



# Company Handbook 2025-26

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# What is Company

**ECSOD's Competitive Program is designed to challenge passionate dancers to perform at their best - technically, artistically, and physically - through exceptional, professional, focused training in ballet, jazz, acro, & more.**

**Emphasis is not only placed on technical advancement, but also on teamwork, respect, and having fun.**

**Our program produces award-winning, strong, and multifaceted dancers who are committed to reaching their full potential in a supportive community that fosters creativity, kindness, and excellence in dance.**

**Building confidence, gaining friendships, and learning valuable life lessons through dance.**

# How to Join



## Requirements

Dancers must be at least 4 years of age. With our youngest dancers, we look for potential, being eager to learn, and the ability to focus in dance class.

We suggest dancers have at least 2 years of dance experience before auditioning for Company. It is important for dancers to have a basic knowledge of proper technique so that they aren't already behind before they begin. Some ballet training is highly recommended, but not necessarily required.

## Auditions

Dancers must audition to be a part of Company.

Ages 4-10:

May 30th | 5:00-8:00pm

Ages 11-14:

May 31st | 9:00am-1:00pm

Ages 15 & up:

May 31st | 9:00am-1:00pm

## Informational Meeting

Wednesday, April 16th | 7:00pm

## Application

Any new or returning member must complete an application by May 15th, 2024.

A non-refundable \$75 deposit will be charged on audition day. This deposit will go towards your Company Membership Fee (\$150 total).

[Apply Here](#)

# Company

## Rules & Expectations

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### ● Attendance Policy

Dancers are expected to attend all classes, performances, and competitions.

Attendance to your weekly classes is NOT optional. We do require that Company Dancers are in class each week for each class they are enrolled in.

Should a dancer need to miss class due to illness, a school event, or a family event, the studio must be notified in advance.

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### ● Be Respectful

Company dancers AND parents are expected to be respectful to staff members, teammates, and other parents AT ALL TIMES. Inappropriate behavior, gossiping, and bullying will NOT be tolerated. Please be mindful of what is said in our studio, at competitions, and at our shows.

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### ● Proper Attire

Dancers are required to wear the proper attire, including proper shoes and hairstyle, for each class.

**Ballet:** Black leotard and tights - ballet shoes - hair in a tight, clean bun

**Jazz:** Tight fitting tank top or sport bra, tight fitting leggings or shorts - jazz shoes or toe pads - hair in a tight ponytail, bun, or braid

**Hip Hop:** Same as jazz - clean, non-marking sole sneakers

**Lyrical:** Same as jazz - toe pads

**Tap:** Same as jazz - tap shoes



# Competitions

Company attends 3 different competitions in the spring. Typically, these are within 200 miles of Eau Claire, ex: Madison. Minneapolis, Green Bay.

Competition dates will be posted in August. Parents are responsible for getting their dancer to and from competitions. Attendance is mandatory, so please plan ahead.

## Shows

Company dancers are required to perform in our Summer Dance Shows, our Winter Shows, and our end-of-the-season ECSOD Shows.

## Additional Performances

Additional performance opportunities may come up throughout the season. Attendance may or may not be required depending on the nature of the performance.

If a dancer would like to perform a solo or duet/trio at a talent show or additional competition, permission must be granted.

# Competitions & Performances



# Required Classes & Time Commitment

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## Technique Classes

Technique is an integral part of a dancer's training and is something that we take seriously. Ballet and Jazz Technique classes are required for all of our Company Dancers. Dancers are placed into levels by auditions and summer evaluations. Dancers may be moved up or down at any time throughout the season.

	Level 1	Level 2	Level 3	Level 4	Level 5
Ballet Tech	30 min class once per week	45 min class once per week	60 min class once per week	75 min class once per week	90 min class once per week
Jazz Tech	30 min class once per week	45 min class once per week	60 min class once per week	60 min class once per week	60 min class once per week

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## Choreography Classes

Company dancers must be in at least 2 choreography classes. The requirements regarding style of dance varies depending on which group a dancer is placed into.

For example, some groups are required to take both jazz and ballet choreography, others are required to take jazz choreography and can choose a style for the second class, and others are able to choose both styles.

Choreography classes meet once per week for 30 minutes.

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## Stretch/Strength/Conditioning & Production

Strength, flexibility, and stamina are extremely important in the world of dance. We take pride in providing a required weekly class for our competitive dancers to focus on maintenance and improvement in these areas. Stretch/Strength/Conditioning is a 50 minute class offered twice per week.

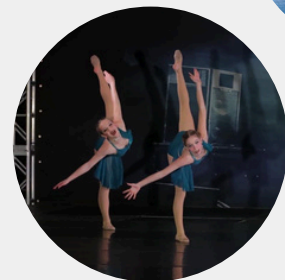
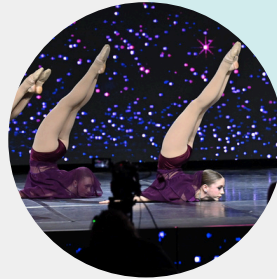
Company dancers are also required to be a part of Production, which is a routine that includes all of our Company dancers. This schedule varies and each group will not necessarily meet every week.

# Additional Classes

Dancers are encouraged to take additional classes beyond what is required. We feel it is important for dancers to expand their knowledge and participate in multiple styles to become well-rounded and multifaceted performers.

Class offerings include Tap, Hip Hop, Lyrical, Musical Theater, Contemporary, and Pointe. Which styles are available to a dancer depends on what group they are placed in. Acro and Jumps/Leaps/Turns can also be added, however these classes do not have routines and are considered additional technique classes.

These add-ons are offered at a discounted rate.



## Solos, Duets, & Trios

Solos, duets, and trios are a great way to improve as a dancer through private coaching and additional studio time as well as gaining experience on stage developing self-confidence, showmanship, and performance quality.

Solos, duets, and trios are available to our Company dancers. Please contact us for more information regarding these classes.



# Summer Company Program

In order to prepare our Company dancers for the 2025-26 Season, we require that they attend our Summer Dance Program. This includes Weekly Intensives, Workshops, Drop-In Classes, and an In-Studio Convention. Dancers must log at least 25 hours between Intensives, Drop-Ins, and Workshops.

## Intensives

**Wednesdays, June 25 - July 30**  
**9am - 2pm**

Stretch/Strength/Conditioning,  
Ballet Technique, Jazz Technique,  
Acrobatic Arts, Tap Technique,  
& MORE!



## Drop-In Classes

**Mondays, June 23 - July 28**

Jumps & Leaps | 11:30a-12:15p  
Contemporary/Lyrical | 12:15-1:00p  
Hip Hop | 1:00-1:45p  
Flexibility | 1:45-2:30p  
Upper Body Strength | 1:45-2:30p  
Turn Technique | 2:30-3:15p

## Workshops

### Schedule Varies

Musical Theater, Pom, Tap, Extensions,  
Ballet Variations, & MORE!

## In-Studio Convention w/ Eric Campros & Tracie Stanfield

**Saturday, Sept. 13**

Classes will include:  
Jazz Technique/Choreography,  
Jumps/Leaps/Turns, Commercial Jazz,  
Contemporary, Lyrical,  
Partnering/Lifts, & MORE!

# Additional Costs to Consider

- **Costumes**
- **Competition Fees**
- **Company Warm Up Jacket**
- **Makeup and Competition Jewelry**
- **Shoes & Performance Tights**



# How to be a Great Competitive Dance Parent

1

## **TRUST THE PROCESS.**

Your trust and confidence in us as your dancer's instructors is so important. Have faith in the process and understand that we always have your dancer's best interest in mind. Our goal is to place each dancer in a position where they can thrive and reach their highest potential.

2

## **BE CONSISTENT.**

Consistency is everything. Make sure your dancer attends every class and is on time. Assist in helping them find time to practice at home each week. Commitment and loyalty are huge in the overall success of your dancer and the team as a whole.

3

## **DON'T COMPARE YOUR DANCER TO OTHERS.**

Each dancer has their own unique set of abilities and qualities. Comparing leads to negativity and there's no place for that in our studio. Be supportive of dancers' differences and of where your dancer is at currently in their dance journey and that support will foster growth and the individual success of your child.

4

## **HAVE GOOD LOBBY ETIQUETTE.**

Watching a portion of class is great, but try to avoid lingering and "hovering" over every minute of rehearsal. Your dancer is able to stay much more focused and engaged when they know you aren't watching their every move.

5

## **DON'T GOSSIP.**

Let's lead by example and avoid engaging in gossip about instructors, other parents, or dancers. Instead, let's focus on being supportive and cheering on the entire team as a whole. We are proud of the dance family we have built and should always be promoting a culture of support and positivity!

# Extras & Perks



**Professional photo shoots and head shots**



**Convention opportunities**



**Season-End Award & Dinner Banquet**



**Assistant Teacher Training opportunities**



**A supportive and positive dance family and friendships to last a lifetime**



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