

Parent/Student Handbook

WELCOME

My name is Donna Gimeson (jim- eh- son)

I am the director of Consuming Fire School of Dance & Acrobatics. I also teach classes.

My degree is in Physical Education, my focus/specialty/passion is in Dance.

Currently I have taught dance/acro and fitness for the past 48 years.

We (Consuming Fire School of Dance & Acro) are a registered non-profit organization, EIN#20-4124337. There is a Board of Directors and an Advisory Board.

Board of Directors:

President: Fran Roberts

Past President: Vicki Kotschwar

Vice President: Lisa Briggs

Secretary: Sara Taylor

Treasurer: Donna Gimeson

****Before we start, if any of this handbook brings up questions that you would like to discuss, we will need to schedule a group meeting with the board of directors.**

Below you will find information that may answer questions.

1. Communication:

Email: CFdancegymnastics@gmail.com and ConsumingFireDance@gmail.com

Studio phone/text: 308-430-0788

Group texting and push notifications: 308-624-2620

Open Communication: Because I am trying to communicate with you, the parents, or with your child who has a phone, I really need a response to text messages.

When I am ghosted, it adds to the miscommunication problem. And, I am trying my best to understand your child, you and your family.

****So I kindly request, especially if I have sent a direct personal text message to you, please acknowledge the receipt of the text. Even if it's just a thumbs up.****

2. No Cell Phone Zone

It will be a requirement for all students to put their phone away and/or shut it off during any class.

It will not be permissible to check the phone while waiting for your turn in line, or during a water break. If I cannot get the members of a class to cooperate, the cell phones will be kept in a basket at the beginning of classes, and returned after class is finished.

If you, the parent, need to get hold of your child, you will need to please CALL or TEXT the studio at 308-430-0788.

3. Lost and Found

We do not have a lost and found.

All personal items, water bottles and clothing, need to be labeled in order to have the item returned to you. Items left behind will be discarded after 2-4 weeks.

4. Travel Team

As per the guidelines set forth by the Board of Directors.

When our dancers travel out of town/state, we travel together as a team, in the studio van. Everyone pitches in for gas. They need to stay in the same rooms, eat meals together, and stick with the group throughout the trip. This isn't just a tradition-it's important for several reasons:

- Safety first - It's easier to keep everyone accounted for, and help is close by if someone gets sick or has an emergency.
- Keeps costs lower - Sharing rooms and having group meals saves money for all families.
- We stay on schedule - Moving together makes sure we arrive on time for events and rehearsals.
- Builds stronger friendships - Trips are a great time for dancers to bond and encourage one another.
- We look like a team - Sticking together shows the world we're organized, united, and proud to represent Consuming Fire.
- Focus - Being together helps dancers stay focused on why we're there-dancing and doing our best.

>One EXCEPTION:

If you have apprehension or anxiety about allowing your dancer to ride with the team in the studio van, you may drive her yourself. When we reach our destination, then that dancer must join the rest of the team, and participate in the above manner. (room together, eat together, etc.)

- > You will not be able to have another dancer ride with you.
- > You will not be able to have a separate room with just you and your daughter, away from the team.

Thank you for supporting this policy-it helps make our trips safe, fun, and successful for everyone!

1. SHOE OPTIONS

You may rent shoes on an ANNUAL basis, or purchase your own.

Rental: Students take the shoes home, and care for them as their own. During the course of the year, when the student outgrows their shoes, they can exchange them for a larger size at no additional cost. Shoes may be reconditioned or new.

Half of the price of the shoe is for the rental, and the remaining half is for the deposit.

When the student returns the shoe(s), within one month of discontinuing dance, and the shoes are in good condition, then the deposit is returned/mailed at the end of the quarter.

PLEASE NOTE: the shoes cannot be wrecked, damaged or have one lost. If one shoe is lost, then a new deposit will need to be made for the next pair. Normal wear is expected.

We cannot size students for shoes on the day of dance class. Please make an appointment to bring your child in, to get larger shoes when class is not in session.

Name _____

Annual Shoe purchase or rental Month/Year _____

08/2025

PURCHASE price	Shoes exchange program	Deposit One time fee, for as long as you are a member of Consuming Fire	Exchange - Rental Fee One time per year, in September.	Registration fee: \$35.00	
<u>Ballet shoe purchase</u> Children: \$22.00	<u>Ballet shoe Exchange-rental</u> Children \$20.00	<u>DEPOSIT</u> \$9.00	<u>EXCHANGE-RENTAL FEE</u> \$11.00	<u>TAX</u> (double the tax for a shoe purchase) .83	TOTALS
<u>Ballet shoe purchase</u> Adult sizes Elastic back: \$31.00	<u>Ballet shoe Exchange-rental</u> Adult sizes \$29.00	 \$13.50	 \$15.50	 \$1.16	
<u>Tap shoe PURCHASE</u> Children: \$35.00	<u>Tap shoe Exchange-rental</u> Children \$33.00	 \$15.50	 \$17.50	 \$1.31	

<u>Adult/heels Tap shoes</u> \$71.00	Exchange- rental \$69.00	\$33.50	\$35.50	\$2.66	
<u>Adult/flat: \$75.00</u>	Exchange- rental \$73.00	\$35.50	\$37.50	\$2.81	
<u>Jazz shoe</u> Tan: \$45.00	Exchange- rental \$43.00	\$20.50	\$22.50	\$1.69	
<u>Clogging shoe</u> <u>purchase:</u> <u>\$89.00</u>	Exchange- rental \$74.00	\$37.00	\$37.00	\$2.78	

2. DRESS CODE

We are asking students (1st grade and older) to please purchase convertible/transition tights if they are taking Acrobatics/tumbling and dance classes. They will be able to pull the tights over their feet to go barefoot for Acro, and cover their feet for the dance shoes.

Tights need to be worn in the dance shoes. The tights help absorb the sweat.

We carry convertible tights. You may receive a tights punch card, for purchasing tights at our studio. When you purchase 5 pairs of tights, you will receive 1 free. Punch cards must be presented.

When coming to class,

Please come dressed in your leotards and tights, if possible. Wear street clothes on top of them. Shirt *and* pants.

We have four changing rooms. Two upstairs, and two downstairs.

DRESS CODE

Winter dress code	Students may wear leg warmers, dance sweaters, dance body sweaters. No baggy sweatpants, sweatshirts, flannel shirts/jackets. We still need to dress in dance attire.
No underwear/panties	For students preschool-K, this policy will apply when you move to the next level of 1st-2nd grade combo class. ALL other students, please note: As dancers and performers, please do not wear your panties/underwear under your leotard. The tights take the place of the underwear.
Required: clothing must be worn on top of the leotard and tights, when the student goes outside of the studio.	Built on respect, committed to safety, dedicated to protection. For your safety, please do not wear only leotards and tights outside of the studio.
No dance shoes can be worn outside.	
Ballet class dress code	Pink ballet shoes, ballet pink tights, solid colored leotards. Hair in a bun.
Tap class dress code	Black tap shoes, tights, leotard, hair pulled back. Can also wear spandex shorts or leggings on top. When a student has progressed in his/her tap skills, the girls will be put into character tap shoes. This helps to develop ankle proprioception.
Jazz dance class dress code	Tan jazz shoes, tights, leotard, hair pulled back. Can also wear spandex shorts or leggings on top.
Acro - advanced class	Tennis shoes are required for every class.
Clogging dance class dress code	Clogging shoes, hair pulled back, spandex/stretchy dancewear

Hip-Hop dance class dress code	Tennis shoes, hair pulled back, spandex/stretchy dancewear
Musical theater dance class dress code	Tan jazz shoes, hair pulled back, spandex/stretchy dancewear
Contemporary & Lyrical dance class dress code	½ sole shoes, provided by the studio for your use. hair pulled back, spandex/stretchy dancewear.
Preschool combo class dress code	Leotard, tights, ballet & tap shoes, convertible tights; will go barefoot for the tumbling/acro class.

At the studio:

Please bring your own water bottle. LABEL your water bottle, please.

No pop, juice, gatorade/powerade; items with sugar and food coloring.

When students change their shoes, they may have a small drink of water ***if it is necessary.***
Students taking only one 1 hr class, or one 1 ½ hr class will not need to bring water bottles.
(they will not dehydrate in 1 ½ hrs, and it causes more bathroom breaks)

When privileges become abused, they are removed.

Expectations:

Students are to take ALL of their dance shoes into the studio, both in Studio A and Studio B.
Parents, we have provided a waiting room with monitors into the classrooms, so you may observe your child in class. Parents will not be allowed in the dance classroom. Thank you.

3. HAIR

Please fix your hair BEFORE coming to class

Everyone's hair must be fixed in a ponytail, braid or bun. (no buns for tumbling class please)

4. PERFORMANCES

Annual Winter Ballet: December

Annual Spring Showcase (i.e. "recital") May

☐ **Important Points:**

Performances are a lot of work, and can cause additional stress for myself & instructors.
Please be patient & understanding with staff and your dancer.

☐ **Required for performances:**

>Ballet pink tights, no holes, tears, or runs.

>Hair: Ballet bun for dance performance

Braid or ponytail for acro/tumbling

>Makeup: Dark eyeshadow, blush and red lipstick, so the dancer's face can be seen under the stage lights. (i.e. Stage Makeup)

>When traveling to dress rehearsal, or the performance, please feed your son/daughter a sandwich before arriving.

☐ While in costume, No eating any candy, crackers, Fritos, Doritos, Cheetos, cookies, or food of any kind.

☐ No drinks of any kind that contain sugar, fructose, corn syrup (sticky) or food coloring.
WATER ONLY

☐ A TV will be provided in the hallway where the students line up, with a live video of the performance on stage in order for students to see all of the recital.

☐ No students may hang out by the stage doors, or behind the stage curtains.

5. CLOSURES

We follow most of the public school closures in regards to Labor Day, Thanksgiving, Christmas and Easter.

We follow Chadron public schools for closures due to bad weather.

I will try to keep everyone updated via email and text, regarding closures.

6. Dance Bucks

This is a reward system for the students, in order to encourage them to learn their dance terms, and be able to perform the steps. Dance bucks might not be given out at every dance class. Students are responsible for keeping track of their "money" in order to shop at the Dance Buck Store, twice a year.

7. Sleepovers

We will have periodic sleepovers at the studio. We play games, make a craft, eat snacks, watch movies and just hang out with our studio friends.

9. Mirrors

Students are not to touch the mirrors, run into them or lean against them. If a student breaks a mirror, you, the parent, will be responsible for replacing it.

Thank you for selecting Consuming Fire School of Dance & Acro, where we strive to provide pre-professional instruction for the success of your child.