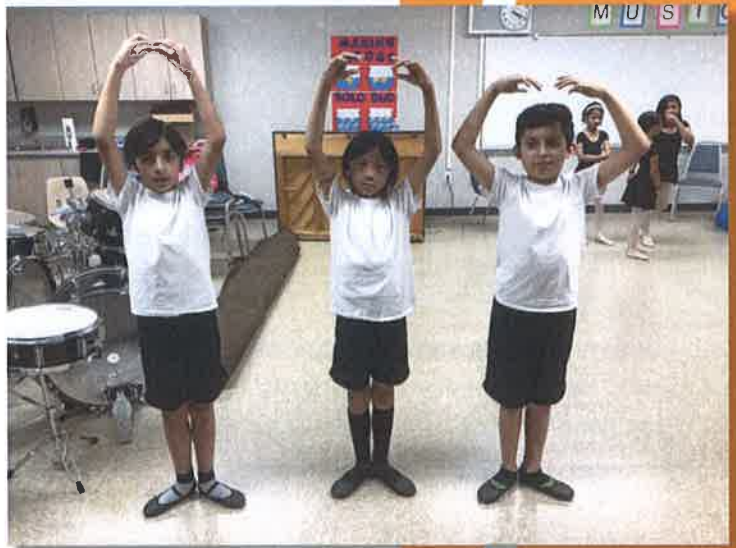


sacramento *B*allet

AMY SEIWERT, ARTISTIC DIRECTOR

LEAPS & BOUNDS 2018 - 2019

WILLIAM LAND ELEMENTARY



FREE Ballet Classes by the Sacramento Ballet

Dear Parents,

Your child is invited to participate in the Sacramento Ballet's *Leaps & Bounds* program. The program offers *FREE* weekly ballet classes after school at William Land Elementary School. Instructors are on Faculty with the Sacramento Ballet. The program is only offered to 3rd grade boys and girls and returning *Leaps & Bounds* students. No experience is necessary for new students, and dance clothes will be provided. **The program will culminate in a required performance at the end of the year.** Classes will be held on Fridays beginning October 5th, 2018:

CLASS SCHEDULE

Beginning Ballet:

Fridays, 3PM-4PM

Intermediate Ballet:

Fridays, 4PM-5PM

(Returning students by invitation only)

October 2018 – May 2019

We anticipate a large number of students will be interested in this program. Unfortunately we only have space for 20 students. In order for your child to be eligible **please complete and return all forms listed below by Monday, October 1.**

- 1) Application
- 2) Medical Release
- 3) Photo & Video Release

Once all applications have been submitted, the Sacramento Ballet and school staff will select 20 students per class. During the selection we will look at the following attributes: listening skills, ability to follow directions, able to perform simple movements, good posture, and a positive attitude. Please keep in mind that although your child will be submitting an application, it does not automatically qualify entrance into the program.

Thank you,

Sacramento Ballet and William Land Elementary

Leaps & Bounds Rules

Welcome to Dance Class!!

Ballet is an art and has a specific dance form and technique. Many historians list dance as the oldest of the human art forms. When looking at dance, it is very structured in its movements, when dance is set to a musical score or rhythm, you are able to see how the physical movements translate into emotion. The movements of ballet strengthen, beautify, and create grace even though they are very difficult to master. Ballet offers lifelong benefits of arts education, discipline, and increased physical capabilities, and we are excited to offer this wonderful opportunity to your students.

Students who participate in Dance Class are expected to do their best in addition to following regular school rules during dance practice.

Dance Class Rules:

1. No talking unless called upon. Dance is learning to communicate through body movements, not through voice. Students need to be quiet during dance class or raise their hand if they need to speak.
2. Take care of dance class supplies. We are fortunate to have dance clothes, space, and barres provided. We must take care of these supplies. No leaning on the barres, do not wear ballet shoes outside, and any dance clothing issues must be discussed with the instructor.
3. Keep hands/bodies to one's self. We will be moving through space and do not want anyone to get injured. We must keep our hands and bodies to ourselves and be aware of the space we are in.
4. Be attentive. Learn combinations as they are given. Practicing steps and stretches at home will show greater improvement.
5. Be present. Attend all classes and stay until class ends.

Students who do not follow Dance Class rules will be excused from Dance Class.

The disciplinary process is as follows:

- 1st offense: Verbal warning in class
2nd offense: Citation form sent home to parent
3rd offense: Citation form sent home to parent, parent/teacher conference scheduled to create a strategy for student to be successful in class
4th offense: Parent contacted, student no longer allowed to participate in dance class

IMPORTANT DATES

Return Application Packet: Monday, October 1, 2018

First Class, Friday, October 5, 2018

End of the Year Performance: TBA

NO CLASSES: November 9 & 23, 2018, Winter Break week(s), Spring Break week

Dance Class Application – *Please Return by Monday, October 1, 2018 to William Land Elementary*

Student Name*	
Parent Name*	
Student Grade*	
Student's Teacher*	
Home Address*	
Best Contact Phone Number*	
Primary Language spoken at home if not English	
Parent Email	
Please indicate what your child should do after dance class*	<input type="checkbox"/> My child should return to Lion's Den after dance class <input type="checkbox"/> My child may walk home after dance class <input type="checkbox"/> I will pick up my child after dance class

My child has my permission and would like to participate in the Sacramento Ballet *Leaps & Bounds* Program at William Land Elementary School. I am aware that classes will be held every Friday beginning October 5, 2018 and will continue until May 2019.

As a parent of the program I understand my responsibilities are as follows:

- Ensure my child has excellent attendance, and attends dance class every Friday.
- I will serve as a chaperone for field trips to the Sacramento Ballet studios when available.
- I will ensure my child be present at the end of the year performance
- I will ensure that my child exhibits the following behaviors: good listening, ability to follow directions, completes school work on time, good posture, have a positive attitude
- I understand that my student has four chances to continue in the program if there are behavior issues. I will work with the instructor if there are any issues that arise.

Parent Signature

Student Signature

Date

Dance Class Medical Release – Please Return by October 1, 2018 to William Land Elementary

STUDENT NAME _____ PARENT/GUARDIAN _____

Liability Release

I am aware that dance training and the athletic exercises associated with it place unusual stress on the body and carry the risk of physical injury. On behalf of myself, or my dependent, I assume the risk and agree that The Sacramento Ballet and William Land Elementary shall not be liable in any way for any injury sustained to my child during attendance in any classes or any related functions. I understand ballet training involves physical manipulation and adjustment of the student's body by the instructor.

Medical Release and Letter of Financial Responsibility

I hereby give my permission to the management, faculty, and staff of The Sacramento Ballet to authorize any emergency medical care that may be required during my child's participation in classes, performances or any related Sacramento Ballet events. This authorization extends throughout the entire year, or until that student is no longer enrolled with the Sacramento Ballet, whichever comes first. I understand that I am responsible for any and all charges as a result of such care or medical treatment.

Emergency Contact Information

In the event of an emergency please contact: _____

Relationship to student: _____ Phone: _____

Medical Insurance Information

Name of Insurance Company: _____ Phone: _____

Name Plan is Registered Under: _____ Group #: _____

If pre-authorization is required by your insurance plan, the phone number is: _____

List of any known health problems or allergies your child may have:

I have read, understood, and agree to the Liability Release, Publicity Release, and Medical Release. I also understand and agree that if my child does not have health insurance and has a medical emergency, I will incur any and all costs. I am financially responsible for any medical costs incurred in case of a medical emergency during my child's study with the Sacramento Ballet.

Parent/Guardian Signature

Date

Student Signature

Date

PHOTO & VIDEO RELEASE – *Please Return by October 1, 2018 to William Land Elementary*

William Land Elementary and Sacramento Ballet after school dance classes will be documented through photo and video for purposes such as:

- Maintaining a record of the program
- Publicize the dance class for William Land Elementary, Sacramento Ballet, and in local media venues
- Track student progress
- Share students' dance class activities with their families

Please complete the form below and return with your application packet to your student's teacher.

My child, _____ has my permission to be photographed and/or videoed during the Sacramento Ballet afterschool dance classes by the persons/entities listed above for the purposes set forth above.

I, the undersigned, am parent and/or legal guardian of the student noted on this document, and hereby fully release and discharge Sacramento Ballet, the Sacramento City Unified School District, its officers, employees, agents, servants, community partners and volunteers from any and all liability arising out of, in connection with, the above described independent activity and all liabilities associated with any and all claims related to such activity that may be filed on behalf of or for the above-named minor. For the purposes of this release 'liability' means all claims, demands, losses, cases of action, suits or judgments of any and every kind that arise as a result of the described activity and resulting from any cause other than the district's gross negligence.

Parent/Guardian Signature

Date

Parent/Guardian Name Printed

Telephone Number

Address

City, State, Zip