Contemporary Dance Intensive

Welcome!

We are excited that you have chosen to improve your skills at the BYU Contemporary Dance Intensive. Parents and participants: Please carefully read the following information regarding the Intensive.

For questions, call our Dance Camps office in Continuing Education Events at 801-422-8713. This office phone will be forwarded to our office cellphone during the Intensives which you can text at (801) 674-4290.

NOTE: our website is dancecamps.byu.edu

CHECK-IN — ALL PARTICIPANTS MUST CHECK IN

Monday
11:00 a.m. - 12:00 noon
East Pavilion BYU HCEB/Conference Center

Dance Placement Class 1:00-4:00 p.m. Room 2206 Richards Building
(be dressed & ready to dance by 1pm)

Orientation/Dance Classes 3:45 p.m.

- **Lunch will NOT be provided on Monday.**
- During check-in, parents and participants may park in "BYU Conference Center" Parking Lot 20Y (west of the Conference Center and northeast of the Marriott Center) or "Visitor" Parking (see the Campus Map on the General Information portion of our website).
- Intensive agendas, meal cards, T-shirts, and room assignments will be given out during check-in.
- Participants staying on campus should check in to the residence halls before orientation.
- **Late arrivals staying on campus should go to the Heritage Halls Central Building front desk to check-in and then to the Richards Building; late commuters should go directly to the Richards Building.**

GENERAL SCHEDULE

Here is the general agenda for the week, except the first and last day (a detailed agenda will be handed out at check-in):

6:30–9:00am	Breakfast (campus housing participants)
9:45–9:55am	Daily thought and business
10:00–11:30am	Contemporary technique class
11:30 a.m.–1:00pm	Lunch
1:00–2:15pm	Composition/Improvisation
2:15-3:30pm	Jazz
3:30-3:45pm	Break
3:45-5:00pm	Cosmo Choreography and Concert Prep
5:00pm	End of day for non-housing participants
5:00–6:30pm	Dinner
6:30–10:00pm	Counselor activities
10:00pm	Counselor devotional
10:15pm	Head count and bed check
10:30-11:00pm	Lights out!

PLACEMENT CLASS

The first afternoon will be used to determine level of dance ability of each dancer. Faculty will watch the participants dance and place them in various levels. The director & judges' decisions will stand as is and will not be subject to change throughout the Intensive. These levels are at the director's discretion and there are no refunds given if the level is not the desire of the dancer.

NON-HOUSING PARTICIPANTS

Non-housing participants should be dropped off (8:25am T,W,Th) & picked up (5:00 pm) at the Richards Building NW doors, **with the following exceptions:**

Thursday	**Pickup:**	Closing Banquet (semi-formal dress-dinner provided) 9:15 p.m. Dorms TBA at check-in
Friday	**Drop-off:** **Pick-up:**	7:45 a.m. Richards Building NW doors 8:30 p.m. Richards Building NW doors End of Performance

***Note: For liability reasons, non-housing participants will not be able to attend evening dances or counselor activities other than those listed at check-in. Parents should make arrangements to promptly pick up their dancers after class each day as they may not be supervised after that time.**

CHECKOUT

The Intensive ends on Friday, at 8:30 p.m. at the conclusion of the performance. Housing for the last day is not included in the Intensive package. Parents: after the performance, participants do not need permission to leave. Please make arrangements to pick up your dancers on time. If you need to an exception made for Housing Friday night, please contact our office (dancecamps@buy.edu; 801-422-8713)

BYU Campus Accommodations will bill you $30 if you lose your key. Please keep track of your key!

FINAL PERFORMANCE

Friday, 7:00 p.m., Dance Performance Theater, BYU Richards Building—Families of participants are invited to attend the final dance performance. Each dancer will receive a limited number of tickets for the performance. Parking is available in lot 37Y, north of the indoor practice field (IPF) and east of Zions Direct (see the BYU Map link under "Campus Maps" on the General Information portion of our Web site). Youth may leave with their families following the performance.

FOOD

During the Intensive, Cannon Center meal cards for campus housing participants cover all meals from dinner on Monday to dinner on Friday. Only lunches and Thursday & Friday dinners are provided for non-housing participants. Please keep track of your meal cards, which must be presented at each meal. Those wishing to purchase additional meals may do so at the Cannon Center for approx... $8-$15 per meal (dining.byu.edu/commons).

HOUSING

Your residence hall room is furnished with linen, bedding, towels, and a pullout drawer for valuables that can be locked (padlock must be provided by the participant). It is possible that the height of your bed may be three to four feet above the ground. Since we cannot change the setup of the room, alternate accommodations should be made if this poses a problem. You may wish to bring a light blanket, since air conditioning in the residence halls is on and they cannot provide extra bedding. Messages can be left for those staying in campus housing by calling the Heritage Halls Central Building at 801-422-4421.

BYU Campus Accommodations charges $30 for lost keys! Lanyards will be provided.

Roommates are assigned two to a room by preference or by age. Overnight counselors are provided on each floor. Each evening will end with a head count, short inspirational thought, and prayer (lights out 10:30-11:00 pm). Please be aware that overnight counselors are authorized to enter a youth participant's residence hall room when deemed necessary such as in emergency situations. For your safety, buildings are locked each night at 11 p.m. and are reopened the next morning at 8 a.m. They are also locked during the day when the youth are at their program.

There will ***not*** be any early check-ins.

CHECKLIST OF ITEMS TO BRING

Appropriate attire is expected at all times. According to The Church of Jesus Christ of Latter-day Saints Gospel Topics: "Modesty is an attitude of propriety and decency in dress, grooming, language, and behavior. If we are modest, we do not draw undue attention to ourselves. Instead, we seek to "glorify God in [our] body, and in [our] spirit" (1 Corinthians 6:20; see also 1 Corinthians 6:19)."

Modesty and appropriateness for the dance studio and across campus vary slightly according to the context. Carefully consider what you will pack.

- Appropriate dance attire such as tank tops, dance pants and capris, etc. Please do not wear pajama pants, oversized shirts, running shorts, etc. for dance class.
    - All tops (including leotards) must reach the mid back. No short shirts or baggy shirts that reveal the torso when moving in class.
    - Dance pants (shorts need to be at least mid-thigh, including opaque or mesh designs) No short shorts or baggy shorts that reveal underclothing when moving in class.
    - Black dance pants/leggings for the performance
    - A pair of black high cotton content socks for the performance
    - Supportive under-clothing
- Regular, modest street clothes to wear for evening activities
    - T-shirts/tops
    - Bottoms – long pants/jeans or shorts (knee length)
    - Sweater, jacket, or other warm clothing for outdoor activities (it can get chilly in the evenings)
- Dress clothes (think "Sunday best") for closing banquet
- Tennis shoes and socks (for both hip-hop/master classes and evening activities)

- Swimsuit - modest in fabric, fit, and style; boys—no Speedos; girls—modest one-piece suits (no cut outs). Tankinis will only be allowed if they function as a one-piece (plenty of overlap between the top and bottom pieces so that even during activity the stomach will not be exposed). If suits are too high cut on the bottom or too low cut at the top, you may be asked to wear a shirt and/or shorts over it.
- Sunscreen
- Beach towel
- Sandals/water shoes for water park/activities
- Hair supplies (brush, comb, hairspray, elastics, etc.)
- Personal hygiene products – toothbrush and toothpaste, feminine hygiene products, deodorant, soap, shampoo, and conditioner, etc.
- Emergency phone numbers
- Prescriptions (if needed)
- Padlock for valuables drawer (optional for campus housing participants)
- Spending money for snacks, additional activities, souvenirs, emergencies, etc. (optional)

Suggested (not required)

- Ballet shoes
- Jazz shoes
- Photoshoot Clothes – suggestions: your favorite leotard, leggings, pointe shoes, etc.

See the BYU Dress Code Expectation.

Note: Tank tops, sleeveless tops, and shorts/skirts above the middle of the knee are not allowed in the cafeteria or around campus. Outside of the studios, dancers should have sweats or other clothing to cover dance clothes for the cafeteria and walking to and from class. When selecting your wardrobe for the Intensive, please make sure your clothing allows you to raise your arms above your head without showing your stomach. Please see the BYU Honor Code link under "Admissions and Standards" on the General Information portion of our website.

Items to leave at home: Short shorts and mini-skirts/dresses, crop tops, low-rise pants, tank tops, low-back leotards, rollerblades, skateboards, water pistols and squirters, water balloons, fireworks, firearms, and knives. These items are inappropriate to bring to campus and will be confiscated upon your arrival. We also discourage you from bringing expensive items and excessive cash.

Department of Dance Dress Code Expectations

Minimum Standards:

- no bare midriff
- no strapless shoulders
- no French cut/high cut leotards
- no low-cut neck lines
- no excessively low backs

Contemporary Dance Addendums:

- **Form fitting attire** is preferred and necessary for clear feedback and evaluation
- Clothing should be **adaptable** for multiple class activities

    - Layers and options that could cover legs or shoulders for floorwork are encouraged
- Clothing should be **functional** and not limit movement
- Be mindful if clothing articles **shift while moving** and become revealing
- **Under clothing** should be covered appropriately

SOCIAL DANCES

Dances, combined with the Sports Camps, will be for **on-campus participants only.** These dances are for participants turning 14 yr. (this year) or older—**no exceptions**. Informal dress following the **BYU Honor Code Dress & Grooming Standards** is accepted at the dances. **Crop tops, sleeveless shirts, low-cut blouses, or tank tops are NOT allowed at dances. Participants who are dressed inappropriately according to the BYU Honor Code Dress & Grooming Standards will not be permitted to attend the dances.**

WATER PARK EXCURSION

Bring your swimsuit, your own towel, and sunscreen for an exciting and relaxing trip to a water park. Please be generous with sunscreen to avoid burns. The towels provided for housing participants may not leave the residence halls.

STANDARDS

Youth attending the Contemporary Dance Intensive must maintain BYU standards. Included in these high standards are integrity; respectful language; morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress. Men are not allowed any piercings. All hairstyles should be clean and neat. Extreme hairstyles are unacceptable. Athletic shorts are acceptable only in the PE and housing areas; shorts worn in other areas must be knee-length. No crop tops, sleeveless shirts, or tank tops are permitted. Dress and grooming standards are strictly enforced on campus. Failure to comply with these standards may result in a request to make appropriate changes and/or dismissal from the Intensive. Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal (see the Honor Code link under "Admissions and Standards" on the General Information portion of our website).

Involvement in any of the Big Five will result in your being sent home immediately:

1. Participating in or encouraging sexual relations, or immoral behavior of any kind, viewing or sharing pornography in any form, sexting, or using vulgar or inappropriate or suggestive language, verbally or electronically is not allowed.
2. Shoplifting, theft, or vandalism of any kind.
3. Possession or use of tobacco, alcohol, coffee or tea or any illegal drugs or substances is prohibited. Prescription medicines cannot be shared with anyone. Possession of weapons or firearms of any kind.
4. Leaving campus anytime without counselor or staff supervision during the day or the residence halls at night (for campus housing participants).

5. Doing anything harmful to yourself or others¬¬ physically, spiritually, or emotionally, including bullying.

Please note that bullying of any kind (including exclusion, teasing, gossiping, back-biting, cyber-bullying and criticizing) is not tolerated at this Intensive. Participants exhibiting any of these behaviors will be subject to discipline by the director of the Intensive or in extreme cases sent home.

The BYU Contemporary Dance Intensive strives to further the BYU Contemporary Dance Mission to move body, mind, spirit through inclusive education, advocacy, service, and creativity.

SUPERVISION

ALL participants will be assigned a counselor. Counselors supervise all housing and recreational activities. Students are responsible to the counselors during sessions and during free times. Participants should never leave their group or counselor. Students who leave their group and go off on their own are subject to dismissal from the Intensive. While attending the dancing sessions, the participants in this Intensive will be supervised by the instructors. However, there may be some situations in which the participants may be unsupervised–for example, when participants are walking to the eating areas and during limited free time, although the participants are usually in groups during these times. This should be taken into consideration when evaluating the participant's eligibility to attend this Intensive.

SECURITY RULES

- Do not leave equipment and luggage unattended.
- Do not walk alone on campus or leave campus unattended (without an instructor, counselor, or staff member).
- Non-housing participants: Please make sure to coordinate an exact time and place to be picked up by your ride each evening. Please ensure that your ride is prompt.
- Always keep room and valuables drawer locked (bring your own padlock).
- Bed check and lights out are 10:30-11:00pm. Never leave your room after head count.
- **Clearly label all personal items you bring, including dance shoes.**

Brigham Young University is not responsible for lost or stolen items.

PERSONAL VEHICLES AND PARKING

Participants staying off campus who drive to the dance Intensive may park their personal vehicles in the residence hall parking lots (Helaman Halls or Heritage Halls) or the Student lot near the Richards Building (lot 37Y), found north of the football indoor practice field (IPF) and east of Zions Bank (see the Campus Map on the General Information portion of our website).

Those staying on campus who plan to drive their own car or motorcycle to the Intensive should be prepared to lock their vehicle and leave it parked. Overnight parking is only available at Residence Halls parking (Helaman Halls or Heritage Halls). See the Campus Map on the General Information portion of our website.

Personal vehicles may not be used during the Intensive, and participants must never transport others. Violation of this rule may result in dismissal from the Intensive.

To help you enjoy your stay as a guest of BYU, please remember that disability stalls, dean and official stalls, service stalls, red curbs, etc., require special permits. Parking in any of these stalls without the proper permit will result in a parking citation. Please remember that timed stalls are enforced for the time posted.

SHUTTLE TO AND FROM SALT LAKE CITY INTERNATIONAL AIRPORT

Commercial shuttle services are available between the Salt Lake International Airport and BYU. For reservations and pricing, contact Express Shuttle at 1-800-397-0773 for additional information. If traveling from the airport directly to the BYU dorms, Express Shuttle offers a small discount.

PARENTAL RELEASE FORMS

Parental Release Forms, including medical information, should have been completed at the time of registration. If you have questions or need to change your information, please contact our office at 801-422-8713.

INSURANCE

Adult participants and parents/guardians of minor participants are solely responsible for personal insurance coverage during this program.

ILLNESSES AND INJURIES

Parents of participants incurring a serious illness or injury will be contacted to discuss the course of action. If parents or guardians cannot be reached, the sick participant may be taken to the hospital for treatment.

Unfortunately, the dance training facility is not available to Intensive participants. Students will have access to ice and a basic first-aid kit should any minor injuries occur. Major injuries will be handled by the office staff by contacting a parent or legal guardian to determine a course of action. With permission from a guardian, dancers may be transported to a local hospital emergency room or clinic, but they should not plan on using the dance training facility. Dancers are encouraged to begin strength, flexibility, and nutritional training prior to the Intensive to minimize the risk of injury during their stay. **Due to the rigors of this Intensive, dancers with existing injuries and health conditions should consult a medical professional before attending the Intensive for their own safety. Any MINOR existing health care needs or injuries must be reported to the Intensive Director.** Our office must have on file a medical release form that should have been completed at the time of registration. For questions or to update the release form, please call 801-422-8713.

REFUNDS

Only a participant and his or her parents have the authority to request a refund. A full refund (minus a $50 non-refundable handling fee) will be granted for all cancellations requested by 4:00 p.m. one month before each program begins. No refunds will be given after this deadline. If the program is canceled, a full refund will be given. The simplest way to cancel a camp registration is to log into the participant's account online and process the withdrawal yourself. You may also call 801-422-8925 weekdays between 8:00 a.m. and 5:00 p.m. mountain time, excluding holidays, to cancel a camp registration. BYU cannot be held responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions in the event of program cancellation.

Should you have any questions regarding the materials discussed above, please call Dance Camps of BYU Continuing Education Events at 801-422-8713. We look forward to seeing you soon at the Contemporary Dance Intensive!