

Rince Nua DIAMOND TEAM

HANDBOOK

September 2019-August 2020

COACHES:

- **ERIN COONEY (Mean Grad/Young Ard Grad as needed)**
- **CLAIRE DIETZCH (Ard Grad/Craobh Grad)**

*****PROGRAM IS BY INVITE ONLY*****

SOME PRE-REQUISITES INCLUDE:

- **Fully Mean Grad in CRN** (leveled up from Ullmhuchan in all 5 solo dances by winning 1st out of 7 competitors or per adjudicator request) OR
- **Fully Prizewinner in Digital Feis** (leveled up from Primary in all 5 solo dances by score winning 1st out of 7 competitors or by score) OR
- **A combination of both**

REQUIREMENTS

- **Weekly Classes**
 - Mean Grad (2 classes per week)
 - Ard Grad/Craobh (2 classes per week)
- **Competitions**
 - 2 CRN Competitions per year
 - 1 Digital Feis per year (minimum) for feedback purposes
- **Costumes**
 - Solo Dress (needs pre-approval to assure age-appropriateness, etc)
 - Team Dress (in the case of ceili teams or some performances)
 - Team Wig & Hair Accessories
 - Team Warm-Up Jacket
 - Casual Performance Outfit (TBD) like a leo/skirt or tshirt/skirt
 - Diamond Team Specific Accessories (TBD)
- **Performances**
 - Day of Irish Dance
 - Irish Fair
 - Others TBD
- **Workshops**

- Saturdays between 11am-1pm – Training topics will vary – some will include a lot of dancing, some will include conditioning, and some will include writing/paper work for planning strategy or dancer journaling.
- **At Home Practice**
 - Recommended for all dancers

WELCOME TO THE DIAMOND TEAM

PURPOSE

Through the Diamond Team program we strive to help our dancers achieve their Irish Dance Dreams while keeping a healthy mind and body. We want to be a resource and support system for them to achieve great results, experience joy, and great pride in themselves. We encourage dancers to take personal responsibility for their dancing while also always keeping a grateful heart on the journey.

FOCUS

HEALTHY BODY - taking care of your body while improving your strength, flexibility, muscular endurance, rhythm, power, posture, and balance.

HEALTHY MIND - awareness of your thoughts and managing your emotions on the journey towards your dreams.

HEALTHY SPIRIT – choosing gratefulness, respect, love for self, and the setting and attainment of your goals that align with your personal values and that mean something to you.

PHILOSOPHY OF THE DIAMOND TEAM PROGRAM

In order to be successful in the Diamond Team at Rince Nua, dancers must first and foremost possess a strong desire to be a competitive Irish Dancer.

There are many fulfilling aspects of competitive Irish Dance, but there are certain aspects that are less desirable: the monotony of repetition, the conditioning, and the mental challenges and the physical set-backs that need to be worked through.

Dancers in this program need to take on 100% responsibility to achieving their competitive goals in an honorable, healthy, and respectful fashion – NOT blaming coaches, parents, judges, or our choreography for their lack of desired success or results.

COMMITMENT: Being focused on one's long-term vision is one of the best things a dancer can do in order to be committed. On the occasion they may not feel like not coming to practice, they must remember their goals and come regardless, realizing that the time put into practice is a necessary factor in achieving their competitive goals.

COACHABILITY: Being coachable is a huge part of achieving results. Dancers need to respect and trust the coaches as well as the process (patience is just as important as hard work).

COMMUNICATION: Open communication between coaches, dancers and parents are important to us. We feel it is essential that the lines of communication are open between all three parties.

COMPETITION CHOREOGRAPHY

- **Mean Grad Dancers only**
 - Mean Grad Reel
 - Mean Grad Slip Jig
 - Mean Grad Single Jig
 - Mean Grad Heavy Jig
 - Mean Grad Hornpipe
- **Ard Grad/Craobh Grad Dancers together**
 - Open Slip Jig
 - Open Heavy Jig
 - Open Hornpipe
 - Traditional Set Dances
- **Ard Grad Dancers only**
 - Ard Grad Reel
 - Cont. Set Dance to jig rhythm
- **Craobh Grad Dancers only**
 - Craobh Grad Reel
 - Cont. Set Dance to hornpipe rhythm

PERFORMANCE CHOREOGRAPHY

- Full Group Number (TBD)
- Reel Compilation – step about style
- Slip Jig Compilation – step about style
- Heavy Jig Compilation – step about style
- Hornpipe Compilation – step about style
- Full Group Number (TBD)

RULES AND POLICIES FOR DIAMOND TEAM DANCERS

The following actions show respect and are expected of a member of the Diamond Team.

1. Come into the studio to work hard and try their best at every practice.
2. Treat other dancers with respect.
3. Attend 90% of practices. (Some extenuating circumstances could apply).
4. Arrive on time and stay until practice is over (unless arrangements have been made in advance).
5. Tell your coach when your body is hurting. If you are sick or on medication, or are injured, WE NEED TO KNOW. Doctor's notes are required for prolonged injuries.
6. Provide your body with healthy food for energy (seek out your parent's assistance on what is ideal for you to eat for this)
7. Bring a water bottle to all practices.
8. Trust and respect your coaches professional opinion. Your coaches have years of experience and are here to help you be the best Irish Dancer you can be.

FOR PARENTS

Parents are as much a part of the Diamond Team as the dancers and coaches.

Please know that our coaches always has your child's best interest in mind.

Please send us an email if you know your child will miss practice or will be late.

FEES ASSOCIATED WITH DIAMOND TEAM

REGISTRATION FEE

\$60 per year

WORKSHOP

Included in Tuition

TUITION

The Diamond Team program tuition is based on an annual tuition divided by 12 months.

2019-2020 tuition cost:

Mean Grad \$250 x 12 months

Ard/Craobh Grad \$320 x 12 months

TEAM JACKETS

Diamond Team Competitive Jackets will be ordered in early fall. We do not yet know the cost, but you can expect approximately \$150.00 - \$175.00.

COMPETITION FEES

Competition fees are generally \$10 per solo dance or \$20 per Championship. (so anywhere from \$50-\$75) per dancer.

COMPETITIVE DANCER FEE

There will be a school-wide competitive dancer fee (cost TBD, approx. \$100 per semester) in 2019-2020 to help send coaching staff to some of the more highly attended CRN events.

CRN LANYARD

Diamond Team Dancers will need to purchase a CRN Lanyard. Please contact us to order if you don't have one already.

INJURIES

Injuries that have been occurring for more than two weeks are advised to be seen by a doctor or specialist. Irish Dancers who miss more than 1 month of practice due to a prolonged injury (Doctor's note must be provided) are eligible for a tuition credit – only to be used toward tuition for the following season. Injuries limiting participation under 1 month will not receive a credit.

We will continue to add to this handbook as questions come in from families to further clarify the expectations of the program and of the dancers and parents.

Your Coaches,

Erin Cooney ODCRN
& Claire Dietzsch