *If 14 BUT a freshman, please try-out for this age division.*

SOLO/DUET/TRIO

Solo's are given to the HIGHEST scoring students of the entire try-out. We are limited to offering 2 (sometimes 3) per season.

Duet/Trio's are picked by the 26-27 coaches. These are chosen based on: Student Score, Student compatibility, & professional judgement regarding fit, style & training goals.

*Commonly given to freshman-senior students.

***NEW POLICY: Lowest scoring students can be cut from a team in order for the team to compete in the correct division.** *Competition divisions are determined by both age range and group size. At many events, routines with a similar age and with the same number of dancers will compete directly against one another. While this is sometimes unavoidable, SPSCG coaches will work intentionally this year to reduce situations where our own teams compete against each other.*

For 2026-27, coaches will try to create teams where at least one senior team is a small group (fewer than 9 students) and one is a large group (10+ students) whenever possible. Exceptions may occur only in the case of an unbreakable scoring tie.

Because of this structure, **coaches reserve the right to make roster adjustments** based on audition scores. For example, if a potential tenth dancer's audition score is 1.5 points lower than the rest of the small group, that dancer may be removed in order to preserve the group's competitive category. OR if the coaches want their team to perform in the small group division, the lowest scoring students will be cut, regardless of their score.

SPSCG DOES not compete production numbers. With a growing interest in our teams, this means that NO TEAM can exceed 15 dancers. If a 16th dancer earns qualifying scores for the same team, the lowest-scoring dancer will be removed due to competition limits. All placement decisions are made with competitive fairness and the best interest of each team in mind.

OTHER REQUIREMENTS

SEASON 13: REC CLASSES 01.

Jazz Members must register and participate in jazz-hop or ballet for the 26-27 season.

Clogging Members must register and participate in clogging for the 26-27 season.

Hip-Hop Members must register and participate in jazz-hop for the 26-27 season.

Contemporary Members must register and participate in ballet for the 26-27 season.

SUMMER INTENSIVES 02.

All students planning to audition must participate in summer dance intensives.

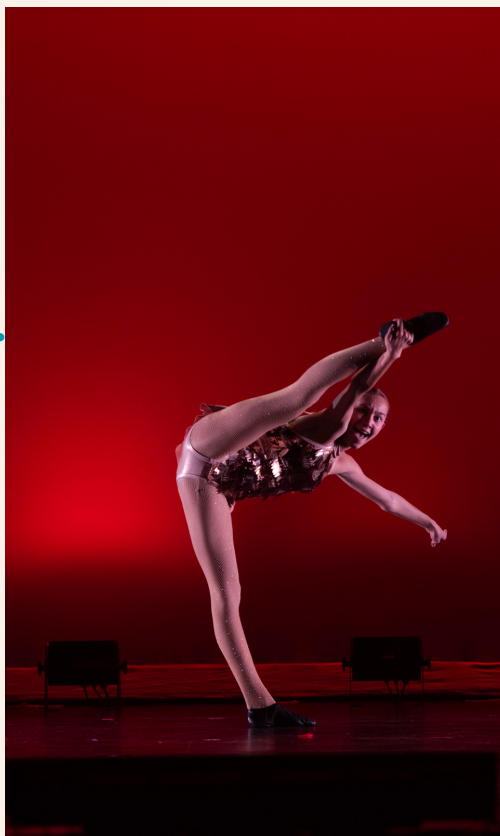
Ages 7-9 NEED to complete 3+ hours of intensives.

Ages 10-12 NEED to complete 6+ hours of intensives,

Ages 13+ NEED to complete 8+ hours of intensives.

EXTRA CREDIT: Students aged 13+ who complete 10+ hours will earn 1 extra point on their tryouts. IF they complete 15+ hours they will earn an extra 1.5 points. Students age 9-12 who complete 8 hours of intensives will earn 1 extra point at try-outs. *To improve team tumbling skills, qualifying students may use ONE backhandspring clinic towards intensive hours.

**We do not offer pro-rates for intensives. You can register for as many of them as you want and attend whichever ones fit for your schedules & accomplishes the hours. Discounts do not apply for missed classes.*



SPECIAL SKILL 03.

All students must prepare a special skill for their try-out. They need to know the name of the skill and be able to demonstrate it independently.

This is scored on difficulty & execution.

If you need help preparing a skill, we recommend attending open gym or participating in summer power hours or gymnastics.

Examples of skills: Tumbling, flexibility, jumps/leaps or fouetee turns.

JUDGED CATEGORIES

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THE FOLLOWING LIST REFLECTS THE CATEGORIES THAT EACH CHILD WILL BE SCORED ON DURING THEIR AUDITION:

- **Flexibility:** Students will be expected to demonstrate all 3 splits, straddle stretches, bridges, & pike stretches.
 - **Turns:** Students will demonstrate pirouettes and chaine turns. For ages 11+, a double pirouette will be expected on right & left legs. All students must attempt fouette's.
 - **Jumps/Leaps/Tricks:** Students will demonstrate a variety of jumps/leaps on both right and left legs.
 - **Stage Presence & facial expressions:** Students will be scored on their overall stage presence and facial expressions while performing a short routine. They are scored on **dress code**. They should be wearing all black with neat hair, jazz or ballet shoes. Remove extra watches/jewelry.
 - **Choreography:** They will be taught a short routine and be scored on how quickly and cleanly they execute the choreography.
 - **Special Skill:** They will need to demonstrate a special skill for the judges. This is done independently. They need to tell the judges what skill they are performing. They are judged on difficulty and execution.
 - Examples of skills: Tumbling, special leaps or turns, flexibility based skills.
 - **Overall Positive Presence:** Are they being focused, polite and encouraging to teammates during their try-out? Do they seem prepared? Are they able to control their nerves and emotions?
 - They will be asked a random question. Can they answer it confidently? Example: Why do you want to be a part of the competitive team?
- Other: They will learn ONE routine per team. Ex: if trying out for jazz AND hip-hop, they will learn a hip-hop AND jazz routine.**

Being a competitive team member is a financial commitment; although, SPSG tries to reduce the overall cost by only attending TWO regionals, only holding practices bi-weekly for 1st and 4th quarters & by not flying to their national locations, it is still an extra expense. Members & families need to be fully prepared for the extra cost and be able to make their payments on time.

Paying on time is VERY important so that we can submit our registrations on time and are not charged an interest. Every 2 weeks a competitive fee is overdue will accumulate a 15% overdue fee. I try to be flexible but I need you to communicate issues (if they arise) and not take advantage of our due dates.

TEAM FEES INCLUDE:

- **Tuition-** \$55-\$60 per quarter. Competitive teams practice 3 times for the 1st and 4th quarter. This helps reduce cost. Tuition is added and divided by 4 so that it can still be the same price per quarter.
- **Costume Fee-** \$80-\$100 per costume. Includes tights and accessories. These are purchased in Sept-October and billed sooner than recreational classes.
- **Tights-** One pair is provided in costume fee. Tights cannot be ripped or snagged so you can buy extra FROM Meghan year round. DO NOT buy them elsewhere so we are sure they color match. \$9 regular. \$12 fishnet.
- **Competition Shoes-** Clogging students will need REAL Clogging shoes (ordered by YOU). These are normally about \$100. We recommend Midwest Clogging Connections. Carl's Clogging is out of business.
 - Hip-Hop students will be charged for tennis shoes. Normally \$75.
 - Jazz Students need black jazz shoes FROM ROSY CHEEKS!
- **Competition Fees-** These fees are charged and required by the competitive company and then marked up to include coaches fees. Normally \$130-\$165 per routine, per competition.
 - Nationals is normally \$175-\$195 per routine/per competition. *If we qualify for nationals, you are required to attend.
 - Sometimes discounts apply to students in multiple routines.
 - **Repeat! You pay that fee PER routine. Two routines- two fees per competition.**
- **Extra Items-** Students must have an SPSG jacket and black leggings for awards. Any style SPSG jacket is fine. *Boys need black athletic pants. We will do a jacket order in September- do not miss the deadline if you need a jacket. Due Sept. 24th.
- Students are in charge of their own travel and hotel fees (if needed).

*Solo/Duet/Trio fees are different. Meghan selects duet/trio's based on scores and opinion. Qualifying students will view these fees in their results emails.

Costume Details:

- Students are required to have matching hair and make-up at competitions. IF you make team, you will be provided with hair make-up details before January 1.
- Failure to follow costume/hair/make-up policies can result in point deductions so be prepared!
- No glasses, colored hair or nailpolish when performing. We need to match as much as possible.



Fundraisers: Meghan will try and provide at least one fundraising opportunity. Families are welcome to organize their own fundraisers, if needed. You cannot use SPSC events or facilities unless the earnings are being split by everyone and Meghan approved it.

**We are planning our popcorn fundraiser for August-September so that you can have funds before fees are due. Please watch your email for details. Plan to pick-up forms during open house and return them to the studio by September 24th.*

If you make team, you will be given a specific practice schedule. Day/time is listed below. 1st and 4th quarter are NOT done weekly. You will practice 3 times for the first and last quarter.

- Jazz I: Mondays 4:15-5:00pm with Miss Meghan
- Jazz II: Thursdays 5:00-5:45pm with Miss Kortnie
- Jazz III: Wednesdays 7:00-7:45 with Miss Meghan
- Hip-Hop: Wednesdays 7:45-8:30 with Miss Meghan
- Clogging: Mondays 6:45-7:30 with Miss Maddy
- Contemporary: Special Summer Schedule with Miss Rachel will be provided

COMMITTMENT & ABSENCES

Student Absences are the number one reason why a team struggles to be prepared and look cohesive. While individual practice is important and can help your child improve on their own, it cannot replace practicing with the team. Team rehearsals are essential for timing, spacing, and synchronization. Without consistent attendance, the group cannot perform it's best.

- Each student is allowed 3 absences per season. These should be saved for illness or family emergencies. *We will consider allowing someone to miss up too 5, IF they organize and pay for extra lessons with their team.
- If you choose to use an absence for a family vacation or "fun" day, please try to avoid doing these between January 5-April 1. **These are our most important rehearsals and we need the full teams attendance.**
- Unless there is an emergency, students should never miss two consecutive weeks of practice.
- In case of injury or non-contagious illness, students may watch up to two practices.
- All absences MUST be submitted by parents at least 24 hours in advance (unless a student is ill). We require a note from your doctor if it is medical related. Failure to submit your absences will result in deductions on your 2027 score sheet.
- Although we do not mind when students participate in other athletics, it is hard to be in January-March sports AND be fully committed to your dance team. IF you choose to partake in other athletics, your dance team practices MUST still come first.

TEAM REMOVAL

- Failure to follow any of the team policies CAN result in team removal without any refunds or discounts, loss of future try-out points OR a ban from trying out in the future. This decision will be made by Meghan and based on circumstances of the issue. This is the only way that we can ensure EVERYONE is following the team rules and regulations.
- If we feel a student is missing unnecessarily OR is not performing at the level of their classmates, we have the right to remove them from the routine OR portions of the routine at any time.

IF you are removed from a team or quit a team prematurely, you will be charged \$150 for re-choreography and will not be refunded any costume, tuition or competiton fees.

DRESS CODE FOR TEAM

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Boys: All black, athletic wear and correct shoes.

Jazz Girls: All black leotards with spandex, shorts. Hair tied up. Black Jazz Shoes. Fitted black crop tops are OKAY if I can see their spine.

Hip-Hop Students: All black tops with spandex, shorts. Hair tied up. Hip-hop shoes will be purchased by Meghan and charged to your account. Normally these are white, tennis shoes. Students can add black shirts or hoodies during warm-ups.

Clogging: All black, fitted clothing. Regular taps cannot be worn for competitive season. Order your cloggs right away. Carl's Clogging is out of business.

Midwest Clogging Connection has been recommended or I am trying to get Rosy Cheeks to supply them!

[Link: midwestcloggingconnection.com](http://midwestcloggingconnection.com)

FAMILY EXPECTATIONS

Parents are required to keep up with SPSPG emails.

There will be a lot of info sent via email. Although, I expect that questions will arise, it is important that you are tracking the emails I send so that there is never miscommunication. If I send an email and then have to re-type your practice times in a separate individual text, it is more likely that a mistake will occur.

WARNING: Performance info is not provided until 7-10 days in advance. As soon as I get performance info, I will send it. If you need to email me and ask if I got our performance times, I didn't. I ALWAYS send the schedule within 24 hours of receiving it.

Parents/Families are required to help me provide a positive experience for their child. Do not talk poorly about the studio, *other students*, staff or results within the walls of SPSPG or at competitive venues (or at all).

Your children will feed off of your attitude and energy. Please let them enjoy their experience and do not compare them to their classmates.
If you have questions, talk to Meghan directly.

COMPETITION DETAILS & MANDATORY PERFORMANCES:

Competition Details: We attend TWO, REQUIRED regional competitions. These are **typically** done in Milwaukee, Davenport, Iowa, Madison or WI Dells.

*When possible, we will provide you with 3 weekends within your results email. Before committing to the team, you must save ALL 3 weekends until we finalize TWO in September/October. *This year we will be limited because Easter is early and will probably immediately provide just two.

Normally one competition is in February and one is in March.

They take place Friday evenings thru Sunday evenings. We will not know which day we perform until 10 days in advance, you need to save the entire weekend until then.

IF you make team, ALL dates will be provided in your results email so you can view them BEFORE you committ.

Travel Fees: Families are responsible for all hotel, transportation and food (if needed). We will not provide travel for students.

Competition Schedule: Competitions take place on a Friday, Saturday OR Sunday. We do not know our schedule until 7-10 days in advance. We will email you as soon as we have the schedule.

Students will need to arrive 1.5-2 hours before their performance time.
You should be dressed and ready before arriving.

Awards are normally scheduled shortly AFTER the performance.
Parents are responsible for their children, especially between performing and awards. SPSC will not be able to babysit your children at these events.

During awards, students will wear their SPSC jackets and black leggings/pants.
Shoes are your choice.
No cell phones on stage.

If you make team, we will hold a parent meeting and provide a performance guide around January 1 to guide you through the day-of and further expectations.

Mandatory Perofmances & Other Requirements:

Team members must participate in BOTH shows of the spring recital.
They must participate in our basketball game performance in January-February.

*We will ask you to email us conflicts BEFORE we book the basketball game.

Normally Tuesday evenings or Friday evenings.

Team members are required to participate in spirit day: The Monday before recital.
Simple jacket & recital shirts are fine.



If your student becomes injured, please communicate with us immediately. If you inconvenience us by not notifying us, you will not perform AFTER the injury is healed.

Because team is performed as a group, losing a member can change our age divisions and group sizes. This will effect EVERYONE! Please ALWAYS communicate so we can make the best decision for the team.

Students should continue to attend practices and recitals EVEN if injured. This way they can support their teammates and keep up with any changes.



NATIONALS

2027 Nationals: If a team qualifies for nationals, everyone is required to attend. This is determined by the average, numerical score of BOTH regionals events. We will not know if we qualify until the end of March.

Nationals fees are slightly higher than a regional fee.. Normally around \$180-\$200/routine

Nationals are held within 4-6 days in the summer.

Students will be required to practice 3 times in the summer for nationals.

Nationals typically takes place in June or July.

Past Locations Include: Pigeon Forge, TN. Chicago, Branson, Missouri, Sandusky, Ohio.

We always try to pick locations that we could drive too.

The dates and locations of nationals will be provided in the results emails. If you cannot committ to nationals, do not committ to the team

Please also avoid planning family vacations BEFORE our nationals dates. We need to continue to practice for nationals. If everyone takes a week off in June, we will have no options for practices. Keep this in mind..

SUMMARY

Can't decide? After try-outs, all dates and details will be put within your results email. You are not obligated to committ until AFTER you see all the required dates. If the dates do not work for you, you can choose not to participate when you view the results.

Being an SPSG team member IS an expense and BIG committment. Please remember that it is an optional opportunity and if you choose to partake, the above fees and dedication level NEEDS to be met by everyone. We know it costs alot of time and money but complaining to your child WILL hurt their experience. We want them to find complete joy in their experience; maintaining positive attitudes/energy is expected by the whole family. Thank-you for considering this opportunity to your child.