



**Tauranga  
Girls' College**  
*The School of Choice for Girls*



# DANCE TROUPE MANUAL

# LET'S DANCE!

At Tauranga Girls' College we offer a range of extra curricular Dance opportunities alongside our curriculum options. There is a culture of student leadership and collaboration in Dance. Senior students act as mentors to the younger students and life-long friendships are forged. Students of any year level and ability are encouraged to get involved!



## Our Purpose

***Dance is an expressive human movement, which forms an integral part of human life and culture. Through dance, students develop an understanding of its value in their own and other cultures and improving self-awareness.***

At Tauranga Girls' College the following dance troupes are on offer:

- Jazz
- Lyrical/Contemporary
- Hip Hop
- Mahi Tahi Open Studio Sessions

The purpose of our school dance troupes are to provide students with:

- The opportunity to be part of a team
- Opportunities to develop technique and self expression
- Build a repertoire of dances to showcase at local community events and competitions
- To compete against other dance schools in a number of local and national competitions

Being a part of one of our school dance troupes is an honour and a privilege, not a right! Being a member of this team requires a positive attitude and significant commitment. Each dancer and leader are required to sign our contract that outlines the expectations.

Any student who does not uphold our values of respect, participation, and pride through their lack of commitment may be removed from the team.

# Commitment & Expectations

Being a part of a team means being part of something much bigger than just your self. In dance we develop soft skills such as:

- Cooperation
- Confidence
- Commitment
- Trust
- Reliability

It is important that if you are chosen for a troupe you commit to the scheduled practices, performances and competitions:

- If you are unable to attend a practice due to sickness or another school activity please communicate this to the teacher in charge or team captain ASAP. In the event that a dancer does miss practice they may be repositioned in the dance in order to avoid further disruption to the progress of other team members .
- Missing more than 3 Scheduled Troupe practices per term may result in the dancer being removed from the team.
- Once a competition date is set, if something else comes up AFTER this time, we expect the competition to take priority. Failure to do so may, once again result in a dancer being removed from the team.
- All students will sign a contract to agree to the expectations outlined.

**COMMITMENT IS SO SO IMPORTANT!!!**



## Troupe Fees

Our troupes are fully student funded and we aim to keep costs as low as we can. The fee for our auditioned troupes is \$50 for the year. This cost covers competition entry fees and costumes.

Any accomodation, travel, make up costs, and shoes are covered at your own expense.

Fundraising opportunities may be organised in negotiation with the team and Teacher in Charge.



"Being involved in Dance troupes has helped me grow not only as a dancer but also as a person. I have made some life long friendships and been given the opportunity to work with some incredible student choreographers who have inspired me (Ajah Cameron, Year 12)

# JAZZ TROUPE

This troupe is an auditioned troupe made up of year 9-13 students choreographed in a Jazz genre. Students practice weekly and work towards competitions and performances.

Students will need to commit to the following events:

Dance Institute Competition	15 - 16 May	Tauranga Boys' College
TGC Showcase	10 June	Tauranga Girls' College
Tauranga Dance Inc Competition	11 - 13 June	Baycourt Theatre
Tauranga Performing Arts Festival	13 July	Baycourt Theatre
Tauranga Dance Inc Competition	31 July - 1 August	Tauranga Boys' College
Dance NZ Made	9 August	Baycourt Theatre
Create the Bay	20 - 22 August	Baycourt Theatre

For more information contact:



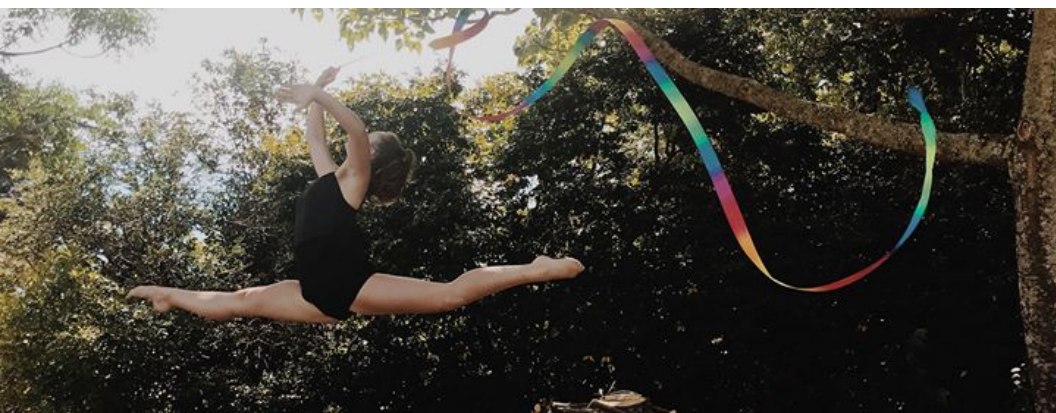
Senior Coach  
Grace Gill  
[gg17108@tgc.school.nz](mailto:gg17108@tgc.school.nz)



Assistant Coach  
Jemma Dos Santos  
[dj19421@tgc.school.nz](mailto:dj19421@tgc.school.nz)



Teacher in Charge  
Ms Caroline Gill  
[cgill@tgc.school.nz](mailto:cgill@tgc.school.nz)



# LYRICAL/CONTEMPORARY TROUPE

This troupe is an auditioned troupe made up of year 9-13 students choreographed in a Lyrical/Contemporary genre. Students practice weekly and work towards competitions and performances.

Students will need to commit to the following events:

Dance Institute Competition	15 - 16 May	Tauranga Boys' College
TGC Showcase	10 June	Tauranga Girls' College
Tauranga Dance Inc Competition	11 - 13 June	Baycourt Theatre
Tauranga Performing Arts Festival	13 July	Baycourt Theatre
Tauranga Dance Inc Competition	31 July - 1 August	Tauranga Boys' College
Dance NZ Made	9 August	Baycourt Theatre
Create the Bay	20 - 22 August	Baycourt Theatre

For more information contact:



Senior Coach  
Sophie Brown  
[bs17009@tgc.school.nz](mailto:bs17009@tgc.school.nz)



Assistant Coach  
Ajah Cameron  
[ca18094@tgc.school.nz](mailto:ca18094@tgc.school.nz)



Teacher in Charge  
Miss Alana Gain  
[again@tgc.school.nz](mailto:again@tgc.school.nz)



# HIP HOP TROUPE

The Hip Hop troupe is an auditioned troupe made up of year 9-13 students choreographed in a Hip Hop genre. Students practice weekly and work towards competitions, community and school performances.

Students will need to commit to the following events:

Dance Institute Competition	15 - 16 May	Tauranga Boys' College
Project Hip Hop Competition	5 June	Trustpower, Baypark
TGC Showcase	10 June	Tauranga Girls' College
Tauranga Dance Inc Competition	11 - 13 June	Baycourt Theatre
Tauranga Performing Arts Festival	13 July	Baycourt Theatre
Tauranga Dance Inc Competition	31 July - 1 August	Tauranga Boys' College
Dance NZ Made	9 August	Baycourt Theatre
Create the Bay	20 - 22 August	Baycourt Theatre

For more information contact:



Senior Coach  
Maia De Bruin  
[dm18365@tgc.school.nz](mailto:dm18365@tgc.school.nz)



Assistant Coach  
Ave Almandoz  
[aa20450@tgc.school.nz](mailto:aa20450@tgc.school.nz)



Teacher in Charge  
Miss Alana Gain  
[again@tgc.school.nz](mailto:again@tgc.school.nz)





# MAHI TAHI OPEN STUDIO SESSIONS

In collaboration with the Tauranga Girls' College Arts Committee our Open Studio Sessions are open to anyone from years 9 - 13 who would like to give dance a go!

There is no commitment to stay for the full year, simply come along weekly to enjoy open sessions with different student and guest artists.

Opportunities on offer could include:

- Cultural dance opportunities (e.g. Pasifika, Māori Performing Arts, Indian, Chinese etc)
- Jump Jam sessions
- Creative dance workshops
- Learning of dances in a range of different genres/styles (e.g. Musical Theatre, Hip Hop, Jazz, Contemporary, Lyrical)
- Yoga and Pilates

Keep an eye out on the Arts committee promos to see what is coming up!

For more information contact Performing Arts Prefects:



Performing Arts Prefect  
Hannah Richardson  
[rh17277@tgc.school.nz](mailto:rh17277@tgc.school.nz)



Performing Arts Prefect  
Grace Gill  
[gg17108@tgc.school.nz](mailto:gg17108@tgc.school.nz)





# DANCER CONTRACT

Congratulations on being selected in to one of our troupes. With this achievement, being a part of one of our school dance troupes is an honour and a privilege, not a right!

You are expected to uphold the school values both within rehearsals and when representing Tauranga Girls' College in the wider community at events and competitions by:

- Showing respect at all times to your team, student leaders, teacher in charge and other teams you meet in the community.
- Arriving on time for rehearsals and competitions. Missing more than 3 Scheduled practices per term may result in you being removed from the team. If you are unable to attend a practice due to sickness/school activity communicate this to the teacher in charge or senior coach ASAP. If you do not communicate you may be repositioned in the dance in order to avoid disruption to the progress of the team
- Coming appropriately dressed for each rehearsal (uniform is not acceptable).
- Committing to the events/competitions outlined for the year. Once a competition date is set, if something else comes up AFTER this time, we expect the competition to take priority. Failure to do so may, once again result in a dancer being removed from the team.
- Respect the rules of the Dance room.
- Pay the troupe cost of \$50 to cover costumes and entry fees.
- Display a positive attitude and significant commitment.

Any student who does not uphold our expectations and values of respect, participation, and pride thorough their lack of commitment may be removed from the team. Should you feel unable to agree to these conditions please discuss this with the the Teacher in Charge of the troupe ASAP.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_

# COACH CONTRACT

At Tauranga Girls' College we expect that all our Student Leaders will abide by our school rules and uphold the values. Being a leader of one of our extra curricular Dance Troupes is a privileged position. On top of the expectations outlines in the Dancer contract the following also apply:

- Be an advocate for Dance in the kura by encouraging participation of students in dance
- Be a positive role model to all students, staff and the wider community in the way you model the Colleges values (e.g. wearing appropriate gear for rehearsals, being punctual, and organised)
- Understand and model service by motivating and inspiring others
- Lead and facilitate weekly practices for your troupe and extra practices leading up to events and competitions
- Maintain a positive image and attitude and be inclusive of others
- Interact respectfully and influence others in a positive manner, digitally and in person
- Show commitment and perseverance
- Be collaborative and creative with your fellow coaches
- Meet with the Teacher in charge of your troupe once a fortnight to support you in setting personal goals and support your leadership development. This might include being open to and reflecting on feedback through the keeping of a reflective digital leadership log
- Commit to being better than before and thus supporting the College to be the School of Choice for Girls
- Writes regular articles for 'He Karere Tūī' (our kura pānui | newsletter) and the school year book

It is a privilege to be a leader at Tauranga Girls' College. Be aware that breeches of leadership expectations could result in a demotion. Should you feel unable to agree to these conditions please discuss this with the the Teacher in Charge of the troupe ASAP.

Student Name: \_\_\_\_\_

Student Signature: \_\_\_\_\_

Parent Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

Date: \_\_\_\_\_