

# Thorhild Ukrainian Dancing Club



**TUDC HANDBOOK**

# Thorhild Ukrainian Dancing Club Handbook

TUDC would like to thank all of you for choosing to dance with our club. In today's busy lives and schedule's, we appreciate the families that come out and support our club and keep it alive and thriving. We are grateful to have such hard-working, helpful, caring and wonderful families in our club. Thank you for all your efforts, without all of you it just wouldn't be the same. We look forward to another exciting and rewarding year of dance.

## Thorhild Ukrainian Dancing Club

The Thorhild Ukrainian Dancing Club was formed in the fall of 1973. It was one the first Ukrainian dancing clubs formed in North Eastern Alberta. The first instructors were Elaine Golka and Dennis Cushman. The first president was Alice Toronchuk and there were 37 dancers that first year. Classes back then were held at the Thorhild Central School gym. Since then we have installed a dance floor upstairs at the Thorhild Agriplex where we now hold our weekly rehearsals. Over the last several years we have built up a very large inventory of costumes from the six different regions of the Ukraine. We continue to draw dancers from a large geographic area surrounding Thorhild. The club attends many festivals and holds its annual year-end celebration at the end of the season.

## Classroom Etiquette

These are the rules on classroom etiquette that need to be followed while in class:

- Arrive 5 minutes before your class starts dressed and ready.
- Dancers must come to class ready to learn, work hard, and have a good time.
- Each student must give 100% effort every time.
- **Dancer's parents** must report all injuries or illness to the instructor prior to the start of class.
- Dancers will act respectfully without talking so they can learn as much as possible and to contribute positively to class.
- No running, screaming, tag, wrestling, or uncontrolled behaviour permitted.
- Being late or absences must be reported to the instructor prior to your class by your group representative or by contacting the instructor.
- Bring a water bottle to every class as water breaks will be given when needed.
- Food, chewing gum, and candy are not permitted in class.
- Only dancers belonging to that particular group are allowed to attend the class.
- Clean up after yourself if you make a mess.
- Bring your smile.

**For parents in the waiting room:** Noise travels out into the dance studio from the waiting room. If you could please keep siblings and waiting dancers reasonably quiet during practice times, that would be appreciated.

Ukrainian dancing is FUN, but requires the full attention of the class. It is disruptive to the other dancers when someone misbehaves. The time and energy used to deal with discipline situations takes time away from those who are prepared to practice. If a dancer is unruly and disruptive, the following steps shall be taken:

1. 1<sup>st</sup> time – the dancer will be asked to sit to the side of class for a 5-10 minute time out. The parent/guardian will be notified within 24 hours by either the Instructor or the President.
2. 2<sup>nd</sup> time – the dancer will be sent out for the remainder of the class. In order for the dancer to return to the class the following week, the parent, child, and instructor must meet. This meeting is to occur when it will not disrupt other classes. The President and one other Board member will attend, if requested.

## Dress Code

### Girls

- All Black
- Form fitting bodysuit or top
- Form fitting leggings, capris or bike shorts (no short-shorts)
- Skirt is optional
- Hair off face, bun is ideal for older groups

- Black or red slippers/ballet slippers/Jazz shoes/Black or Red Boots

### **Boys**

- All Black
- Group 4 & up, no shorts
- Form fitting clothing, nothing baggy
- Black slippers/ballet slippers/Jazz shoes/Black or Red Boots

Please be mindful of personal hygiene and not wearing strong scented perfumes/body sprays. Bring a water bottle.

## **Expectations**

### **Dancers**

- Dancers should come prepared to listen to instructions and cooperate in practices following the classroom etiquette rules.
- Practice at home between your classes. Talk with your instructor on how to get a copy of your dance music.
- Know your dance steps, it is the responsibility of dancers to practice material learned in class.
- Talk with your instructor if you don't understand what is being taught.
- While participating in classes, dancers will demonstrate respectful, responsible behaviour.
- If ongoing disruptive behaviour is observed by our dance instructor, the parent's/guardians will be notified within 24 hrs by either the Instructor or the President.
- Tardiness and absences will be brought to the attention of the Board.
- Placement in choreography is subject to attendance, class conduct and the instructor's discretion.

### **Parents**

**Please no observing the classes with the exception of parent watch night. This is very distracting to the dancers and the instructor.**

- **If child is injured or ill please report to instructor prior to the start of class.**
- Remind your dancer of classroom etiquette prior to class.
- Read the white board in the meeting room every dance night, note and record any important information and/or dates.
- Follow us on Facebook.
- Be ready for Parent Viewing nights which are the last 15 minutes of the last practice of each month excepting September. Enter the dance studio quickly as straggling or missing parents causes stress for the younger dancers.
- Remove your shoes before going on the dance floor for parent viewing.
- Ask questions if you need clarification.
- Support your child's efforts by being on time and prepared for all events.
- Encourage your child to practice at home.
- Volunteer in the club.
- If you have a concern regarding your child please take it to either your group rep or someone on the board. They will discuss it with the President and try to come up with a solution. If needed the President will take any concerns to the Instructor. Please do not contact the instructor directly on anything other than your child missing a class or an injury. If a solution is not found by the Board or President a meeting can be set up between the parent, President, a Board Member and the Instructor by appointment so that instructional times are used for teaching purposes only.
- Enjoy the performances and cheer on all of the dancers.
- We are renters at the Thorhild Waste Management Agriplex, so please help us ensure that we are welcome back by keeping the meeting area and washrooms clean.
- Please keep all children not dancing quiet in the meeting room as this is disruptive to the classes being taught.

## **Attendance**

Attendance is taken at the beginning of each class. It is important that your child attends dance class every week. Good attendance is imperative, as absences and tardiness can hold back an entire class. TUDC cannot jeopardize its

responsibilities to the rest of the class for one student. If a student misses three lessons they may fall behind the rest of the class and may be removed from choreography. This will be at the discretion of the instructor. The dancer will still be welcome to attend class and continue with their training.

If the dancer experiences an injury that does not allow them to dance, the dancer is still encouraged to attend class to keep up on the progression of the dance. Their attendance helps with choreography and timing. If you are planning a vacation sometime during the dance season, and are going to be away for at least two or more consecutive classes, please advise the instructor at the beginning of the year or as soon as possible.

If a dancer is unable to attend a rehearsal please notify the instructor prior to 4pm that day via text or phone call as the service upstairs in the dance studio is not strong and the instructor may not get the notification if it is after 4pm. If it is after 4pm and you do not get a response from the instructor please reach out to a member of the executive to provide notification.

Students are expected to perform at the annual year-end concert. This is the culmination of all the year's hard work and students/parents should respect the concept that dancing is a team activity that works best when all attend and are involved. The club realizes that there will be occasional scheduling conflicts regarding the year-end concert and other dancer activities. In such cases, if a student foresees not being able to attend the year-end concert, the instructor(s) and the Board should be notified at the earliest possible date.

## **Social Media/Videotaping**

At **all** competitions it is insisted that everyone refrain from videoing the dances when they are being performed on stage. The choreography belongs to each dance instructor, and should these dances be taped or posted using social media the instructor can then go after the organization that held the competition and they in turn can go after the individual responsible for videotaping and our club.

This is also a Freedom of Information and Protection (FOIP) issue as many times names of the dancers are given out without the parent's/guardian's consent. Some families do not want this information posted. We have to respect all of our dancers and organizations when we are performing, so it is asked that you refrain from videoing any of the dances.

The only exception is at the discretion of our dance instructor for training purposes and at the year-end concert when a videographer records the performance. Any person in violation of this policy will be financially responsible for all costs incurred.

## **Inclement Weather**

In the event of inclement weather, a decision will be made by the executive members and our instructor to cancel dance class by 2:00 pm. Families will then be notified. The class will be rescheduled to one of the pre-set make-up days. An executive member will notify the caretaker at the Thorhild Waste Management Agriplex of the cancellation.

## **Grievances**

If a parent has concerns regarding their child's progress, they are encouraged to discuss the matter with the instructor. If your concern is not met to your satisfaction a meeting can be arranged between the parent, the President, and another Board Member (who will make up a Grievance Committee) along with the instructor by appointment outside of teaching times. Formal complaints or concerns of any other nature shall be sent in writing to the TUDC email for the Executive to review and take action.

## **Payment Contract & Fees**

Non-refundable registration fee for the first night of dances \$20. This gives your child a chance to try dance out for the year before yearly fees are due at the end of October. If you are choosing not to continue the full year for dance, your child's last practice would be the last practice in September.

Yearly fees are calculated for every 15 minutes of instructional time based on that years fees as discussed at the

AGM/General meetings. Once the times are set by the instructor on placement finalization the Executive will update the Fee Schedule form and provide this out to families.

Payment options/plans are described on the Fee Schedule.

## Fundraising

In the past families commit to assisting with a mid-year performance and/or fundraiser in the winter, and a casino every other year. Other fundraisers may be added throughout the year. There will be a volunteer position to organize and decide on fundraising options with recommendations from members.

## Casino Expectations

There will be information on casino if we are able to attend one - families are expected to support the casino with each family picking up a minimum of one shift for our casino dates.

## Member Expectations

TUDC requires all families to help throughout the year in some way. In order to continue the excellent program offered at TUDC we require members to volunteer on various committees or help coordinate events. Some committee/coordinators are short term for specific events and others are for the whole year. A volunteer role description document was uploaded to the app on Sept 30/24 with sign up to commence October 2, 2024.

**Each family is to submit a \$400.00 cheque PER FAMILY (post-dated for April 11, 2024) by the end of October along with the Payment Contract and fees. All cheques are to be made payable to TUDC. If your volunteer duties are deemed by the executive not to have been fulfilled at the end of the season, your cheque will be cashed.**

All members are expected to help with the Year-End Celebration and mid-year celebration (if running). Prior to these events, a sign-up sheet (for duties to be completed) will be provided.

TUDC is operated by volunteers and it is imperative that we all do our share to ensure our club's continued success.

## Festivals/Competitions

TUDC dancers will participate in Festivals/Competitions to a maximum of three competitions that allows them to showcase their dancing abilities. We receive the instructors' availability and suggestions on which festival would be the best and most appropriate for our dancers. Festival/Competition preferences will be discussed at a general meeting once the competition dates have been set and the options chosen. Each group will vote to decide how many competitions they want to attend. Then they will make choices on the options available to them. If a dancer does any solos or duets, it is the dancer/parents' responsibility to inform the competition coordinator if you would like to attend competitions with your dance, and the fee is your responsibility. If you have any questions, please ask our Competition Coordinator for information.

The club, when able, requests a block of rooms at a hotel where the competitions are held. Parents are responsible (if they need accommodation) to then book their own rooms within that block or, in alternate, any hotel they should choose. Registrations are paid early in the year so if a dancer does not attend a festival and does not have a valid reason, they may be required to reimburse the club for their registration fee. Please watch for Festivals/Competition information in the current communication method the club is using and on the whiteboard.

## Duets and Solos

Duets and Solos are to be coordinated by the instructor in direct contact with the dancer/parent. The fees for the duet or solo go toward instruction time and choreography, and the dancers are responsible to practice on their own time. More time can be requested directly through the instructor. Your competition registration fees, costumes rentals and other expenses is the responsibility of the dancer/parent.

## Competition Etiquette

**Meeting Time/Areas:** All dancers must meet at the designated meeting areas (usually the practice area) at each festival, one hour prior to the start of their session. If the instructors are not at the designated area at the time specified, please be patient as they are probably backstage with another group, and he will meet you as soon as possible. For the younger groups the group representative or an assigned parent must stay with the group at all times. We may not practice prior to the performance as sometimes the designated practice areas are quite small and could result in injury.

**Costumes:** Please ensure that you double and triple check that all costume pieces are accounted for and that you have brought the correct costume(s). Bringing along extra safety pins and hockey tape is a great idea. Boys require long black socks that should be taped to their pants so bare legs are not seen. Belts and sashes should be pinned and taped into place so they do not fall off or twist. Head pieces must be pinned with at least 4 bobby pins (no exceptions). Costumes should be clean and free of wrinkles. Footwear must be free of scuffs and polished.

**Hair & Makeup:** Boys should have their hair tidy. Girls should have hair braided or gelled if too short. Makeup should be applied according to the specifications provided from our instructor. Please ensure that hair and makeup is done prior to the meeting time. No jewellery (earrings, necklaces, etc.) or nail polish should be worn.

**Costume Fees, Damage Deposit & Care** – All costumes belong to our organization and TUDC is proud to be able to offer complete costuming for our dancers. Costumes are assigned to dancers, with the understanding that they are to be returned in the issued condition. Costume fees are as follows:

- \$30 per costume
- \$15 for two or less items
- \$10 for one item

The costume fee for each dancer's first costume is payable upon issuing of the costume. If you require an additional costume for another dance, payment arrangements will be made at that time.

A \$50 Damage Deposit per costume is required at the time of sign out. Payable by a post-dated cheque dated for May 15. Please ensure to carefully check costumes before signing them out and mark down any damage seen.

Non-members of TUDC may request to rent TUDC costumes depending on availability, at \$20 per piece of a costume. A damage deposit of \$100/piece will be requested in cash and paid back when the costume is returned in the same condition as rented out. If more than one piece/costume is required the damage deposit will be to a maximum of \$250/costume.

Female dancers will need to provide their own white slip and tights (brand and color will be provided closer to competitions and year end concert) for their costumes. Please contact the Costume Committee with any questions regarding this.

Costumes are a very important and very expensive part of dancing. TUDC **expects** costumes to be cared for in a specific manner. Please follow the "Costume Care" instructions provided below:

- **DO NOT** eat, drink, or smoke in or near costumes; water only if required.
- **DO NOT** put costumes on the floor as they get stepped on.
- Always transport costumes in garment bag to protect from the elements.
- Always hang up costumes immediately after use.
- When ironing ribbons, use low heat as they burn easily or steam in the shower.
- If a costume requires laundering, contact a costume coordinator and follow their instructions.
- **DO NOT** pin one piece of a costume to another as the costumes will tear during performances. Instead use hockey tape as it works best (do not place hockey tape on ribbons).
- When in doubt, do nothing.
- Ensure your costume is in good repair; mend any loose buttons, holes, pompoms, snaps, trim, etc. Do not remove buttons to move them, simply add a new button where it is needed.
- If you are unsure or unable to do so then please contact the Costume Advisor ASAP so that we can assist putting your child on stage looking their best.

Costume instructions will be given when costumes are handed out as well as instructions for hair and makeup. Lost costumes will be charged to the dancer.

**We hope that this information is helpful to you and your dancers. Any further questions or concerns please speak with your group rep or anyone on the board so we can help in any way possible.**

# Ukraine Dance Regions & Costumes

## **Pryvit**

Pryvit is a Ukrainian welcome dance. Many regions can be represented in this dance. Dancers offer bread, salt and wheat to their guests, which represent a wish of prosperity and health.

## **Bukovinian**

This area is located in the transitional highland between Ukraine and Romania. Costuming for this region is very narrow with coins often being a part of the costume as they represent a Ukrainian superstition that coins ward off evil spirits. The men are dressed in white with a decorated vest, belt and hat for accessories. The women wear a traditional white blouse with darker embroidery. The dark skirt is sometimes open at the front revealing an embroidered slip. The women's headpieces are very distinct, consisting of tall wheat stalks, ostrich feathers or other unique protuberances. Much of the decoration on these costumes share attributes with Byzantine ornamentation. The dances from this region are lively, energetic and characterized by high stepping, intricate foot stamping combinations.

## **Gypsies**

This represents the cultures and traditions of the Ukrainian Tsyhany. The Roma people living in the Carpathian Mountains have developed their own dialect, customs and traditional dances limited to their own villages. In these dances you will see the men clapping and slapping their boots or chest.

## **Hutsul'shchyna (Hutzul)**

This region is located high in the Carpathian Mountains and the people had to be adaptable due to the severe climate and limited living space. This is represented in the costumes with the narrower skirts and pants and the rich colours and details used. All dancers wear leather moccasins (postoly) and highly decorated vests known as keptari. The men's pants are straight legged and the women's skirt consists of front and back panels, tied at the waist. Hutzul costumes incorporate orange, brown, green, and yellow embroidery. Hutzul dances are lively and energetic, characterized by quick stamping and intricate footwork, combined with swift vertical movements. This dance has become the second most recognizable style of Ukrainian dance.

## **Poltava (Central)**

Representing the culture and traditions of the Ukrainian Kozaks, Poltava and other lands in central and eastern Ukraine surrounding the Dnipro River, these are the dances most commonly associated with Ukrainian dance. The Poltava culture developed under many influences, the greatest being from the semi-military society of the Kozaks. Their love of social dances spawned the Hopak and Kozachok. The men's costumes for these dances are styled after the Kozak dress, with boots, a comfortable, embroidered shirt, a sash (poyas) tied around the waist, and loose, billowy riding pants (sharyvary); common accessories include overcoats, hats, and swords. The women's costume consists of a blouse with red and black embroidery, a full or straight skirt worn in many colours with the most common being a straight skirt (plakhta) made of colourful, geometric woven fabric; long vests with matching aprons are sometimes worn, red leather boots or shoes, red beaded necklace and a headpiece of flowers and ribbons. All of these pieces vary from village to village and even family to family. The style of these dances is acrobatic and physically demanding for the men, while the women display grace and beauty while dancing in technically demanding unison. This style of Ukrainian dance is easily recognizable and the costume of this area has been deemed the national costume of Ukraine.

## **Polissian**

This area of the Ukraine is below sea level and therefore has very marshy soil. Residents of this region are cattle farmers and fishermen. The costumes incorporate white, red, and beige as the main colours and the girls often wear aprons. This fast paced, bouncy dance incorporates high leg movements with repetitive tapping and stamping.

## **Transcarpathian**

Also known as Zakarpattia, this consists of a large area of both foothills and fertile plains. These regional dances are known for their large sweeping movements and colourful costumes. Costumes from this region have similarities to Polish folk dress with a lot of lace and floral detail. Women's skirts are full and swish with movement; a traditional embroidered blouse is worn with a short, dark, decorated vest. The man wears narrow white pants with the traditional white shirt. A dark embroidered vest is also worn by the man. Decorated hats are common accessories for all dancers. The moderately paced dances are characterized by the males clapping and slapping their boots and bodies. It is rhythmical and bouncy with distinct twisting motions.

## **Volyn**

Volyn lies in north-western Ukraine. This region is rich in tradition and culture. The costumes and dances from this region have been influenced by Poland's extended rule over the area. Men wear long, swirling jackets and the women have skirts that swirl when turning. The costumes are bright and vibrant. Dances from this area are couple oriented and polka-like. Dance steps are characterized by energetic jumping, high legs, lively arms and twirling steps. Generally, the choreography is light and fun.