

## **North Country Ballet Ensemble Nutcracker Rules & Regulations -- dancers**

1. **ATTENDANCE** of rehearsals is of utmost importance. 100% attendance and 100% effort is expected for all rehearsals; however, NCBE does not want ill dancers to rehearse. Injured dancers are expected to attend all rehearsals and watch. Please follow NCBE's 2018 absence policy.
2. **PUNCTUALITY** at rehearsals and performances is critical for a dance company. You are expected to be ready at least 15 minutes before your scheduled rehearsal time. A dancer who is consistently tardy can have an adverse effect on the running of a rehearsal and will be reviewed by the Artistic Director.
3. **READINESS** for rehearsals is extremely important. You need to come ready to do your best: girls – hair pulled neatly back into a bun, wearing tights, leotard and ballet slippers; boys – properly dressed in loose pants or tights, shirt, and ballet slippers.

At NO TIME will you be allowed to rehearse or perform if the Artistic Staff suspects you may be under the influence of illegal drugs or alcohol. Violation of this rule will result in dismissal from the NCBE sponsored activity.

4. **RESPECT** for others is our code of conduct when you participate in NCBE activities.

NCBE believes all individuals deserve to be treated in a respectful manner. Profanity will not be tolerated, nor will arguing with Artistic Staff. The Artistic Staff reserves the right to ask a dancer to leave a rehearsal if they feel the dancer is being disruptive or negatively impacting others.

We expect that dancers will display mutual support and teamwork for each other. NCBE takes bullying very seriously. We expect dancers will not talk disparagingly about their dance peers nor NCBE adults, either in conversation or online. Reports of bullying or physical threats by an NCBE dancer should be made to the Artistic Director, Ms. Schonbek, immediately. Serious cases will be brought to the Board's attention.

We are also committed to respecting dancers and their families. If you feel you have been unjustly treated, please contact the NCBE Board President, Adam Sullivan, at [pncbe@yahoo.com](mailto:pncbe@yahoo.com).

5. **POSITIVE** thinking lets you do everything better than negative thinking. Excellence will be achieved as a result of always trying to do better. We must work together to achieve excellence. We will inspire each other through clapping and cheering. An NCBE dancer is a role model for others.
6. **PARENTS** are expected to make every effort to ensure their dancer arrives on-time for all rehearsals and to comply with NCBE absence procedures.

7. **THEATER WEEK** is a big commitment for the dancers and their families. Dancers will be required to attend rehearsals at Hartman Theatre, on the campus of SUNY Plattsburgh, Sunday, Monday, and Tuesday afternoon/evening, November 18-20; all day Wednesday, November 21; and all day for the performances Friday-Sunday, November 23-25.

We anticipate the theater schedule at LPCA for the Lake Placid performances will include some evening rehearsal Friday, November 30, as well as all day for the performances Saturday, December 1 and an afternoon performance Sunday, December 2. More exact times will be posted when available.

8. **THEATER ETIQUETTE:** We are guests on the SUNY Plattsburgh campus and Lake Placid Center of the Arts. We must respect the building and all of the staff who are helping us present a quality performance.
- a) QUIET must be observed while in the hallways, theater, and backstage
  - b) NO FOOD or DRINK is allowed in the theater at any time. We have a no nut policy due to severe allergies.
  - c) NO FOOD or DRINK (other than water) is allowed in the dressing rooms at any time.
  - d) No one is allowed in the backstage wings without permission.
  - e) You must remain in your assigned dressing rooms until requested. NO ONE is allowed IN ANY OF THE PUBLIC AREAS of Hartman Theater WHEN IN COSTUME, unless you are being escorted to your stage entrance.
  - f) If you are late for your company warm-up, please take the warm-up with the next group. Do not walk in late!

I \_\_\_\_\_ (print name) have read and understood the North Country Ballet Ensemble Nutcracker rules and regulations and agree to follow all policies outlined therein.

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(dancer's signature or parent)

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(date)