

# ***MELROE'S SCHOOL OF DANCE***

## **STAR TUMBLER**

### **National Acrobat Competition**

#### **Information Packet 2015 - 2016**

#### **What is NAC?**

The *National Acrobat Competition (NAC)* is a local competitive tumbling league that gives tumbling athletes a chance to perform their tumbling skills outside of class.

This year, there are 4 Preliminary Meets and a Championship Meet.

Each tumbler is required by NAC to attend at least 2 of the 4 Preliminary Meets to qualify for the Championship Meet.

#### **MelRoe's Star Tumblers**

The "*Star Tumblers*" are a group of MelRoe's tumbling students (chosen by our staff) that will represent our studio in the *National Acrobat Competition* this season during the Fall - Winter Semesters. The Star Tumblers will be required to attend the January AND February Preliminary Meets as well as the March Championship Meet (see the Meet Schedule below.)

#### **About Competition**

We are VERY excited about the upcoming season and look forward to working with your student as a Star Tumbler this year!! We consider participation in competitions not simply part of our student's training as tumblers; it's also an important part of how we influence them as people. With the right focus, the experience gained in competition can be an excellent source of self-confidence. If the student feels good about the performance and understand that they become better each time they go out to compete, they are truly growing through the competition experience. Doing the best they can is what it's all about. Whether they win (or which award they win) is secondary! We believe this will be an experience that will help your student grow in their technique and become tumblers. They will also bond a team and build friendships that will last forever! Our staff wants competition to be a very POSITIVE and REWARDING experience for each student!

**Star Tumbler Information Packet** PLEASE SAVE THIS PACKET & FORMS TO REFER BACK TO:

- NAC Meet Schedule Location / NAC Meet Schedule
- NAC Events / NAC Workshop Dates
- Attendance Policy / Important Dates
- Code of Conduct
- Parent Permission Form
- Star Tumbler Leotard Order Form
- NAC Entry Forms (3 total)



## NAC Meet Location

Monticello Trails Middle School  
6100 Monticello Road  
Shawnee, KS 66226



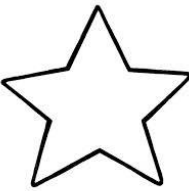
## NAC Meet Schedule

Preliminary Meet	Saturday, Oct 31, 2015	at 1:00 pm
Preliminary Meet	Saturday, Nov 14, 2015	at 1:00 pm
Preliminary Meet	Sunday, January 31, 2016	at 1:00 pm
Preliminary Meet	Sunday, February 14, 2016	at 1:00 pm
Championship Meet	Saturday, March 5, 2016	at 1:00 pm


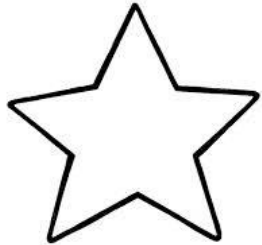

## NAC Events

All Star Tumblers are required to compete in a Compulsory Routine. Other events are encouraged, but optional. The MelRoe's coaches will determine the level of competition for each tumbler. Each tumbler will receive a copy of all the routines at the 1<sup>st</sup> NAC Workshop in October.

NAC has the following events available: (each tumbler will compete according to level and age)



- ❖ Compulsory Routine
- ❖ Optional Routine
- ❖ Compulsory Power Tumbling
- ❖ Optional Power Tumbling
- ❖ Spring Power Tumbling
- ❖ Synchronized Compulsory and Power Tumbling Routine
- ❖ Mini-Trampoline
- ❖ Acro Dance (group event)



## NAC Workshop Dates

To help prepare the MelRoes' Star Tumblers for the meets, we are holding 6 NAC Workshops AT THE STUDIO each month:

- |                                       |                   |            |         |
|---------------------------------------|-------------------|------------|---------|
| ● Saturday, October 24 <sup>th</sup>  | 2:00 pm - 5:00 pm | (3 hours!) | \$25.00 |
| ● Saturday, November 21 <sup>st</sup> | 2:00 pm - 5:00 pm | (3 hours!) | \$25.00 |
| ● Saturday, December 19 <sup>th</sup> | 2:00 pm - 4:00 pm |            | \$20.00 |
| ● Sunday, January 30 <sup>th</sup>    | 2:00 pm - 4:00 pm |            | \$20.00 |
| ● Saturday, February 13 <sup>th</sup> | 2:00 pm - 4:00 pm |            | \$20.00 |
| ● Saturday, February 27 <sup>th</sup> | 2:00 pm - 4:00 pm |            | \$20.00 |

NAC Workshop Fees are due on the day of each workshop.

## Attendance Policy

The NAC Workshop dates are mandatory to prepare each Star Tumbler and the MelRoe's Team for each meet. Each student will be allowed 1 absence out of the 6 monthly workshop dates. Star Tumblers are also expected to attend their weekly tumbling class on a regular basis. The MelRoe's staff will continue to work NAC routines in the weekly tumbling classes to continue to polish and refine technique.

## Parent Permission Form

To sign-up to be a Star Tumbler and participate in the NAC competition this season, please complete the attached Parent Permission Form.

## Star Tumbler Leotard

All the tumblers competing in NAC are required to wear the MelRoe's Star Tumbler Leotard to each meet. The leotard is a CUSTOM-MADE leotard in the MelRoe's colors of purple / black / silver. Please see the attached order form to order your leotard.

## NAC Entry Forms

Please complete the attached NAC Entry Forms (3 total) and submit to the office by the due dates. There is a "Coaches Fee" of \$15.00 per meet (\$45.00 total.) This fee is due when you sign up to participate in NAC (please see the attached Parent Permission Form.)

January / February Preliminary Meets =  
March Championship Meet =

Due by Saturday, December 19, 2015  
Due by Saturday, January 30, 2016

## MARK YOUR CALENDARS...Important NAC Dates!!

### September

Sept 16 Parent Information Meeting For NAC

### October

Oct 24 1<sup>st</sup> NAC Workshop  
Oct 24 Parent Permission Form Due  
Oct 24 Star Tumbler Leotard Order Form Due

### November

Nov 21 2<sup>nd</sup> NAC Workshop

### December

Dec 19 3<sup>rd</sup> NAC Workshop  
Dec 19 Entry Forms for the Preliminary Meets Are Due

### January

Jan 30 4<sup>th</sup> NAC Workshop  
Jan 30 Entry Forms for the Championship Meet Are Due  
Jan 31 1<sup>st</sup> Preliminary Meet

### February

Feb 13 5<sup>th</sup> NAC Workshop  
Feb 14 2<sup>nd</sup> Preliminary Meet  
Feb 27 6<sup>th</sup> NAC Workshop

### March

March 5 Championship Meet



# CODE OF CONDUCT



## ***STUDENT EXPECTATIONS:***

1. Respect and treat all students, parents and instructors with dignity at all times.
2. Please no negative comments to or about anyone.
3. Please dress appropriately for each class with proper attire and shoes.
4. Come to class or rehearsal prepared. This is called "work ethic." Always give 100% effort. This is call "heart." This will pay off in the end...we promise!
5. No talking in classes or rehearsals. It's distracting to your classmates.
6. No sitting down in class or rehearsal, unless authorized by your instructor.
7. No gum, candy or food allowed in the dance studios. Water bottles only, please.
8. Work together with your classmates as a TEAM. Support each other with positive feedback.
9. Please be ON TIME to all rehearsals, conventions, and competitions. Remember you are part of a TEAM! It is extremely inconsiderate and stressful to the team if members are late! Schedules / times will be posted for all required events such as extra rehearsals, conventions, and competitions.
10. Always treat the studio, the premises and the possessions of others with respect, care and consideration.
11. Clean up after yourself and any mess that you create while at the studio.
12. Social media such as Instagram, Twitter, Facebook, etc have become very powerful and normal tools for our youth. A lot can be judged by a person's social media page. Remember, you are representing MelRoe's and more importantly, your family. Please do not post inappropriate pictures or negative comments online.

## ***PARENT EXPECTATIONS:***

1. Respect and treat all students, parents and instructors with dignity at all times.
2. Please no negative comments to or about anyone.
3. Support all dancers, even those not related to you.
4. Be a fan of your child! Have a great time watching your student grow and learn! Remember that every parent wants their child to be the best they can be. Along with successes, there will be failures. It is a natural part of growing up and learning from those experiences...it's what makes us who we are.
5. Please refrain from giving comments to students from the sidelines.
6. Always give positive feedback to students after they perform. Let them be PROUD of their performance.
7. Please be ON TIME to all rehearsals, conventions, and competitions. Remember you are part of a TEAM! It is extremely inconsiderate and stressful to the team if members are late! Schedules / times will be posted for all required events such as extra rehearsals, conventions, and competitions.
8. Please do NOT leave your young student (or young siblings) unattended in the lobby or quiet room.
9. Respectfully communicate your concerns with the MelRoe's staff. If you need to speak to a teacher about your child's dance education, kindly arrange a conference outside of class hours.
10. Always treat the studio, the premises and the possessions of others with respect, care and consideration.
11. Clean up after yourself and any mess that you create while at the studio.
12. Social media such as Instagram, Twitter, Facebook, etc have become very powerful and normal tools for our youth. A lot can be judged by a person's social media page. Remember, you are representing MelRoe's and more importantly, your family. Please do not post inappropriate pictures or negative comments online.

### ***"We're In This Together..."***

We believe that children's success depends on the support of their parents / guardians.

Because your commitment to the process makes an enormous difference,  
we encourage you to be a part of your child's dance education.

Our program relies on a POSITIVE atmosphere for our staff, students and their parents.

It promotes a positive learning experience for all involved. Cooperation between all parents is expected. Showing RESPECT for the other parents along with the students (including students and parents from other studios) and staff makes an important impression on children.

You are a ROLE MODEL for your child in how to interact with others in a professional setting.

Parents and teachers may look at a child's learning from different perspectives. However, they share a common goal: to assure that every child receives the BEST possible training, both physically and mentally.

Mutual respect between our staff and our dancers' parents provides the children with ultimate care and education.