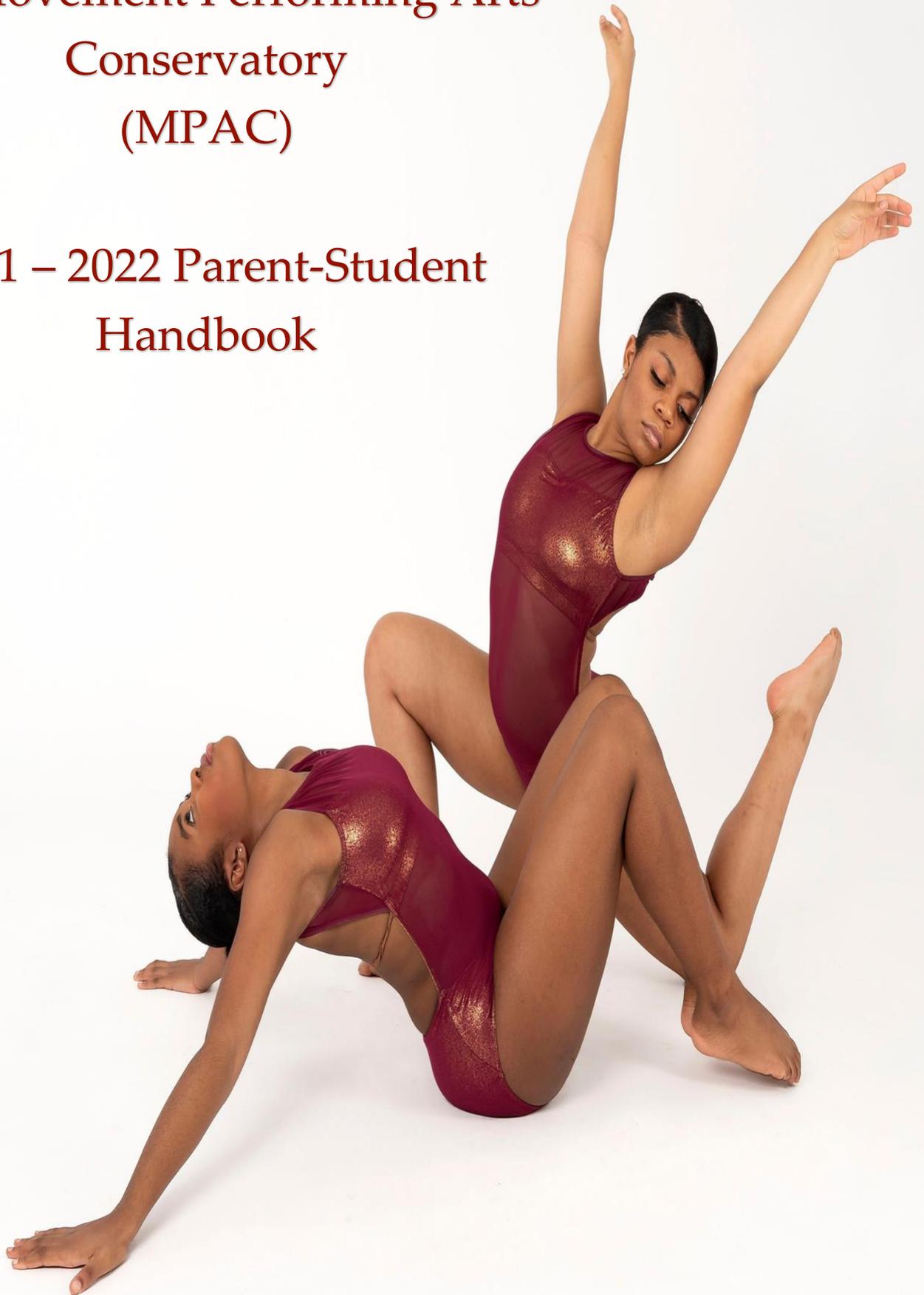


The Movement Performing Arts
Conservatory
(MPAC)

2021 – 2022 Parent-Student
Handbook



Words from Our Director

At the Movement Performing Arts Conservatory, we pride ourselves to be advocates and mentors in the lives of all young artists. It is our objective to inspire a passion for the art of dance in every child that seeks to grow under the umbrella of our program. In process, we strive to be examples and help your child (and you) create memories that last a lifetime.

At MPAC, our instructors, directors and administration are held to a high esteem. We believe in the power of information and are motivated to offer all that we have to you and your family. All MPAC students are encouraged, uplifted, and educated in a safe and child-centered environment, all while engaging in a process through the freedom of movement.

Additionally, the code of conduct, guidelines, and policies presented in this handbook are written to aid in accomplishing the mission and vision of our conservatory. Therefore, we ask that all students and parents thoroughly review all contents of the handbook as it will give in-depth information regarding the day-to-day itinerary and policies that will help ensure a safe and positive environment for all enrolled families. Please be sure to sign the consent form verifying that you have read and understand the policies set forth within this handbook.

We are so excited to begin such a promising dance season!

Kind Regards,

Mr. Ali Willingham

Director of the Movement Performing Arts Conservatory



The Movement Performing Arts Conservatory, Inc. (MPAC)

4700 Wissahickon Avenue, Philadelphia, PA 19144

Founders: Danielle Hayes and Kamille Innerarity
Conservatory Director: Ali Willingham

Program Overview & Goals: This conservatory is designed to strengthen the academic, physical and professional principles for the serious dancer. The program provides a comprehensive curriculum for exploring dance through both a technical foundation and professional development methodologies. Students consider their roles as dance artists, choreographers, philosophers, academics, dance historians and dance anthropologists. Courses have been designed to enhance artistic development and core foundational technique within the daily rigor of codified dance principles. We seek to train serious dancers with attention to the whole being within the art form of dance.

MPAC is a non-profit 501c3 corporation that has devised a comprehensive program geared towards professional instruction of the highest caliber and strong academic derivatives. The program has been structured with sole focus on technical proficiency and academic ideologies as related to contemporary dance perspectives and professional development to build the holistic student. Our curriculum formats units that creatively engages the points of intersection between academic subject areas and elements of the artistic discipline of dance. Through the art of dance, MPAC's model encourages academic engagement by nurturing vital interpersonal skills in every student. The integration of Kinesiology, Geography, Health and Literature within a dance-based curriculum encourages social engagement amongst peer groups, bridges gaps of unfamiliarity within teacher and student relationships and transitions Pennsylvania state standards for dance in ways that allows academic learning to be enjoyable for students in the K-12th school system.

MPAC has also partnered with the *Next Generation Dance Conservatory, LLC*, a summer dance intensive training program for professional dancers under the direction of Mr. Ali Willingham. Mr. Willingham, a former guest artist of *Philadanco* and Director of the Contemporary Dance Department of String Theory School. Additionally, through his leadership at String Theory, they have partnered with us in efforts of continuing a comprehensive training program that engages students in professional development courses geared towards Resume' Building, The Art of Interviewing, Business Plans, Production and Mock Auditions.

Mission

The Movement Performing Arts Conservatory is committed to making a positive impact and providing a world-class experience. We believe in the transformative power of the performing arts to unify, strengthen, and inspire our community.

MPAC welcomes the community into an open, friendly, and respectful environment. It stands committed against all forms of discrimination and believes that all individuals should have the chance to experience codified training.

MPAC Courses/Curriculum Overview

Youth Division (Philly Movements)

Director: Ms. Alyssa Bowser

Philly Movements at MPAC is the youth division that has been devised with a comprehensive curriculum for selected students in the beginner and lower levels of the program. Ranging in ages 6 years to 13 years, dancers attend daily technique classes with some of Philly Movements and MPAC's professional dance faculty.

Pre-professional Division

MPAC's professional division offers a training program for dancers at intermediate and advanced levels. The Pre-professional division offers rigorous dance classes according to the student's level of technical proficiency. Students enrolled within the Pre-professional Division have the opportunity to work with the industry's top instructors and choreographers. Students within the Pre-professional Division are also considered for MPAC's performance company and competition teams.

Professional Division

MPAC'S Professional Division is a codified program that has been devised to meet the needs of the professional dancer. Classes has been geared toward advanced technical proficiency and performative principles to ensure successful careers in dance. Students enrolled within the Professional Division have the opportunity to work with the industry's top instructors and choreographers. Students within the Professional Division are also considered for MPAC's performance company and competition teams.

<u>Class</u>	<u>Course Objective</u>	<u>Requirements</u>
Ballet (Vaganova Technique)	Students will take a daily technique class in the Vaganova technique. This course is designed to enhance the dancer's knowledge of foundational principles through focus on spine alignment, hip placement, flexibility, balance, and strength.	Students are required to wear proper attire and footwear for this course. A notebook for corrections is required.
Modern Dance (Lester Horton Technique) (Martha Graham Technique) (Paul Taylor Technique)	This course is designed to enhance comprehension of Modern Dance influenced by the Lester Horton technique. The course aims to increase students' inner artistic expression, grace, and the nurturing of one's unique style. Students will explore fortifications, preludes and movement studies within the Lester Horton style, as well as exercises devised by the instructor.	Students are required to wear proper attire and proper footwear for this course. A notebook for corrections is required.
Jazz Technique	This course will allow students to explore nuances and terminology within the Jazz aesthetic. Through high energy exercises, syncopated rhythms and stylized phrases, students will continue to refine technical aspects of their dancing and begin deconstructing their performance qualities. This course will also infuse aerobics and cardio exercises to build stamina and condition the body for more rigorous and demanding movements.	Students are required to wear proper attire and proper footwear for this course. Jazz sneakers and Jazz shoes are permitted. A notebook for corrections is required.

Conditioning	This course has been designed to build strength, flexibility and foster harmony for the mind and body.	All materials will be provided.
Flexibility	This course will be offered three times a week. It is designed to expand muscles and ligaments in ways that cause a dancer's lines to appear cleaner and visually entertaining.	This course requires students to bring/wear attire that will continuously keep the body warm. Students will be given Thera bands, tennis balls, and foam rollers to assist them with this course.
Terminology	This course is designed to deconstruct terminology and vocabulary. Ballet and Biblical terminology will be emphasized. Students will learn to execute intermediate and advanced terminology.	Students are required to purchase a youth or teen study bible. A Notebook is required.
Production	Students will learn to format a production of their choice. In selected groups, students will be mentored on all the aesthetics of creating a successful production. *Budgeting, Marketing & Promotions	There are no requirements for this course. This course will connect with other courses such as Designing a Business Plan, Goals Planning, and Public Speaking.
Repertory	Students will learn previously choreographed and performed works. This course is designed to provide students with information based on a typical rehearsal process.	A major requirement for this course is that students take time to learn the pieces from video. This will be counted as homework. DVDs and/or website links will be distributed with assigned parts and sections for students to learn.
Composition	In this course students will explore the fundamentals of creating movement. They will be challenged with movement tasks that will enhance their outlook on original choreography. This course is designed to engage students in the creative process through solo and group interactions.	Students are required to keep a choreographic notebook that documents ideas for movement phrases, lighting, staging, costumes, and other performance and creative aspects.
Acrobatics	This course is designed to focus on using the body's own weight to strengthen muscles and improve skill and fitness. Acrobatics uses physical feat through agility and balance.	Materials will be provided for this course.
Dance History/ Goals Planning	This course is designed to give chronological information on dance forms and the culture related to their time periods. There is also an emphasis on setting and preparing for their own futures through goal planning and prioritizing values.	This course will require students to keep a dance history notebook. Students will also be advised to keep track of their goals for the intensive as well as to begin creating a five-year goal plan (dance wise and personal).
Headshots, Resumes & Portfolios (Makeup)	Students will be mentored on professional headshots, resumes and portfolios. Professional headshots will be taken. Resumes and Portfolios will be created in class. Students will also learn how to apply stage and performance makeup.	This class will be part of a master class series. A makeup artist will be provided to teach and apply appropriate makeup for the dancers.

<p>Mock Interviews & Auditions</p>	<p>Students will engage in intense preparations for future job interviews and dance auditions. The ideas of presentation, etiquette, and professionalism are the main objectives for this course.</p> <p>Students will explore tools to build confidence for competitive and intense environments.</p>	<p>Students will be asked to bring in different types of clothing to help support their presentation in an audition or job interview. This course is connected with other courses such as Resumes, Headshots and Portfolios & Public Speaking.</p>
<p>Conferences/ Assessment</p>	<p>Students will be assessed on their progress daily. Weekly, the students will engage in one-on-one conferences with instructor(s) about their progress in the intensive.</p> <p>A final assessment will be given at the end of the program.</p> <p>Scholarships for the following year are based solely on these course evaluations.</p>	<p>There are no requirements for this component.</p>

MPAC’s Academic Programs

Kinesiology Program

This program has been devised to give dancers in Kindergarten thru 6th a basic understanding of the human anatomy. Units have been formatted to give students introductory information about the mechanics of the dancing body as related to the elements of Dance: Body, Action, Space, Time and Energy. Dancers are not expected to have prior knowledge of kinesiology perspectives. However, the program explores healthy movements within the context of fitness, nutrition, and motor learning. The program also incorporates the use of Pilates, Yoga and Mindfulness as a means of implementing kinesiology into daily practices.

Dance Pedagogy Program: *Formatting the Beginner Dance Class*

This program gives an introduction to formatting the basic dance class for first-time teachers. Designed for the beginning dance educator, this program encourages students to explore pedagogical methodologies used for beginner dancers in the Kindergarten thru 12th school system. The program gives strong emphasis on movement content, classroom engagement, peer collaboration and bridging the gap between student and teacher relationships within multiple dance spaces. The program gears strong focus towards implementing codified dance training within inner-city environments and formatting content for males in dance.

Academic Training in Dance Diversity Program

The Academic Training in Dance Diversity Program has been devised to engage dancers in the historical exploration of dance related concepts by using diversity as a main emphasis. Many of the units have been devised to deconstruct pioneers within dance history that have racially integrated their artforms to encourage unity and multiculturalism. While diversity references actively accepting backgrounds, beliefs, ethnicities, life experiences, and the values of individuals within a common space, diversity encourages unique perspectives of educational and social value for dancers interested in implementing individuality within performative tactics.

MPAC Scholarship Program

The **M.P.A.C** scholarship program offers financially supported full-time training for students ages 8-21 who demonstrate the highest potential for a professional career in dance. The core curriculum consists of Vaganova-based Ballet training for intermediate to advanced students. Additionally, the Lester Horton and Martha

Graham technique are taken multiple times per week. Supplemental classes include Paul Taylor Modern, Jazz, Dunham, West African, Body Conditioning, and Improvisation. Dancers will also engage in weekly professional development courses of Business of Dance, Production, Resume Building and Mock Auditions and Interviews.

Scholarship students also have the opportunity to audition for repertory classes with guest artists and resident choreographers. All classes culminate in in-studio showings and performances at the end of each term.

Criteria for acceptance varies depending on the age and technical proficiency of the applicant. Decisions are emailed to applicants within 2 to 3 weeks of the audition.

Scholarship Criteria

- Anatomical structure suited for Classical Ballet
- Agility and Flexibility
- Musicality and Quality
- Lower extremities that adapt to turn-out conditioning
- Possess a natural gift for movement
- Presence and Passion for movement

SCHOLARSHIP INFORMATION

All scholarships are given at the discretion and direction of the school directors. The Movement Performing Arts Conservatory awards 5 different types of scholarships:

On the Move (Full Merit Scholarship) - M.P.A.C offers a limited number of full and partial tuition scholarships, primarily to students in the advanced levels. These scholarships are based on technical proficiency, ability and artistic potential. All scholarships are awarded by the school directors only.

Just Dance - M.P.A.C.'s Just Dance program enables the conservatory to train talented students who meet financial-based eligibility requirements. Students are awarded full or partial scholarships by invitation or audition only.

Carol Newell Dance Scholarship and James W. Hayes Dance Scholarship – MPAC and Philly Movements offers 1 Full Year of tuition remission for a student with a positive academic record, passion for dance and artistic potential. These scholarships are in dedication of Carol Newell and James W. Hayes.

ELLIS AT MPAC SCHOLARSHIP – MPAC offers 1 Full Year of tuition remission for dancers with a positive academic record (C+ or better), family eligibility, lives in Philadelphia, has a passion for dance and artistic potential.

Scholarship Policy

All M.P.A.C students who receive a scholarship award are subject to a scholarship fee for the school year. The scholarship fee helps subsidize the conservatory's administrative expenses necessary to support scholarship programs. Scholarship students are not eligible for other school discounts in combination with his/her scholarship(s). Scholarships cover tuition only. Additional fees for performances, competitions and or costumes are not included in the tuition scholarship award.

All M.P.A.C students who receive a scholarship for the school year must completely register and sign the MPAC Scholarship Acceptance Agreement. Failure to comply with the scholarship terms will result in a verbal warning. Any additional verbal warning may be followed by complete revocation of the scholarship award.

Scholarship Terms (Please see the emailed Scholarship document for specifics.)

Scholarship recipients must attend all regularly scheduled dance classes to which he/she is assigned and will report all upcoming absences promptly to M.P.A.C’s main office.

Students are not permitted to train at other schools unless granted permission by the conservatory’s directors.

Dancers are required to adhere to all code of conducts and policies established by MPAC.

Scholarship recipients are to be polite, respectful, and supportive of fellow students, staff, and faculty.

Work/Study

As part of their tuition remission award, scholarship students, 12 years and older, are **required** to work part-time in the administrative offices of MPAC. This enables their presence to become an integral part of the M.P.A.C school community at large by developing professional relationships with peers and faculty and provides them with administrative experience to supplement their education and serve them well beyond their dance careers.

MPAC Technique Classes and Competition Team

(All practices are only for competition dancers. All other dancers attend technique classes on Mondays, Tuesdays and Thursdays.)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 – 5:00	Ballet Technique (Mr. Ali Willingham)	Floor Barre Technique (Ms. Marlayna Locklear)	Kinesiology/ Physical Therapy (Ms. Theresa Schweingruber)				
5:00 – 5:30				(5:00PM – 6:30PM) West African (Ms. Cachet Ivey)			
5:30 – 6:00		Contemporary Technique (Ms. Marlayna Locklear)	Acro Technique (Ms. Denise Ennett)		Hip Hop (Krew) Dancers Only		
6:00 – 6:30	Modern Technique (Ms. LaCeda Nelson)						
6:30 – 7:00			MPAC Competition Company Class/Practice (Mr. Ali Willingham)	MPAC Competition Company Class/Practice (Mr. Ali Willingham)			
7:00 – 7:30	Jazz Technique/Leaps and Turns (Ms. LaCeda Nelson)	MPAC Competition Practice/Rehearsal (Mr. Bilal Simpson)					
7:30 – 8:00							
8:00 – 8:30							
8:30 – 9:00							

(There will be Friday mass practices for MPAC Competition Dancers only on the weekends before competition and weekend rehearsals only if guest choreographers cannot be scheduled during their normal practice times during the week.)

All rehearsals are based on casting. If a dancer is not casted for that piece, they will not be expected to come to rehearsal. (A casting rehearsal schedule will be given in September.)

MPAC Competition Company (Invitation & Audition Only)



The selection process for MPAC's performing competition company is very selective. All students interested in our performing company are required to audition. The process for selection depends upon the complexity of the work, technical proficiency, retention, their conservatory attendance, participation and academic grades. As the conservatory is vital for technical development and advancement, MPAC'S company is a "performance opportunity" for all accepted dancers to showcase their level of artistry, expertise, growth and development. The performance company adds to the general knowledge of the codified dance training within the school.

The purpose of MPAC's performing competition company is to provide students with an opportunity to develop sportsmanship, character, and competitiveness. Participation on the company, as well as other extracurricular activities, is a privilege, not a right. As a member of MPAC's company, dancers serve as representatives of the school and its' curriculum. Company members are required to demonstrate determination, dedication, and a desire to be productive. The company, in itself, provides the following:

- **Educational Opportunity**- performance experience and competitions amongst some of the top ranked competition teams in the dance industry
- **Exposure** - affords our students exposure to other dance forms and other ways of moving
- **Pre-professional Opportunity**- students who wish to pursue dance professionally have the opportunity to grow and develop their performance skills through competition and dance conventions with some of the industry's leading instructors
- **Inclusivity**- MPAC selects competitions that are engaging for both the student and their families. Students learn team-building skills and peer collaboration principles attributing to young performers.

Selection for Choreographic Works

The selection process is decided upon by the choreographer and/or department director. The process for selection depends upon the complexity of the work, technical proficiency of the student, ability to perform as an ensemble member, attendance, participation and academic records. While a choreographer or rehearsal director has no control over illness, injury or other obstacles that prevent students from dancing in a performance, we strongly encourage students placed as understudies or in a secondary role to attend every rehearsal as understudies have been called upon to perform on numerous occasions. We encourage all students to learn any and all choreography at MPAC. This will add to their general dance knowledge and dance vocabulary.

**Additionally, choreographic works will be a part of an audition process. Students will audition for works as well as individual parts and roles.

Non- Participation Policy

All students will be responsible for any choreographic and/or studio (technical) work missed.

Should a student NOT be able to fulfill his/her commitment to performing in a choreographic work due to any of the reasons listed (including but not limited to the reasons listed below), he/she will be replaced. Some of those reasons include:

- 1) Consistent Tardiness
- 2) Excessive Absences
- 3) Disruption of class, rehearsal and performance resulting in dismissal
- 5) Failure to learn assigned roles
- 6) Failure to be productive with faculty, students, guest, choreographers and administration
- 7) Physical injuries
- 8) Negative attitude and work ethic

Performance Assessments

All performances are evaluated and students will receive a performance grade. Assessments are based on:

- Quality
- Retention
- Technical Proficiency
- Performativity
- Tech Rehearsal(s)
- Make-up
- Hair Preparation
- Connection to Music
- Clarity and Precision of Movements

Additionally, all performances will be analyzed and critiqued by peers during the days of the practices and rehearsals. Based on the dancer's assessment, directors and choreographers have the artistic right to remove and/or switch the casting within choreographic works.

MPAC's Hair Policy

All dancers enrolled at MPAC are required to wear low buns for every class. It is a requirement for all buns must to be neat and secure for the duration of the technique class.

Dancers should bring the necessary items and products to secure/fix their buns throughout the dance day. Dancers will be approached if their appearance does not comply with the program's protocol for hair.

- All buns should be secured with hair nets to reduce any mishaps. (Hair nets can be purchased at our school located next to the lobby area.)
- All hair must be slicked back nicely with no loose hair! The use of gel and proper hair products are helpful to ensure clean and well-maintained buns.
- All males are expected to have neat and presentable hair. If a male has long hair, hair must be secured in a low pony- tail at the "nape of the neck."
- Dancers are NOT allowed to wear head scarfs, head-wraps, head- bands or fabric of any sort around their heads for any of the MPAC technique classes.
- Braids are not permitted for this program unless they are micro and can easily be put into a bun.
- All other styles, as related to braids and individuals, are not permitted for this program. Please be advised that you will receive a verbal warning. The next form of action includes removing you from the class indefinitely for the 2021 – 2022 dance season. (This applies specifically to all scholarship students: Ellis Trust Scholarship, Carol Newell Scholarship and the James W. Hayes Scholarship.)

- Dancers are not permitted to have bantu knots, passion twists and etc. These hair styles of this sort do not enable free movement of the neck or spine and in fact encourages injury. It applies extra weight to that of the bone structure of the dancers.

If dancers do not comply, they will be asked to sit, observe and take notes on the class that will be submitted at the end. If hair becomes a consistent issue, dancers will be removed from that technique class and will be placed into the recreational curriculum of the Philly Movements Dance School under the direction of Ms. Alyssa Bowser.

Below we have attached examples of the bun style that aligns with the daily curriculum of the Movement Performing Arts Conservatory.



MPAC Dance Attire



Directors at the Movement Performing Arts Conservatory pride themselves on diversity and inclusion. The curriculum has been devised to ensure individuality and the building of character, integrity and self- esteem.

To ensure the individual voice of each dancer, the conservatory's dance attire consists of tights and ballet shoes that are very similar to the complexion of the individual student. Similarities between the tights and the complexion of our dancers allow our teaching faculty to clarify and mold the physical attributes of our dancers as related to proper body placement and alignment needed for codified dance training.

(All MPAC students will be required to attend a mandatory dance attire and pointe shoe fitting on Sunday August 22, 2022 at 3:00PM.) (Pointe shoe fittings are by approval of the MPAC Directors.)

Female Dance Attire (Ordered thru MPAC Directors)



- Both a Navy and Black Seam Leotard
 - Ballet Tights (as related to their individual complexion)
 - Classic Ballet Shoes (w/ribbons) (as related to their individual complexion and tights)
 - Both a Navy and Black Ballet Skirt
 - White Ballet Belt
- (Mondays/Navy, Tuesdays/Black and Wednesday and Thursday/Personal Black Leotard)

Male Dance Attire (Ordered thru MPAC Directors)



- White Form Fitting Shirt or Leotard (No Wife Beaters)
- Black Tights
- Dance Belt (for men)
- White Ballet Shoes (Canvas)
- White Socks

MPAC Conservatory Protocol

The Movement Performing Arts Conservatory holds their students to a very high esteem. Students and families of MPAC are expected to follow all guidelines and regulations thoroughly as it will ensure a positive and safe learning environment.

Rules and Guidelines

- Students will arrive to the dance studio doors and wait for permission to enter. All students are expected to enter quietly and wait for directions.
- Arrive on time for class. Students are not permitted to hang out in the bathrooms.
- All students are expected to arrive with their dance attire already on.
- Please always ensure that you are dressed for class in the permitted attire and a well-groomed appearance.
- There are no shoes allowed into any of the dance studios. All footwear besides ballet and jazz slippers should be in the MPAC lockers.
- All students are required to stand and talking should cease as the instructor is acknowledged for entering the class. If the instructor has already arrived, all talking should cease immediately.

- Do not enter or leave class without the instructor's permission. If you feel you are unable to finish class due to an illness or any other reason, please inform the instructor immediately and they will advise the front desk.
- Students are not advised to sit down during class. Muscles relax and cool down too quickly, causing the body to be susceptible to injuries.
- In this program, critical feedback is emphasized. Corrections are essential to development in all technique classes. It's advised to acknowledge the correction with a positive response. If you are not the one receiving the correction, it's always imperative to apply the information given as well. Often the correction will require repetitive movement. If you do not understand a correction, please ask for further clarification.
- Hands are to be raised if there is a question. Calling out or interjecting while instruction is happening can be of a disturbance as the space is an intimate learning environment for others as well.
- It is professional courtesy, in the performing arts, that students applaud the teacher and accompanist at the end of the class to show appreciation. After the applause is given, students are required to stand in a single file line to acknowledge and shake the hand of the instructor.

Dance Studio Protocol

- No food, gum, candy, juice, or soda will be allowed in the classroom. Water must be stowed away in a locker. Dancers will have time for a quick water break in between classes under the discretion of each instructor.
- Dancers are permitted to bring in all inhalers in the event of an emergency. (Medical forms must be submitted to the front desk for proper medical documentation.)
- There are no shoes permitted into any of the MPAC dance studios. All footwear besides ballet and jazz slippers should be in the MPAC lockers.

MPAC Lockers

Lockers will be provided and assigned for all enrolled MPAC students on the first day of classes. Lockers are located in Studio D of the MPAC building.

Lost and Found

It is a requirement for all enrolled MPAC students to mark all dancewear, shoes, and personal items with their name. MPAC will make every effort to locate and return lost items. However, MPAC is not responsible for any items that you bring to the building. In the event of a lost item, please see the front desk administrators.

Behavior

Your approach to the Movement Performing Arts Conservatory is imperative. Inappropriate attitudes and behaviors will **NOT** be tolerated. The curriculum has been devised for the serious dancer with serious goals in mind. It is a training ground for dancers aspiring to explore their artistic potential.

MPAC's Code of Conduct is intended to:

- Encourage appropriate behavior
- Ensure the safety and security of all members of the school community
- Promote a safe and effective learning environment

MPAC's protocol governs the conduct of students, school personnel, parents, and other visitors while on school property or while attending conservatory functions. It includes the range of penalties that may be imposed for code violations and defines the roles of essential partners (teachers, administrators, other school personnel, and parents) in maintaining a safe and orderly program. MPAC's Code of Conduct is reviewed annually and revised as needed.

Prohibited Student Conduct

Behavior that is disorderly, insubordinate, disruptive, violent, or endangers others is prohibited. If this occurs, the student will face immediate expulsion.

Bullying

MPAC does not tolerate bullying and or teasing of any sort. Any actions of bullying or teasing will first result in an immediate meeting with MPAC directors and legal guardians. The second offense will result in expulsion from our program with legal documentation.

Bullying can take many forms. Examples include:

- **Verbal:** name-calling, teasing, etc.
- **Social:** spreading rumors, leaving people out on purpose, breaking up friendships, etc.
- **Physical:** hitting, punching, shoving, etc.
- **Cyberbullying:** using the Internet, mobile phones, or other digital technologies to harm others, etc.

Reporting Violations

MPAC students are expected to report violations of the Code of Conduct to those in authority or front desk staff immediately. Faculty and administration are not authorized to impose disciplinary actions but are expected to report violations to all MPAC directors.

Weapons and Substances

MPAC does not allow or tolerate any weapons, alcohol, or any other illegal substance or item. Any individual that breaks our Code of Conduct that could possibly constitute an illegal crime will be reported to the appropriate law enforcement agency and the student will be expelled with legal documentation.

The smell of marijuana will result in a phone call home, immediate pick-up and consideration for expulsion.

Public Conduct on Conservatory Property

MPAC members and its community are held to a high esteem. Individuals on the conservatory's property or attending an MPAC function or dance event shall conduct themselves in a respectful and orderly manner. In addition, all individuals on school property or attending a conservatory function should be properly attired. MPAC directors may rescind authorization to be on school property or attend MPAC functions for any visitor who violates the rules of public conduct.

Pets /Animals

Pets are not permitted into the MPAC building at any time. All pets must be kept outside of the building at all times.

Social Media Policy

Dancers of the MPAC curriculum are held to a very high esteem. We believe that enrolled students represent MPAC once they have left our building. Our Social Media Policy forbids any type of negative and vulgar posts on any social media outlets. MPAC will not tolerate any posts that are racially, sexually, physically or religiously offensive. Any comments or posts perceived to be obscene, defamatory, threatening, harassing, discriminatory or hateful towards MPAC staff, students or families, may subject the owner to legal action and considered expulsion from the Movement Performing Arts Conservatory.

Should you wish to engage on Social Media while identifying as a conservatory student, parent volunteer or employee, you may only do so with integrity, respect, and adhere to a privacy and confidentiality policy. Any content revealing or referring to sensitive MPAC information is prohibited online.

Photography and Videography

Photographs or videos taken from performances or rehearsals may not be posted online without permission of an MPAC Director. You may not post photographs / videos that feature MPAC dancers other than your own online without the proven consent of their parent/guardian. Identifying information of any featured MPAC minor – including names, ages or location, must be removed when posting on social media.

All MPAC matters related to balances, fees, scheduling, placements or performance opportunities are not communicated via Social Media. We have an open- door policy and encourage all communication, complaints and feedback to be communicated through our conservatory's primary email: Mpaconservatory@Gmail.com.

Solicitation Policy

MPAC believes that solicitation and recruitment is unprofessional and unethical and will not be tolerated. Out of respect for the Movement Performing Arts Conservatory and the protocol by which we thoroughly follow, we ask that no student or parents of students currently taking classes at MPAC and recently thereafter solicit, recruit, or attempt to solicit or recruit MPAC's students and/or parents for other instruction relating to dance. In the event that MPAC's Solicitation Policy has been disregarded, the family will be expelled from the conservatory.

Student and Faculty Relationships

MPAC absolutely forbids any type of personal student and faculty relationship. We forbid consensual relationships when faculty have teaching, evaluative, or any other supervisory

authority over MPAC students. MPAC prohibits faculty from having consensual personal relationships with students, pointing to professional ethics and potential conflicts of interest.

Students and Parents are prohibited from:

- Having faculty addresses, emails, phone numbers and social media
- Riding in faculty vehicles for any reason
- Asking MPAC faculty for financial help
- Discussing MPAC inquiries and questions outside of a scheduled meeting with an MPAC Director

As it may be necessary for MPAC instructors to place hands on the student for proper placement and correction of body alignment, instructional purposes and body assessment, MPAC does not tolerate any type of sexual nature. This is strictly prohibited and violates our integrity, morals and values as a community. MPAC believes that this constitutes an illegal crime and will be reported to the appropriate law enforcement agency with legal documentation.

Medical/Physical Screening Requirement

MPAC requires a full documented physical to ensure that our students are physically capable of performing the duties that will be associated with their technique classes. MPAC requires a fully documented and signed physical for each student before the start of classes on Tuesday September 7, 2021. If this has not been completed, students cannot participate in classes.

Annual physical exams generally keep track of the following:

- Blood pressure
- Height and weight

- Body mass index (BMI)
- Pulse rate
- Respiration rate
- Existing medical illnesses
- Previous medical history
- Allergies and general social history

Attendance Policy

Students are encouraged to attend the full duration of the dance school year. It is imperative that students attend all technique classes, master classes and professional development courses. In the event that MPAC's Attendance Policy has been disregarded due to lack of attendance, the family will be lose all rewarded scholarships and will be considered for expulsion from the conservatory.

Lateness

Attendance is taken immediately. All MPAC dancers are expected to be in the required technique class on time. Students arriving 10 or more minutes late without a pass or proper documentation, will be asked to observe and take notes on the actual class/rehearsal that will be submitted at the end.

If you are late twice, that is counted as 1 absence. After 5 unexcused absences, dancers will be encouraged to withdraw from the program or considered for expulsion.

Late Pick-up

MPAC cannot be responsible for the care of students after class. For the safety of the community, parents are required to come into the building to pick up all students. We do

not allow children to go into the parking lot unaccompanied by an adult. Please arrive promptly at the end of your child's last technique class. After a 10-minute grace period, a \$1.00 a minute late pickup fee is charged to your account.

Make-up Classes

MPAC Students can make up a missed day of class in any class of the same level or a level below. All make up requests must be approved by an MPAC director by emailing Mpaconservatory@Gmail.com to attend a different class for their make-up. Please keep in mind that make-up classes do not alleviate absences as technique classes and choreography is lesson- specific.

Exiting Attire

During the dismissal of a MPAC dancer's last technique class, they are not permitted to wear only their tights and leotards while exiting the building. It is a requirement for all dancers to fully clothe themselves as they are exiting the building. If students are caught with improper exiting attire, a mandatory meeting will be scheduled with the parent(s) or legal guardian(s) to review the MPAC policies. (If the student and parent decide not to oblige, documentation will be prepared for immediate expulsion.)

Student Placement

MPAC directors and instructors will determine the proper technique levels for each student. Dancers are placed according to their level of technical proficiency. Students develop and progress at different rates and this is further affected by factors such as class attendance, participation, effort, attitude and natural ability. Please note that teaching methods and standards vary greatly from level to level. Each student will be placed in their level of technique classes that ensure optimum growth. (The levels set by each director and technique instructor is not negotiable.)

Holidays, Inclement Weather, or Other Cancellations:

In the event of inclement weather and cancellations, an emailed decision will be made by 2:30PM for all MPAC technique classes and competition team practices. Closings will also be on the conservatory's voicemail and the conservatory's Instagram page.

Sick Policy

MPAC strives to provide a clean and sanitary environment for all families. Students who have been sick within 24 hours of class should use thorough discretion when deciding whether to attend class or rehearsal. If a dancer is suffering from an illness, they will not be allowed to attend class. If an MPAC instructor decides that a child has become ill or is too ill to continue class, a parent or legal guardian will be called, and a make-up class will be scheduled. (No Exceptions.)

To protect our children and staff, families need to keep their child(ren) or themselves at home if he/she has:

- Fever (a temperature of 100.4 or more)
- Cough
- Sore throat
- Chills
- Muscle pain
- New loss of taste or smell

Withdraw Policy

Enrollment at the Movement Performing Arts Conservatory is for the entire season. However, we understand that extenuating circumstances sometimes necessitate a withdraw during the year. If it becomes necessary to withdraw from our program, please do so in writing, preferably an email. An official withdraw cannot be done by phone or through a third party.

Report Card Policy

MPAC dancers are required to maintain at least a C+ average in their academic classes. MPAC dancers will be required to submit quarterly report cards to MPAC directors for review. If a child is failing courses, an immediate will be called with the student and parent as the student will face probation and possible expulsion for the dance season. (This is highly regarded for all scholarship recipients.)

Substitutions

MPAC reserves the right to provide a substitute teacher if the regularly scheduled instructor is ill or otherwise unable to teach the class or rehearsal. If an instructor is ill and the conservatory cannot arrange a substitute, an MPAC director will sub the class for the day.

MPAC's Contact Policy

Dancers and parents are not permitted to personally call, text or email any of the MPAC instructors. Parents and students are also not allowed to stop MPAC anywhere in the building or on the premises regarding questions about their child or anything pertaining to their technique classes or rehearsals. All questions and desire to schedule meetings are through MPAC's front desk staff or by emailing MPAC's primary email:

Mpaconservatory@gmail.com. All inquiries should be submitted to the front desk staff and they will relay messages to MPAC directors.

Fire Drill Policy and Procedure

Pennsylvania state law and regulations require annual fire drills and practicing procedures for all individuals in educational facilities. During the first week of classes, all levels of MPAC will review and practice all fire drill procedures in the event of an emergency. The objective of the drill is to prepare building occupants for exiting the MPAC building safely during a fire or related building emergency.

Fire Exit Procedure (Diagrams of all exit routes are posted outside of all rooms MPAC dance studios.)

Below are the steps to follow when establishing and participating in fire drills or emergencies:

1. The fire exit plan shall include all individuals in the MPAC building. This includes all administrators, directors, instructors, visitors, guests, and attendants. There are no excuses for not participating. Everyone must leave the building during a drill period or practice day.
2. Designate a meeting place outdoors, away from the building, and clear of all entrances. The designated meeting place should be at least 50 feet from the building.
3. Locate a method of calling 911 near the designated meeting place that does not involve re-entering the building.
4. MPAC Staff will establish a method to account for those known to be in the building at the time the alarm is sounded. In the case of actual fire conditions, information regarding persons believed to be in the building will be made available to responding emergency crews. (No one will be allowed to return inside. Only trained search and rescue personnel will re-enter an evacuated area.)
5. MPAC will have all attendance forms that will include emergency contacts for all MPAC students.

MPAC's Lobby Area

MPAC's lobby area is a shared space for all families and patrons of the Movement Performing Arts Conservatory and Philly Movements Dance School. Please be courteous and mindful of noise and conversation topics in the lobby area. Additionally, all dance bags and personal items of MPAC students are to be situated in an assigned locker.

Cell Phones are also expected to be on silent mode for all lobby areas as many people will be viewing the TV that showcases our dance studio cameras.

Parking Lot Protocol

MPAC shares the public parking lot with multiple businesses. In this regard, those parking to retrieve students of MPAC are not permitted more than one parking space. Please ensure that you are in the confines of one space at a time.

Additionally, MPAC does not tolerate any type of negativity, violence or any type of reckless behavior in the parking lot. MPAC also does not tolerate the playing of loud music that could possibly disturb the peace and quietness of other businesses. If we find that any of this becomes an issue, owners face violations that could ultimately affect the enrollment of their child enrolled at MPAC. Please keep in mind that this building is a shared space.

Bathroom Policy

Students are permitted to use the restroom before or after class. In the case of an emergency, students will raise their hand and wait for the instructor's directions.

Cell Phone Policy

Cell phones are to be silent/off and kept in the student's dance bag(s) throughout the dance day. If this in fact becomes an issue, this will result in an immediate meeting with an MPAC director. It is not permitted to have cell phones in any of the studios. (Lockers will be provided on the daily for all MPAC dancers.)

1. First Offense: Warning
2. Second Offense & Beyond: The phone will be confiscated and a parent or legal guardian must retrieve the phone from the front office staff after class.

Jewelry and Body Adornments

No jewelry or body adornments are to be worn within any of the MPAC technique classes. Jewelry is liable to fall off and injure others. This includes:

- Rings
- Nose Rings
- Body Adornments
- Watches
- Bracelets
- Necklaces
- Earrings and etc.

Fingernails

Fingernails are to be no longer than the finger- tips. This will avoid possible injury during technique classes, Choreographic Study and/or any rehearsals. (This is not negotiable.) Dancers will be asked to sit, observe and take notes that will be submitted at the end of class. An email of

warning will be sent to the parent or legal guardian. If the Fingernail Policy cannot be consistently followed, dancers will be moved into the recreational program of Philly Movements Dance School and or face expulsion.

Nail Polish

Dancers are not permitted to have color nail polish. Fingernails of multiple colors cause distraction and does not follow the clean image of our Ballet-based program. The only acceptable nail color for the conservatory is clear.

Hygiene

Proper hygiene is essential in all aspects of this conservatory. It is very difficult to approach a child or parent about a lack of cleanliness or a foul body odor. However, in dance settings where activities induce sweat and dancers are moving through the space, odors can become a terrible distraction and an embarrassment for the child should a classmate be insensitive and say something verbally. To avoid this issue, please ensure that all dancewear is laundered after each wearing; hair should be **clean** and pulled back properly, and deodorant should be a consideration for all students.

Feminine Hygiene Products

Female dancers at MPAC are encouraged to take proper precautions in ensuring comfort and aid during their monthly cycle. Please ensure that you have prepared your dance bag with the proper materials in efforts to aid in that time of the month.

Additionally, please do not dispose of any menstrual materials in the bathroom toilets. Specific trash cans have been provided to help dispose of these items.

Class Observation

As MPAC appreciates our enrolled families and their support, we ask all parents and guardians to view their student's progress from the lobby. A viewing TV has been provided to watch daily classes and the progression of each student while in their actual classes. Individuals that are not an MPAC director, enrolled student or administrator are not allowed throughout our building. A common area has been provided for all onlookers. Visitors are not permitted into any of our dance studios or hallways.

There will also be a scheduled Observation Day for all parents during the second semester of the season.

Monthly Newsletter

As a courtesy to MPAC staff who work hard to help keep our community informed, please be sure to read through your monthly newsletters that are sent via email and will be provided at the front desk. We have many individuals that ask questions or miss important dates and information because they didn't read the newsletter. Please be sure to notify the front desk in writing if your address, e-mail address, or telephone number has changed.

Community Engagement

During the summer of 2004, Danielle Hayes and Kamille Innerarity opened their initial doors to the residents of the Germantown section of Philadelphia and surrounding communities called *Philly Movements*. The program began as an operation through a partnership with Germantown Settlement's Beacon Program within the city. The Beacon Center provided an After-school program for school-aged children, ages 5 to 13, who enrolled at the ADA Lewis Elementary. The program offered a proactive and engaging environment for students, while providing ease and

convenience for working parents seeking for affordable childcare during after-school hours. Philly Movements' partnership with the Beacon Program not only afforded them the opportunity to only provide a care-free after school program, but to introduce the community to dance education.

In keeping with this same motivation, MPAC welcomes the community into a friendly and respectful environment. It stands committed against all forms of discrimination and believes that all individuals should have the chance to experience world-class dance training. Classes have been devised to encourage all ages, levels and generations of movers. Ranging from introductory classes to advance, the community will have the opportunity to engage in dance amongst some of the East coast's top instructors and Master teachers. Classes have been designed to uplift, motivate, and encourage community members to move as freely as they see fit within a positive learning environment.

Meet Our Director



Mr. Ali M. Willingham is a native of Deptford, New Jersey. He attended Creative Arts High School in Camden, New Jersey as a classical vocal Major. He is a graduate of the University of the Arts having obtained his Bachelor of Fine Arts in Dance and a graduate of Temple University with his Masters of Fine Arts in Dance. Ali is currently an Adjunct Professor of Dance at Temple University and the Director of the Contemporary Dance Department at String Theory School in Philadelphia, PA. He is also the former Artistic Director of Philadanco III Juniors at Philadanco, Philadelphia's Modern Dance Company and former guest artist with Philadanco under the direction of Joan Myers-Brown. He was a full scholarship recipient in New York City at the Joffrey Ballet in 2008. He also attended the Dance Theatre of Harlem's summer intensive as a Full Scholarship Recipient in 2011 and 2012, where he was also awarded the Modern Dance Award and was selected as the 1st Student Choreographer for DTH's Summer Program. Ali was a participant in the International

Association of Blacks in Dance Conference's Liturgical Showcase where he showcased his premier piece, "A Fatherless Testimony" (2010) with Alvin Ailey American Dance Theatre's Michael Jackson Jr. Mr. Willingham is also the Founder and Artistic Director of the Next Generation Dance Conservatory.

MPAC 2021 – 2022 Schedule

Sunday August 8, 2021 (Beginning at 11:00AM): Competition Team (Selective Dancers Photoshoot) and Faculty Headshots (Photographer: Julieanne Harris)

- Rakhya Burrell
- Jada Pigford

Saturday August 14, 2021 at 1:00PM Teacher Orientation

** Catered Lunch

- Teacher Introductions (Invite office staff)
- Ice Breaker
- Tour of the School
- History/Mission/Vision of the School/Course Offerings/ School Protocol and Disciplinary Action/Report Cards/Substitutes, Clocking-in/ Payroll, Uniform Policy, (all within a PowerPoint) (MPAC teachers still teach if there is a 5th week of the month.)
- General Contract Information (MPAC teachers will meet with MPAC Director individually.)

Sunday August 22, 2022 at 3:00PM - Pointe shoe (**Only selected dancers) and dance attire fitting

Saturday August 28, 2021: Grand Opening that includes:

- Ribbon Cutting Ceremony
- Back-to-School-Drive
- MPAC School Orientation (includes competition team) (Registered parents/students only)
- Registration for new students

Sunday August 22, 2022: **MPAC Competition Team Auditions:** (11:00AM – 3:00PM)

Address: The Movement Performing Arts Conservatory
4700 Wissahickon Avenue, Philadelphia, PA. 19144

MPAC School Orientation and Individual Conferences (includes competition team) (Registered students/parents only)
(3:00PM)

Pointe Shoe/Dance Attire Fitting for Registered MPAC Students (3:00PM – 6:00PM)

Labor Day: Monday September 6, 2021

1st Day of Classes: Tuesday September 7, 2021

Columbus Day: Monday October 11, 2021 – Classes are in session

Veteran's Day: Thursday November 11, 2021- Classes are in session

Thanksgiving: Thursday November 24, 2021 – Sunday November 28, 2021 – School is closed (Classes resume Monday November 29, 2021)

Mid-Year Exams (Company Only): Saturday December 4, 2021

Company Mass Rehearsals December 3,10, and 17

Tech Rehearsal: Saturday December 18, 2021

Competition Team Company Show - Sunday December 19, 2021

Christmas/New Year's Break - Monday December 20, 2021 - Sunday January 2, 2021

Return from Winter Break: Monday January 3, 2022

Martin Luther King Day: Monday January 17, 2022 - School is closed. (Community options available.) Classes resume Tuesday January 18, 2022

MPAC Spring Break (**Doesn't include Competition Team Practises) – Monday April 11, 2022 thru Saturday April 16, 2022. Classes resume Monday April 18, 2022.

Memorial Day: Monday May 30, 2022 – School is closed. Classes resume Tuesday May 31, 2022.

Last Day of MPAC Classes: Thursday June 9, 2022