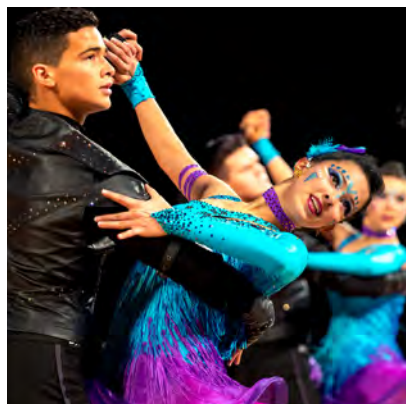




## PACIFIC BALLROOM DANCE



# *Family Welcome Packet*



## GENERAL PROGRAM INFORMATION

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## WELCOME TO *Pacific Ballroom Dance*

We are so grateful you have chosen to be part of the PBD family.

We believe that PBD is a special organization that seeks to empower young people to transform their lives. We know that we could not do this alone, and we are grateful to you as parents for all that you do to partner with us in this work. Our mission statement, “building character in youth by providing a positive ballroom dance experience” is not just a statement but a call to action that we work toward every day.

In this handbook, there is a lot of information to absorb, and we know you will likely have questions. Please reach out to your team coaches, or anyone on the administrative staff when you do.

No matter if you are a new student or a returning one, I want you to know that you are valued and appreciated. My door is always open and I am always available to answer questions or hear concerns.

Sincerely,

*Roxanne Nielsen*  
EXECUTIVE DIRECTOR

WELCOME  
LETTER

# PBD VALUES & EXPECTATIONS



## Values:

- FITNESS
- LEADERSHIP
- INCLUSIVENESS
- RESPECT
- TEAMWORK
- EXCELLENCE
- DEDICATION

## Expectations

### FOR STUDENTS:

Be **respectful** at all times to all people, both in the studio and elsewhere; demonstrate **teamwork** and **dedication** by being present at all practices and rehearsals; demonstrate **excellence** and **dedication** by practicing outside of team times and giving your all when in class; continuously work on **fitness** of body and mind so you are prepared for anything that might be asked of you; be a **leader** by making sure everyone in your group, or any one new to the studio is always **included**.

## Expectations

### FOR PARENTS/GUARDIANS:

Be **respectful** at all times to all people, both in the studio and elsewhere; demonstrate **teamwork** by keeping in communication with your coaches and studio staff; practice **dedication** by making sure your students are at the studio on time and prepared to work; be a **leader** by always demonstrating **excellence** and **inclusivity**; help us by helping your child understand what **fitness** of mind and body looks like and that means something different to everyone.





## Registration & Orientation

**Registration** is done online through the Wellness Living secure client portal. Our website provides links to each Team and Class registration tab in Wellness Living. You can also go directly to Wellness Living by clicking "Wellness Living Login" in the upper right corner of our homepage. If you are new to PBD, create an account in the STUDENT'S NAME.

Wellness Living Tabs that you will frequent will be:

- **BOOK NOW** which takes you to registration tabs for teams and classes. Teams can be found underneath the Performing Company tab, Syllabus Classes under the Youth Academy tab, and Stars Classes under the Stars tab. Booking Private Lessons is done under the Private Lessons tab. Competition Teams can be found under the Competition Teams tab.
- **ONLINE STORE** where you will find items like competition fees, annual membership fees, tickets to events, etc.
- **MY PROFILE** is where you update addresses, credit card information, and can make payments on your account.

A **Family Orientation** will take place at the beginning of the season. Please see the Key Dates page for exact date. The open house format will allow you to visit areas of interest to you.

- Q & A
- Meet Coaches
- Information on Classes, Teams
- Parent Committee & Volunteer Opportunities
- Dance Attire
- Registration Assistance

## Studio Primary Communication

**Band:** A BAND invitation link should be presented to you at registration for each class & team you sign up for. Please join each page as soon as possible. If you missed this opportunity you can ask the front desk for assistance. You will also need to join the Studio News & Events Band Page.

- 1 - BAND pages (access by phone app/computer)
- 2 - Email Updates
- 3 - Website: [www.pacificballroom.org](http://www.pacificballroom.org)

GETTING  
STARTED



JOIN THE PBD STUDIO NEWS  
& EVENTS BAND HERE



FIND OUR KEY DATES  
INFO HERE

## Contact & Questions

For Registration or Wellness Living questions please contact: **secretary@pacificballroom.org**

You can contact any staff member directly by going to our website About Us section or by emailing the first name of the staff member @pacificballroom.org.

• Example: name@pacificballroom.org

## Lobby & Drop-Off

**Arrival/Exit** - Students arrive through the #110 door to check in at the front desk. Be prompt in picking up your students. We are not responsible for students outside of teaching hours. Loitering in the lobby is not permitted. The wait time for a student to be picked up after their class should not exceed 30 minutes.

**Parking Lot** - To ensure safety of our students, do not stop your vehicle in the driving lanes to drop off/pick up students. Pull into a parking spot and let students walk on the sidewalk into the studio. When leaving the back area after pickup, watch carefully for students going to vehicles. Some of our students are very small and hard to see, especially at night. Meeting your student at the back door and walking them to your vehicle is the safest way to exit.

**Kitchen** - Use by students is restricted - Up to 4 students at a time may eat in the kitchen, but are not permitted to cook. Non-messy snacks are preferred. Eating is not allowed in the lobby.

## Scholarships

As a non-profit organization, we want all dancers to have access to our programs. Scholarship opportunities for those who need financial assistance are available. Scholarship applications can be found at the front desk. We make these scholarship determinations mid-September.

## Attendance

Students are expected to attend rehearsals and performances as scheduled throughout the season. Coaches should be notified in advance if student cannot attend due to illness or emergency.

## Practice Space

Practice space is available when the studio is open but space is not guaranteed as classes, teams and private lessons take priority. Four couples per practice space is the acceptable capacity level. Professional courtesy is expected from students in this regard.

## Family Support

Family support is important to the success of each student. Your volunteer service is essential to maintaining the high-quality experiences we offer while keeping costs affordable for families. Each family is asked to contribute a minimum of two volunteer hours per dancer, per season. Classes are open to observers ONLY when invited by the instructor. Observers are not coaches, and must refrain from talking or communicating with students while observing. Communicating with an instructor privately after class is the avenue used to address concerns in a timely manner. Private lessons can be observed when studio capacity allows.

## Conduct

Students are expected to be attentive and respectful in class. Behavior management strategies are outlined in the PBD Behavior Management Tool. Strategies include a warning, removal from class, and parent involvement when needed.

## PBD Gear & Shop

There is a PBD Gear Store available on the PBD website year round. You may place orders for shirts, sweatshirts, bags, jackets etc any time during the season and it will be shipped directly to you. Team shirts will still be provided by PBD for those on performing teams.

A dance attire shop, WDHT Ballroom, is housed in our studio and is available to purchase shoes, basics, etc. Contact **Katie Mecham** (425.358.0924) to make an appointment.

## Emergency / Weather Closures

Our complete Emergency Procedure will be released mid-October for reference, and instructs patrons to watch email, BAND, and social media for closure updates.

# MY CHECKLIST TO DANCE



- ☐ Enroll for my Classes & Teams
- ☐ Join Team/Academy Class  
BAND Pages (*upon registration*)
- ☐ Join Studio News & Events  
Band Page (*All band invitations  
are on our website under the tab,  
"Programs and Registration"*)
- ☐ Receive and Read Class &  
Team Letters
- ☐ Put Key Dates on my Calendar
- ☐ Get my Ballroom Dance Attire
- ☐ Find a Dance Bag &  
Dance Bag Items

## DANCE BAG NECESSITIES

*(please label all the things)*

- *Water bottle*
- *Deodorant*
- *Dance shoes*
- *Leotard (girls)*
- *Band-aids*
- *Hair ties*
- *Black Socks (boys)*
- *Emergency Snack*

- ☐ Locate information and  
handbooks on PBD's Website  
*under the Information Tab* for  
future reference
- ☐ Meet my Coaches &  
Instructors
- ☐ Have Fun!



JOIN ALL CLASS/TEAM  
BAND PAGES HERE



FIND OUR KEY DATES  
INFO HERE



# DRESS CODE

When students come to class, practice or a lesson, they should be dressed in clothes that are comfortable, allow freedom of movement, and are appropriate to the demands of the session. Some classes/teams require dancewear for each class and some classes allow students to wear appropriate street clothes. At PBD, we try to incorporate our core values into all that we do and adherence to the dress code is a demonstration of **respect**, **excellence**, and **dedication**. Thank you for coming prepared to dance.

## *Approved Dance Attire*

### ACADEMY CLASSES

**NEWCOMER LEVEL:** Clothes that you are comfortable moving in and that allow ease of movement, such as athletic wear (leggings, t-shirts, etc).

#### ALL OTHER LEVELS:

- **LEOTARDS** (*at least 1" strap, no cutouts or sheer material*)
- **BLACK DANCE PANTS/LEGGINGS**
- **BLACK SKIRT** (*latin/ballroom*)
- **BUTTON UP SHIRTS**
- **BLOUSES**
- **TEAM SHIRTS**
- **DANCE SHOES** (*non-rubber soled shoes*)

### PERFORMING/COMPETITION TEAMS

- **BLACK DANCE PANTS/LEGGINGS**
- **TEAM SHIRTS** (*Gray = Leads, Black = Follows*)
- **DANCE SHOES** (*as specified by team director*)
- **LEOTARDS** (*as needed*)
- **TENNIS SHOES** (*as needed*)

### NOT APPROPRIATE FOR ANY BALLROOM DANCE CLASS

- *Shorts*
- *Hoodies*
- *Overly Baggy Clothing*
- *Flip Flops*
- *Shirts or Leotards open below sternum*
- *Midriff Shirts*
- *Hats*



# PERFORMANCE ITEMS



## *Team Performances*

### **FOLLOWS**

- Fishnets - Toffee Color
- Suntan Dance Tights (sheer to waist)
- Nude Leotard w/ Bra Cups
- Dance Kit

### **LEADS**

- White T-Shirt (under costume, v-neck)
- Black Biker Shorts (under costume)
- Black socks
- Dance Kit

## *Individual Syllabus Competition*

### **FOLLOWS**

- Black Long sleeve turtleneck or round neck leotard
- Black latin skirt (if competing latin)
- Black ballroom skirt (if competing ballroom)
- Fishnets with optional tights
- Preteen Category: opaque tights OR white Bobby Socks

### **LEADS**

- Black latin pants
- White button up dress shirt
- Black Socks
- Black Tie (bow ties are allowed at some competitions, straight ties are allowed at all competitions)

## *Dance Kit*

### **FOLLOWS**

- Hairspray
- Bobby pins
- Hair Gel
- Hairnets
- Hair ties/elastics
- comb/brush
- Blush
- Liquid base
- Bronzer
- Mascara
- Eyeshadow
- Lipstick
- False eyelashes/glue (Jr/Yth)
- Mirror
- Clear deodorant
- Bandages
- Safety pins

### **LEADS**

- Hairspray/Gel
- Brush/comb
- Hand towel
- Clear deodorant
- Bandages
- Safety pins
- Extra black socks
- Extra Black tie
- Extra Shoe laces
- Contact cement (shoe repair)

# RESOURCES



All informational handbooks, including this Welcome packet can be found on PBD's Website under the "Information Tab"

- **PERFORMING & COMPETITION TEAMS**

- **ACADEMY & COMPETITIONS**

- **VOLUNTEERING**

## **ANNOUNCEMENTS & EVENTS**

Please refer to PBD communication avenues - BAND, email, social media, website.



**JOIN THE PBD STUDIO NEWS  
& EVENTS BAND HERE**

Links to the following resources can be found on our website by going to:

***Pacificballroom.org***  
**Information**  
**Resources**

## *Locations*

### **WDHT BALLROOM**

1604 15th St SW #109, Auburn, WA  
(425) 358-0924

### **CENTERSTAGE DANCE SHOP**

5261 University Way NE, Seattle, WA  
(206) 527-4697

### **STAR DANCE SHOP**

6911 216th St SW Suite C, Lynnwood, WA  
(425) 697-4708

### **PETTICOAT JUNCTION**

14523 WA-99 #1, Lynnwood, WA  
(425) 743-9513

### **DANCE TRENDZ**

4798 Auburn Way N, Auburn, WA  
(206) 922-7878

## *Online Shopping*

- Discount Dance Supply
- Amazon
- Capezio
- Dance Shopper
- Red Tango
- Star Dance Provo
- PBD Facebook – Buy Sell Trade Page

**MORE DETAILS CAN BE FOUND AT  
PACIFICBALLROOM.ORG**

# PACIFIC BALLROOM DANCE SHOE EXAMPLES

KIDS	 <p>KIDS JAZZ SHOE</p>	 <p>BOYS LATIN/BALLROOM</p>	 <p>GIRLS LATIN BLOCK HEEL</p>
SANDALS	 <p>LATIN SANDAL 1.5" HEEL</p>	 <p>LATIN SANDAL 2" HEEL</p>	 <p>LATIN SANDAL 2.5" HEEL</p>
PUMPS	 <p>BALLROOM 1.5" HEEL</p>	 <p>BALLROOM 2.5" HEEL</p>	 <p>SMOOTH 2.5" HEEL</p>
PRACTICE	 <p>2.5" THIN HEEL</p>	 <p>1.5" CUBAN HEEL</p>	
MENS	 <p>BALLROOM/LATIN 1" HEEL</p>	 <p>PATENT BALLROOM 1" HEEL</p>	 <p>CUBAN LATIN 1.5" HEEL</p>

# PACIFIC BALLROOM DANCE CLOTHING EXAMPLES

PANTS	 <p>BLACK LEGGINGS</p>	SKIRTS	   <p>BALLROOM      LATIN      FRINGE</p>
BLACK LEOTARDS	   <p>L/S TURTLENECK      S/S OR L/S SCOOPNECK</p>	NUDE LEOTARDS	   <p>CAMISOLE      BRA-TECH      FULL SUPPORT</p>
TIGHTS	  <p>FOOTED TIGHTS (SUNTAN)      SEAMLESS FISHNETS (TOFFEE)</p>	BOYS/MENS	    <p>BLACK BIKER SHORTS      WHITE BUTTON-UP L/S SHIRT &amp; BLACK TIE      WHITE UNDER SHIRT      HIGH-WAISTED LATIN PANTS</p>





PACIFIC BALLROOM DANCE

# KEY DATES 2025-26

**THESE DATES MAY BE ADJUSTED TO ACCOMMODATE CHANGING COMMUNITY CONDITIONS**

*Competitions, special events, and performances will be added as they are scheduled.*

*\* Indicates that an event is ticketed and admission will be charged.*

## JULY

01 • Beginning of Summer Season

## AUGUST

02 • Teaching Assistant Training

04-07 • Studio Boot Camp Week

11 • 2025-26 Full Season Schedule Begins

12-14 • Stars Kids Camp Week 1

19-21 • Stars Kids Camp Week 2

## SEPTEMBER

01 • No Classes - Holiday Break

15-20 • Competition Team Auditions

17 • National Dance Day

19 • Donor Appreciation Dinner

**25-28 • Summit DanceSport - Seattle, WA\***

30 • Open Enrollment Ends - Performing Teams

## OCTOBER

06 • Competition Teams Begin

18 • Competition Information Fair

27-31 • Friends Week

**25 • Adult Halloween Party/Social\***

## NOVEMBER

01 • Stars Kids Imagination & Dance Camp

**14-15 • BYU Dancesport Championships - Provo, UT\***

22 • Academy Harvest Ball

26-29 • No Classes - Holiday Break

## DECEMBER

**TBA • Adult Winter Showcase\***

02 • Full Performing Team Rehearsal @ Studio

03 • Winter Concert - Rehearsal @ APAC

**04 • Winter Concert - Show #1\***

**05 • Winter Concert - Show #2\***

06 • Open Enrollment Begins - Performing Teams

06 • Free Workshop (Ages 7-18)

11 • ARC Exchange Event (Youth Teams)

13 • Stars Kids Imagination & Dance Camp

20 • Medals Exams

22-31 • No Classes - Holiday Break

**31 • Adult New Year's Eve Dance\***

## JANUARY

01-04 • No Classes - Holiday Break

05 • Classes/Teams Begin

**17 • Pacific Ballroom DanceSport Challenge - WA\***

24 • Free Youth Workshop (Ages 7-18)

31 • Open Enrollment Ends - Performing Teams

## FEBRUARY

**07 • Utah DanceSport Challenge - UT\***

**13-15 • California Open Competition - Costa Mesa, CA\***

**14 • Adult Valentines Party/Social\***

14 • Stars Kids Imagination & Dance Camp

## MARCH

09-14 • PBD Spring Break - No Teams/Classes (Stars-Youth)

**10-14 • BYU National Championships - Provo, UT\***

## APRIL

04 • Free Youth Workshop (Ages 7-18)

**17-18 • Extreme DanceSport Invitational - Rexburg, ID\***

20-24 • Friends Week

29 • International Dance Day

## MAY

**02 • Annual PBD Fundraiser**

02 • Stars Kids Imagination & Dance Camp

**08-09 • Pacific Grand Ball Competition - Seattle, WA\***

**16 • PBD Youth Prom\***

23 • Free Youth Workshop (Ages 7-18)

25 • No Classes - Holiday Break

## JUNE

**TBA • Adult Summer Showcase\***

06 • Full Performing Team Rehearsal @ Studio

10 • Summer Concert - Rehearsal @ Studio

11 • Summer Concert - Rehearsal @ Theater

**12 • Summer Concert - Show #1\***

**13 • Summer Concert - Show #2/#3\***

15 • Stars Special Enrollment Day

15-16 • Last week of Classes/Teams 25-26 Season

17-19 • Performing Team Auditions 2026-27 Season

20 • Full Company Cast Party

22-24 • Medals Exams

27 • Free Youth Workshop (Ages 7-18)

### WANT MORE INFO?

FIND DETAILED INFORMATION  
& DESCRIPTIONS OF THESE  
EVENTS ON OUR WEBSITE



PBD 07/04/25

# ACADEMY INFORMATION

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- Class Structure
- Progress Reports
- Moving Up/ Medals Exams
- Rounds
- Practice Space
- Academy Harvest Ball
- Showcases
- Individual Competition
- Open Level Dancing
- Private Lessons



## *Class Structure*

### **NEWCOMER, BRONZE, SILVER, AND GOLD**

Students will be learning basic figures of 10 International Style Ballroom/Latin dances- Waltz, Tango, Foxtrot, Quickstep, Viennese Waltz, Cha Cha, Samba, Rumba, Paso Doble, and Jive. Each month will focus on one Ballroom and one Latin dance. We will teach the technique and figures in class, and will aim to put them into routines.

### **AMERICAN SMOOTH & RHYTHM**

This class will include American Style Waltz, Tango, Foxtrot, and Viennese Waltz while incorporating elements of spins, basic lifts, drops and other theatrical and artistic skills. This class also includes the American style Cha Cha, Rumba, Mambo, Bolero, and East Coast Swing. To compete in this category, students need to be in the Silver Syllabus Level, but the class is open to all. Bronze 2 students wanting to enroll in Smooth/Rhythm class may do so, but may not compete in the open level until in Silver syllabus level.

### **CABARET**

This class includes instruction on the foundational principles of lifting, partnering, and strength training. Students will be challenged in a variety of partnering and group lifts. This class is a prerequisite for any student planning on competing with the Youth Cabaret Competition team, but is open to those Silver and above in the Junior/Youth age.

## *Progress Reports*

Twice a year instructors will be handing out progress reports. These will be sent home with the students. This is for parents and dancers to see where they are in their class progress. Scores and comments about attendance, attitude, class participation and dance technique will be included.

Instructors will use these progress reports to recommend students to move to the next level if they are ready. Please note that the comments sections will be the main focus. Number scores will fluctuate throughout the year and only reflect a small glimpse of overall progress.

## *Moving Up / Medals Exams*

Moving to a higher skill level class is at the discretion of the Class Instructor and our Academy Director. When a student has demonstrated the required skill level, knowledge of figures, and class participation/attitude to move up, the instructor will recommend (through progress reports) that the student take Medals Exams. During medals exams, the students will be asked to dance their class routines with a partner of their choice as well as answer questions about the steps and dances. If they receive a passing score, they will be cleared to move up. There is an extra cost for these exams that varies depending on the age and skill level being tested. This information is available on our website. When recommended to move up, it is the student's/

parent's responsibility to schedule an exam at the front desk. Exams will be held in December and the June. Exact dates will be announced when they become available.

There are no medals exams necessary moving from Newcomer to Bronze 1 (that decision will be left to the discretion of the Class Instructor and Academy Director).

Students will be recommended to move up based solely on their own merit/class participation, without regard to friends, family, or competition partners' current class level. Every student is unique and learns at a different pace. Each has different strengths and weaknesses, and need to achieve a certain level before they are recommended to move up.

As such, it is unwise to compare students' levels and the speed of progression with others. Academy Staff will not discuss other student's progress with people other than the student, their parents, and other PBD staff when necessary. We hope that families will adopt the same policy and help us build a supportive and friendly environment at PBD.

## *Rounds*

Every week, PBD has a specific time dedicated to students to practice their routines in the Ballroom, Latin and Smooth styles. This is call Rounds. This is FREE and a great time to solidify the routines students are learning in class and dance through them with music. A partner is encouraged but not required. A second set of rounds will be offered during the heavy competition season.

## *Practice Space*

Please refer to the Getting Started category of the Family Welcome Packet.

## *Academy Harvest Ball*

Once a year we hold an Academy Harvest Ball where students demonstrate what they have learned in a fun, stress-free event. Parents and friends are invited to attend and partnerships are assigned randomly before the event.

## *Individual Competitions*

Students are highly encouraged to compete in a competition at least once or more during the season. Competing gives students a goal to work toward and generally helps students progress more quickly in dance skills. There are both local and destination competitions throughout the year. Please refer to PBD Key Dates for recommended competitions.

## *Open Level Dancing*

Individual competitors at PBD can compete in an open dance style but must be in the Silver level and are limited to only dancing one open level style. If 1/2 of the partnership is at the Gold level, that partnership may choose to compete in 2 open styles. If an entire partnership is at the Gold level that partnership may compete in any Open style with out limitations. Preteens are allowed to dance open championship level with syllabus routines (by the book figures & rules) and appropriate competition specific attire with by the book figures with academy directors approval.

This level of dancing at PBD requires multiple regularly scheduled private lessons and dedicated outside practice time.

All outgoing Seniors may dance Open Novice division as long as they are enrolled in Bronze 1 syllabus class or above. They may choose a partner in syllabus level equivalent or above, and partner must be youth age.

\*As always it is at the discretion of the Academy Director to advise students for the success and benefit of each partnership.

## *Private Lessons*

Private Lessons can also be booked directly with the individual instructors. There is a 25-min and a 50-min option. A list of private lesson instructors can be found at the front desk or on our website.

## *PBD Teaching Assistants*

PBD offers paid Teaching Assistant positions to High-school age youth currently enrolled in the PBD program. This opportunity is for PBD students looking to explore their dance interests in teaching or improve their own dance skills in a different way. Teaching Assistants are held accountable as part of the PBD staff but also provided individual mentorship as seen fit by their partnered staff director and/or instructor.

Teaching Assistant Applications are available around the beginning of May and due June 1st. Applicants will be contacted shortly after.



# TEAM INFORMATION

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- Welcome
- Concerts & Showcases
- Volunteering
- Competition Team Auditions
- Team Specific Information

## WELCOME

### *Dancers & Families*

We are excited to have you with us this season on our Performing Team! This document contains important information to help you navigate the year. It will also be posted on our Team BAND, so make sure you have access to that platform (instructions below). The mission of PBD is to “build character in youth by providing a positive ballroom dance experience.” We promote the values of Fitness, Leadership, Inclusiveness, Respect, Teamwork, Excellence, and Dedication. The mission and values are accomplished and taught as coaches and instructors help each team member strive to reach their potential as a dancer and strong community member. Developing consistent attendance and a strong work ethic help achieve these goals. A positive ballroom experience is a process, and not something that is clearly evident each day.

### *Concerts*

We will be presenting two major Concerts each season:

- **WINTER CONCERT**  
Nov/Dec • Auburn PAC
- **SUMMER CONCERT**  
June • Renton IKEA PAC

### *Community Performances*

Performances will arise throughout the year. We will notify you via Band as soon as we know when and where they are. They are not required, but it is very highly encouraged to attend as many team performances as possible.

### *Volunteering*

Additional information about PBD volunteering in the Volunteer Handbook can be located on PBD's website by going to the “Information Tab” and the “Handbook Page”. Since PBD is a non-profit organization the studio asks ALL families to volunteer throughout the year in some capacity. Please plan to volunteer and give back. Each family is asked to contribute a minimum of two volunteer hours per dancer, per season.



# PERFORMING TEAMS



## *Rehearsals & Performances*

Rehearsals are held at the studio during the week according to the studio schedule. Performances will arise throughout the year. We will notify you via Band as soon as we know when and where they are. They are not required, but it is very highly encouraged to attend as many team performances as possible.

## *Team Coaches*



CONTACT ANY OF OUR  
TEAM COACHES HERE

Please feel free to contact us to set up a meeting at any time and for any reason.

## *Absences*

Please comment "absent" on our BAND calendar with any additional related notes for any practice you may be missing. This is important, as knowing attendance can affect the coaches team practice agenda. If you know you are going to be late for a practice, commenting is also appreciated.

## *Team Specific Items*

Other team requirements and information will be distributed at team orientations the first week of classes.

## *Competition Team Auditions*

Comp team auditions will be held in the Fall. This is optional for any student who wishes to be on a competition team.



# STARS PROGRAM

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- Performances
- Coach Contact & Office Hours
- Water & Snacks
- Observation Days
- Bathroom Breaks
- Stars Dress Code
- Special Attire Days
- Performance Wear
- Dance Shoes

## Performances

**STARS TEAMS** generally perform 3 times a year in PBD's Winter & Summer Concerts and Spring Showcase. For some **STARS TEAMS** there may be additional community performance opportunities throughout the year.

**STARS MOVEMENT & TECHNIQUE CLASSES** and **TEAMS** may also participate in any of PBD's showcases. This will be determined by the instructor on a class by class basis.

Details for each performance will be announced on BAND as performance opportunities get closer.

## Coach Contact & Office Hours

For general **STARS PROGRAM** questions contact: [stars@pacificballroom.org](mailto:stars@pacificballroom.org)

You can contact your **STARS** coach/instructor directly through BAND. We are happy to answer any question you may have and are available to set up a meeting time outside of regular class and team schedules as needed.



Please feel free to contact us to set up a meeting at any time and for any reason.

## Water & Snacks

**STARS 1** will not need a water bottle during class.

**STARS 2 & 3** may bring water bottles to class but they are **ONLY** allowed to drink out of it if we have a break.

**NO** snacks or gum are allowed in dance class. They can eat it before or after class but not during class.

## Observation Days

**STARS** will have 4 observation days during the year where parents & grandparents can come and observe class with whatever we are working on that day. Try to avoid bringing siblings to reduce the amount of distractions during class. Please no phone calls during observation day. Filming is fine.

Observation days will be announced on the STARS Class/Team Band pages

**\*please note: kids tend to behave differently on observation day**

## Bathroom Breaks

Please take your dancer to the bathroom BEFORE dance class. We want to spend as much time dancing as possible and when one dancer has to go to the bathroom...they all have to go.

STARS 1 receive "Potty Stickers" from the front desk when they go potty before class. Have your dancer check in with the front desk person before heading into class to receive their sticker after using the restroom. This allows the dance instructors to know who actually has to go to the bathroom during class.

## Stars Dress Code

### STARS MOVEMENT, TECHNIQUE & TEAM

#### ME & MY STAR ATTIRE

**LADIES:** T-shirt/Leotard & Leggings

**BOYS:** Sweatpants & T-Shirts

**LADIES** - Black leo, black leggings, black latin skirt (Stars 2 & 3). In addition, may also wear a plain fitted shirt (not too baggy).

**GENTLEMEN** - Black dress pants or dance pants, white button up shirt.

## Special Attire Days

**STARS 1 & 2** have the option to wear special dance attire outfits (including dance leotards, skirts, special hair accessories, shirts) they own the last week of every month. Please make sure ladies

still wear a leotard and if they choose not to wear leggings please have them wear tights. Please keep anything at home that may be distracting.

## Performance Wear

**LADIES:** Skin colored camisole leotard, skin color tights, tan block heel latin shoes

**GENTLEMEN:** Solid white button up long sleeve shirt, black jazz/dress pants, black tall socks, black ballroom shoes or black jazz shoes with added suede soles

## Required Dance Shoes

### ME & MY STAR AND STARS 1

**LADIES:** Tan bootied slip on jazz shoes

**GENTLEMEN:** Black lace up jazz shoes

### STARS 2

**LADIES:** Tan bootied slip on jazz shoes. Optional: Tan/Carmel block heel latin sandal (not for team performances but may be worn to classes, private lessons & team practices)

**GENTLEMEN:** Black lace up jazz shoes- suede soles optional

### STARS 3

**LADIES:** Tan/Carmel block heel latin sandal

**GENTLEMEN:** Black lace up jazz shoes with suede soles OR black ballroom shoes (suede may have to be added to jazz shoes. For questions, ask your instructor)



PACIFIC BALLROOM DANCE

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# PRIVATE LESSONS

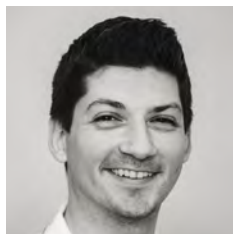
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PBD Students can book private lessons online at [www.pacificballroom.org](http://www.pacificballroom.org), by using the Wellness Living Achieve app, or by contacting one of the listed instructors directly. All of the listed instructors can be booked for regular private lessons. Individuals who are not current PBD students should contact the Private Instructor directly to schedule an appointment.



**MONIQUE HROUDA**  
[monique@pacificballroom.org](mailto:monique@pacificballroom.org)

**STYLES:** All Styles  
**EXPERTISE:** Choreography  
**AGES:** All Ages  
**LEVELS:** All Levels



**ADAM LEE**  
[adam@pacificballroom.org](mailto:adam@pacificballroom.org)

**STYLES:** All Styles  
**AGES:** All Ages  
**LEVELS:** All Levels



**LYNNE BOUDREAUX**  
[lynne@pacificballroom.org](mailto:lynne@pacificballroom.org)

**STYLES:** All Styles  
**AGES:** All Ages  
**LEVELS:** All Levels



**ALEX OLIVARES\***  
[alex@pacificballroom.org](mailto:alex@pacificballroom.org)

**STYLES:** All Styles  
**EXPERTISE:** Latin Dances  
**AGES:** Adult Students  
**LEVELS:** Beginner - Advanced



**EMA MORGOVSKY**  
[ema@pacificballroom.org](mailto:ema@pacificballroom.org)

**STYLES:** All Styles  
**EXPERTISE:** Choreography  
**AGES:** All Ages  
**LEVELS:** All Levels



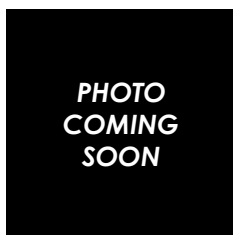
**LOGAN CRISOSTOMO**  
[logan@pacificballroom.org](mailto:logan@pacificballroom.org)

**STYLES:** All Styles  
**EXPERTISE:** Choreography  
**AGES:** All Ages  
**LEVELS:** All Levels



**BRYNN COLE**  
[brynn@pacificballroom.org](mailto:brynn@pacificballroom.org)

**STYLES:** All Styles  
**AGES:** All Ages, Mostly Adults  
**LEVELS:** All Levels



**TANNER COLE**  
[tanner@pacificballroom.org](mailto:tanner@pacificballroom.org)

**STYLES:** All Styles  
**AGES:** All Ages, Mostly Adults  
**LEVELS:** All Levels



**RICK GOSSARD**  
[rick@pacificballroom.org](mailto:rick@pacificballroom.org)

**STYLES:** All Styles  
**AGES:** All Ages, Mostly Adults  
**LEVELS:** All Levels



**BRENT MECHAM**  
[brent@pacificballroom.org](mailto:brent@pacificballroom.org)

**STYLES:** Cabaret  
**AGES:** Youth Ages  
**LEVELS:** All Levels