# Syllabus – DANCE PROGRAM – Center for the Arts 2017-2018

**Theresa Niermeyer - Lead Teacher: Level I, II & IV**
**Deedra Harris - Part-Time Teacher: Level III**
**Dr. Stephanie Poxon - CFA Director**
**(804) 228-2718**

Hello! We want to welcome all of you to the 2017-2018 CFA Dance Program! We are very honored and thrilled to be a part of this amazing department and can't wait to start dancing with you!

Ms. Niermeyer is an alumna of Henrico Center for the Arts, and earned her BFA in Dance from The Ohio State University. In 2012, she traveled to Burkina Faso, West Africa, with the Baker- Tarapaga Dance Project to perform in the Nomad Express Festival held in Ouagadougou. Inspired by her first trip to the African continent, she returned four times to train, collaborate and teach with dancers in Burkina Faso, Zambia, and South Africa. Ms. Niermeyer has had the honor to dance and train with international artists such as Maxewell Rani, Jimmy Ortiz, Irene Tassambedo, Bebe Miller and Abby Z. In 2014, she wrote and taught a curriculum title "Dance in Global Contexts" at Fort Hayes High School in Columbus, Ohio for which she was awarded the Marian Wright Edleman Award for "service and dedication in the field of education." After spending some time travelling, collaborating and teaching in Ohio, Virginia, New York and Cape Town, South Africa, she is thrilled to be back at Center for the Arts to share her love of dance within this great community.

Ms. Harris is also a Richmond, Virginia native who began her dance career here at Henrico High School. She went on to James Madison University to earn a B.A. in Theatre and Dance. While at James Madison University, Ms. Harris participated and performed at the American College Dance Association's annual conferences, served as co-director for JMU's Associate Dance Ensemble and attended the JMU London Contemporary Dance and Performance Intensive at the Laban Center. As a member of the Contemporary Dance Ensemble, she has performed faculty pieces as well as works created by guest artists Xan Burley and Alex Springer. She is passionate about teaching dance and has taught Hip Hop and modern technique at a local studio during her time at JMU as well as student taught in Richmond and Newport News. Ms. Harris is a very active member of the Richmond dance community. In addition to serving as adjunct faculty here at CFA, she also dances with KrasH!Dance Theatre, Studio 4 Dance Company and teaches at the Village Dance Studio.

## Educational Objectives

This program is designed to introduce and develop the technical, artistic, and scholastic dance training of talented high school students at the Center for the Arts in Henrico County. We are seriously addressing the physical dance education of students who are dedicated to the challenge of vigorous professional work: to gain, increase and maintain fitness, flexibility, endurance, control, and strong technical dance ability. Our objective is to give four year students the physical, social, and academic eligibility to enter a Dance Major program at any university and prepare them for other dance fields outside of higher education, with the desire and understanding of what it takes to choose this career.

Besides a strong foundation in ballet, jazz, modern, improvisation, dance composition, and contemporary dance techniques, students will also be exposed to African, East Indian, Middle Eastern, Flamenco, Hip Hop, and Tap dance during the course of the full year. Dancers will also be required to act and understand some principals of Theater. Guest artists will be invited to fulfill some of these curriculum needs.

Another important objective is to promote scholastic curiosity and knowledge, through research and lecture studies. We will cover the pre-history and human culture of world dance, the roots of ballet, tap, jazz, and modern dance, dancer's nutrition, human anatomy, kinesiology, and an artistic exploration and dance philosophies.

Students will also learn the proper organizational techniques for mounting productions as they participate in professional performances throughout the school year. This program is complete, and requires hard work and dedication.

# Educational Methods

## DANCE WORK

Weekly Dance techniques – ballet, modern, jazz, Afro- contemporary, improvisation and choreography (occasional tap, hip-hop, African, Latin, and Contact Improvisation)

## ACADEMIC STUDIES

- Weekly lecture and readings of dance history, culture, philosophy, nutrition, anatomy and kinesiology.
- Occasional research papers
- Written critiques of local professional performances (every 9 weeks)
- Study of Ballet and Modern History and terminology
- Study of the African Diaspora and Dance in Global Contexts
- Use of the laptop for written work, note taking and research
- Written quizzes, homework, and tests, as well as performance assessments will be used to measure student achievement

## OUTSIDE STUDIES

All CFA Dance students are encouraged to take an OUTSIDE DANCE CLASS once a week at a local dance studio. We emphasize the importance of universal dance class decorum, and to improve ones style and technique in a specific area.

# Evaluation System – GRADING

From page 4 the 2016-2017 CFA student handbook:
"**The minimum GPA expectation for all students is 2.7; in addition, CFA students are expected to earn grades of B- or higher in their CFA curriculum area courses. A CFA grade below a B- will initiate a conversation about your commitment and dedication to your achievement in the arts.** . . . It is imperative that students and parents understand the importance of academic and artistic achievement."

**40%- Class Participation (Effort, Technique, and Behavior)**

**30% - Tests and Performances**

**20%- Homework and Quizzes**

**10%- Critique Papers**

A *two page review paper of one professional dance concert performance every nine weeks.* Each student is required to see one dance concert each grading period and must submit an experiential written review (guidelines to be given) of the show, along with a ticket stub and program. It is the student's responsibility to learn to make reservations and purchase tickets in advance. Performance reviews must be turned in no later than one week before the end of the nine week school sessions, and will not be accepted after due date.

# DANCE CLASS RULES

1. Students must be properly dressed and ready in position on the dance floor five minutes after the late bell. Tardiness is penalized.
2. No one leaves early unless pre-arranged with a note
3. Lateness requires a pass
4. 15 minutes late or more requires watching class and an observation essay written in class
5. Improper dress lowers credit for the day as much as 10 points
6. If you do not have dance wear, you earn a 0
7. Once class begins (unless the assignment requires collaboration), *students may not talk amongst themselves*, thus distracting themselves and others. They may ask questions.
8. Students may not leave the dance floor without permission.
9. Students are asked not to make Doctor's appointments during dance classes. This work can not be made up.
10. All homework and written paper deadlines must be respected or the grade will be lowered for every day late.
11. Dance students may be in the studio or locker rooms only during their class, and may use lockers before or after school only. Clothing, books, jewelry, and computers must be locked in lockers during class.
12. Laptops are required for all academic sessions, but are only to be opened at the teacher's request.
13. Plagiarism (on tests and written work) will earn the student a 0 with no recourse. Use your own words at all times.
14. Dancers must participate in ALL REHEARSALS AND PERFORMANCES. No exceptions or excuses are allowed. We are a team, and the show must go on.
15. ATTENDANCE –
    a. It is difficult to make up a dance class. Please try to have good attendance. It affects the whole class.

**IT IS THE STUDENT'S RESPONSIBILITY TO MAKE UP WORK**

Students may be excused from participation in dance class due to illness or injury for up to two days WITH parental notification BEFORE CLASS by phone, letter or email, to the CFA teacher.
Should an illness or injury require a student to "sit-out" three or more days, we will need a note from a doctor.

Always bring a note to the attendance office to explain your absence and get an excused absence note to share with your teachers. Without the excused absence note, you will not be allowed to make up work and will receive a 0 for work missed, including quizzes and tests. Tests and quizzes must be made up within three days of returning to school after an excused absence.

If students suddenly become ill, they must go to the nurse and go home. If students are in school they must dance.

**Refer to CFA Student Handbook for additional information regarding attendance.**

# DANCE WEAR

**BALLET**

Ladies: pink canvas split sole ballet shoes, black leotard, convertible pink or black tights,
Men: black canvas split sole ballet shoes, tight fitting white cotton T shirt, and black cotton men's boot cut pants (no sweat pants)

**JAZZ & TAP**

Ladies and Men - Black stretch Jazz Boot Cut Pants
A Leotard or tight fitting T shirt with no writing
ALL LEVELS - Split sole black jazz shoes
ALL LEVELS - Knee pads
ALL LEVELS - Flat black tap shoes, preferably with shoelaces **(please do not by thin based tap shoes)**

**MODERN**

Bare feet
Tight shirt
Grey or black dance pants, gauchos, or knee length dance pants

**** Basic color black or white or solid color leotard.**
****All men must have a dance belt, to be worn during all dance classes**
****No Jewelry (particularly large earrings, gold and silver necklaces, and bracelets)**
**** Hair must be pulled back away from the face**
**Dance items may be purchased at: Ellman's, 19 S. Belmont Ave. – 358-0655**
**Or online at: www.dancedistrubutors.com**

# EXRA SUPPLIES

A three ring, 1 inch binder which accepts worksheets or a folder
Notebook paper
Pencils and Pen
A combination lock
Laptop computer
Journal
Hair Ties
Band Aids and Sport Tape (KT)

**I, _____, have read all the information about the CFA Dance Syllabus.**

**_____ (Parent Signature)** **_____ (Date)**

**tlniermeyer@henrico.k12.va.us**
**drharris@henrico.k12.va.us**

## Please check the CFA websites at:

http://blogs.henrico.k12.va.us/cfa **for more information about CFA Shows and Local Performances and classes in the Richmond area.**

**Please contact me @ 228-2718 CFA office or by e-mail at tlniermeyer@henrico.k12.va.us if you have any questions or concerns.**