



Student Handbook ~ 2022-23

Falls Church
School of Ballet

*Linda Kintz and Mark Mejia,
Artistic Directors*

Welcome to the Falls Church School of Ballet

We would like to welcome you to the Falls Church School of Ballet. We are proud of our tradition of providing the finest instruction in classical Russian ballet in the region and are delighted that you have decided to embark upon this important journey. We have an exciting year ahead of us and you will be rewarded and fulfilled at the end of the year as you progress in your training. Please read all of the information in this handbook carefully.

Sincerely,

Linda Kintz and Mark Mejia, Directors

Guide for the successful ballet parents

Please **read all notices** sent to you via email, or sent home with your student. Staying informed will help you plan and get your student where he/she needs to be. Reminders are posted on the bulletin board in the studio.

Parents bringing students to class should arrive no earlier than 10 minutes before class and should pick up their students no later than 10 minutes after class or rehearsal.

Under no circumstances should a parent enter a classroom while class is in session, unless specifically invited to do so by a teacher.

Parents with questions regarding any aspect of their student's needs and progress should make an appointment for a private discussion. Open conversations during class times are inappropriate and hinder the teacher by distracting them from focusing on their next class. All parents will have the opportunity to discuss their student's performance during the end-of- school-year parent-teacher conferences.

Parents must notify **info@fcballet.org** if there is a change in phone number or other information, to include alternate points of contact to pick up a student in case the primary contact is not available.

****Performance Dates and Rehearsals - Save These Dates****

Performances are currently scheduled for the Winter and Spring concerts at the KMAB studio. In the weeks prior to each concert, there will be **costume fittings** at **tech** and **dress rehearsals** scheduled in the evenings at the KMAB studio. Full details, including final dates, will be announced closer to the concerts.

In addition, FCSB students are invited to attend the main performances by the FCSB sister company - The Kintz-Mejia Academy of Ballet - at the Meridian High School Auditorium. Currently, these are scheduled to be in October, December and June, as marked above.

Obviously, the **COVID-19 Pandemic may limit access** to these dates and venues. This is most frustrating for planning, but the health and safety of the students and their families is paramount to us and we will adjust and keep you informed as decisions are made.

FCSB School Year Calendar 2022-22

- 2022 -

Jul 23	Last Day of Summer Intensive
Sep 5	Labor Day - CLOSED
Sep 7 (Wed)	Classes begin
Oct 10	Columbus Day - CLOSED
tba	Class Observation week
Nov 11	Veterans Day - CLOSED
Nov 22-27	Thanksgiving Break - CLOSED
Dec 1, 2	Winter Concert Rehearsals <u>at KMAB</u> *
Dec 4 (Sun)	Winter Concert <u>at KMAB</u>
Dec 10, 11	<i>KMAB Nutcracker at Meridian HS</i>
Dec 17-Jan 2	Winter Break - CLOSED

- 2023 -

Jan 4 (Wed)	Classes Resume
Jan 16	MLK Birthday - CLOSED
Feb 21	Presidents Day - CLOSED
TBA Apr	Photo Day
TBA Apr/May	Class Observation week
Apr 3-8	Spring Break - CLOSED
Apr 10	Classes Resume
May 30	Memorial Day - CLOSED
Jun 10, 11	<i>KMAB Spring Performances at Meridian HS</i>
tba	Spring Concert Rehearsals <u>at KMAB</u> *

Notes

TBA = *Waiting on FCPS calendar*

* *Evening tech and dress rehearsals are scheduled at KMAB studio on the Thursday and Friday before each concert at 730-830.*

*Full rehearsals and concert performances take place at the **KMAB Studio, located at 1524 Spring Hill Road, McLean VA 22102**. The studio entrance stairs are at the Tyco Road at the end of the long white building.*

Holidays and Closing Policies

FCSB follows the Falls Church City County Public Schools schedule with regard to Holidays and inclement weather closing.

We only close for days marked as Holiday [H] on the FCCPS schedule, not teacher workdays [TW/SP/SD]. .

FCSB will close for inclement weather following the FCCPS announcements.

In addition, FCSB will make use of the Ballet Blast email/Remind text communications to notify parents/caregivers of a closure as soon as possible.

FCSB 2022-23 - Class Schedule and Tuition

Class	Mon	Wed	Sat	Tuition
Pre Ballet ~ 3 & 4 yrs			9:00-9:30	\$1,000
Ballet Prep ~ 5 & 6 yrs			9:30-10:15	\$1,200
Ballet 1 ~ 7-8 yrs	4:45-5:45	4:45-5:45		\$2,000
Ballet 2 ~ 9-11 yrs	5:45-6:45	5:45-6:45		\$2,200
Ballet 3 ~ 12-17 yrs	6:45-7:45	6:45-7:45		\$2,500

Notes

Private Lessons are Available at \$150/hr

Tuition and Fee Requirements and Policies

Tuition for the entire year is due prior to the student's first day of class.

- NO refunds once the student has begun lessons.
- Cash/check are preferred, but credit cards can be accepted (with a convenience fee added to listed price).
- For students enrolling after the start of the year, tuition will be prorated at registration.

The school is not responsible for missed lessons. Classes are taught with a specific syllabus, therefore no make-up classes are offered.

There is an annual \$50 costume fee for each student, which can be paid either with tuition or no later than the first rehearsal.

Every family must purchase at least 5 tickets for each of the concerts, in lieu of theater fees (\$25 each).

A leotard or shirt/trunks is provided as class uniform with full tuition. Students are responsible for the rest of the uniform (to include nude leotard/dance belt for performances, shoes, tights, and extra leotards).

FCSB Liability

Falls Church School of Ballet is not responsible for:

- Injury to students, parents, or siblings who might be waiting for students
- Missing property left on the premises
- Students waiting in the parking lot.

Parents should instruct their students to remain inside the building until someone has come to collect them.

FCSB Uniform

A school uniform is required for all students. A leotard or shirt/trunks is provided as class uniform with full tuition. Students are responsible for the rest of the uniform (including extra leotards and tights).

Female Students		PB	BP	B1	B2	B3	BTn
Clothing	School-issued class leotard	*	*	*	*	*	*
	Nude Leotard for Performances (Skin Colored) <i>- also Pre Ballet depending upon costume</i>	?	*	*	*	*	
	School-issued white ankle socks with ruffles	*					
	Prima soft convertible tights (#101, European Pink)		*	*	*	*	*
Shoes	Pink So Danca <u>ballet</u> shoes with elastics	*	*				
	Pink canvas Grishko <u>ballet</u> shoes with ribbons <i>- If Grishko not available in small sizes get So Danca</i>			*	*	*	*
	Pink Bloch Hanna <u>pointe</u> shoes with ribbons <i>- Pointe shoes needed at Ballet 1B level</i>			*			
	Pink Grishko 2007 <u>pointe</u> shoes				*	*	*

Male Students		PB	BP	B1	B2	B3	BTn
Clothing	School-issued white tank shirt	*	*	*	*	*	*
	White Socks	*	*	*			
	Black ballet shorts	*	*	*			
	School-issued black tights				*	*	*
	Dance Belt (see www.dancebelt.info)	*	*	*	*	*	*
Shoes	White Grishko ballet shoes with elastics	*	*	*			
	Black Grishko canvas ballet shoes	*	*	*			

Local Uniform Suppliers:

The Cinnamon Tree (Herndon, VA) and Footlights Dancewear (Alexandria, VA, & Silver Spring, MD). Both offer a 10% discount to KMAB students and have a complete listing of required items.

FCSB Policies

Student Absences

The school expects parents to notify the directors of any absence from class or rehearsal by emailing or texting (to the remind.com text number received at the start of the year); The further in advance, the more appreciated.

Rules for student conduct

- Students are expected to conduct themselves in a quiet, respectful manner at all times.
- Students are expected to be punctual. Students arriving late may, at the teacher's discretion, be required to observe class.
- Students are expected to enter the class in the correct attire. With the exception of stud earrings, no jewelry is permitted.
- All girls must have their hair securely in a bun and hair-sprayed in place. Ponytails are unacceptable. All loose hairs around the face that do not fit in the bun must be pinned down and off the face. Instructional videos are available on the **KMAB Only** section of the KintzMejiaBallet.org website. Password: **BalletRule5!**
- Dressing rooms are only for changing and using the facilities. Students should spend as little time in there as possible. Under no circumstances should students have to be called to class from the dressing rooms.
- Students who wish to arrive and depart in uniform should do so under other clothing; uniforms are not to be worn as street-wear.
- No food or drinks (other than water) in the studio or dressing rooms
- During cold or inclement weather, students must be appropriately covered to prevent sickness. If contagious, they should not attend class!
- The school expects a text/email notification to let the directors know when a student is unable to attend class, prior to the absence.

Communicating with FCSB - Who to Contact and how

As with any organization, the directors are focussed on teaching and preparation and so the school is reliant upon volunteer effort to support both the classes and the productions that occur throughout the year as well as using modern technology to get information to you. There may be a lot of information that is communicated to busy parents and students alike. Here are the resources available to find the latest information.

School website - www.fcballet.org - Public Information is provided here including tickets sales and general information about the school.

KMAB Website - www.kintzmejiaballet.org - There is a “KMAB Only” section of the website for students and parents that contains additional information, such as instructional videos and help for new students. This page is protected; use the password: “**BalletRule5!**” (Note capitals and number).

Ballet Blast emails - A weekly newsletter that provides information and reminders. Parents - and older students with internet access - are strongly encouraged to subscribe to these via email and text messaging. New students will be automatically signed up using the email and mobile numbers provided at registration, but alternate caregivers (drivers, nannies etc) are also encouraged to subscribe for last minute closures and changes in the schedules. The Ballet Blast is normally sent out Mid-week so that parents are aware of the students commitments for the weekend rehearsals etc.

Ad-hoc emails and questions - info@kintzmejiaballet.org - Changes in schedule or other important information will be sent out via the text and email capabilities of the newsletter. In addition, general/non-time sensitive questions should be sent to the email. Changes in contact information should also be sent to this email to ensure continued newsletter and other communications.

Studio phone line. (703) 532-2221 - Absence/Illness - Alt (703) 501-4319 - Should a student be unable to attend class, we ask the courtesy of a call to the studio line to inform the teachers that the student will be absent and the likely nature and duration. This will allow the class to be tailored or the rehearsal to be adjusted so that the student does not fall behind.

Student-related questions for the Directors. directors@kintzmejiaballet.org - If you have personal questions related to a student performance, injury etc, these should be sent to the directors themselves. This will allow scheduling of a suitable time to address the issue. The directors are not normally available to give such issues attention during class time, so please contact them by email or phone to schedule.



Mr. Diego Sosa - FCSB Instructor - Mr. Sosa is from Asuncion, Paraguay, where he began his dance training in ballet and other styles. Later, he was awarded a scholarship at the Washington School of Ballet. He then continued to further his professional training by taking classes with several prestigious dancers and teachers in the US, Brazil, Italy, Spain and France.

Early in his career, Mr. Sosa performed three years with the Municipal Ballet of Asuncion and most recently he was a dancer at the Ballet de la Universidad del Norte, the largest and most renowned private institution supporting art in Paraguay. With UniNorte he performed for 10 years in principal roles including Carmen, Coppelia, Don Quixote, Giselle, The Four Seasons, La Bayadere, Le Corsaire, Swan Lake, Sleeping Beauty, The Nutcracker and others.

Mr. Sosa joined the Ballet Theatre of Maryland in 2015 as a Soloist and in 2016 was promoted to Principal. With the Ballet Theatre of Maryland he has performed as the Bluebird in Sleeping Beauty, The White Knight in Alice in Wonderland, King Lot in Excalibur, Spanish Dance and the Nutcracker Prince in The Nutcracker, Aladdin, Romeo in Romeo & Juliet and many others. Mr. Sosa is currently a freelance dancer working with various companies, schools and galas.

Notes

Class times		
Dancer	1	2
Class		
Mon		
Tue		
Wed		
Thur		
Fri		
Sat		
Uniform needs		
Leotards		
Shoes		
Slippers		
Pointe		
other		