

# Performance Group Handbook

---



2  
0  
2  
6

# Welcome

---

Welcome to our LCDC Performance Groups. The LCDC Performance Groups are our flagship groups, representing the school on the local and national stage, and it is a privilege for students to be part of them.

Students are invited to join the Performance Groups (PG) based on their current level of competency, commitment to classes, involvement in the LCDC community, and potential in the broader dance community. The Performance Groups are designed to enhance students' dance skills and understanding, and to help them reach their full potential.

The Performance Groups are divided into 4 groups, determined primarily by age and maturity, and, in some cases, by level of competence. Occasionally, Performance Groups may be combined to create larger performance pieces or separated into smaller groups to cater to different levels of ability within the Performance Groups.

Select students may also be invited to perform pieces alongside the other levels of the Performance Group.

Our Performance Groups are strictly by invitation only, and it is a privilege for students to be invited to join. As such, additional commitments, responsibilities, and expectations are in place and must always be followed.

At Lisa Clark Dance Centre, we foster a strong sense of team spirit, collaboration, and loyalty among our dancers. To maintain fairness and unity within our community, students are asked to commit fully to our programs and not participate in classes or performances at other dance schools. This helps ensure that everyone remains focused and dedicated to their personal and team development at LCDC.

Accordingly, students who attend other dance schools or direct competitors of LCDC are not eligible to participate in LCDC Performance Groups. Performance Group membership requires full commitment to LCDC's training, standards, and representation of the studio.



# Performance Group Trial Period (Grade 2 only)

As 2026 is our third year with students in Grade 2 invited to join Junior Performance Group A, we are welcoming the students invited to join us for the first 3 Saturday classes of Term 1, 2026, on a trial basis. This is for students and families to assess how they manage additional classes and commitments. Confirmation of whether students will continue with JPG A is required on Wednesday, 5th March.

## Pre-Requisites

To be eligible to join Performance Group, students must be enrolled in the following classes. All Performance Group students are expected to have exemplary attendance in all classes and must commit to the whole calendar year of compulsory competitions.

- Junior Performance Group A
  - Grade 2 Students
    - 2x Grade 2 Ballet classes per week
    - Grade 1/2 Contemporary
    - Junior Stretch & Conditioning
  - Grade 3 Students
    - 2x Grade 3 Ballet classes per week
    - Grade 3/4 Contemporary
    - Junior Stretch & Conditioning
- Junior Performance Group B
  - Grade 4 Students
    - 2x Grade 4 Ballet Classes per week
    - Grade 3/4 Contemporary
    - Junior Stretch & Conditioning
  - Grade 5 Students
    - 2x Grade 5 Ballet classes per week An Intermediate Foundation Ballet class is highly encouraged for those students wanting to push themselves.
    - Grade 5 Contemporary
    - Junior Stretch & Conditioning
- Intermediate Performance Group
  - Intermediate Foundation Students
    - 3x Intermediate Foundation Ballet Classes
    - Pre-Intermediate Contemporary
    - Intermediate Stretch & Conditioning
    - Intermediate Open Class

- Intermediate Students
  - 3x Intermediate Ballet Classes
  - Intermediate Pointe Class
  - Intermediate/Senior Contemporary
  - Intermediate Stretch & Conditioning
  - Intermediate Open Class
- Senior Performance Group
  - 3x Advanced Foundation or Advanced 1 Ballet Classes or 2x Advanced 2 Ballet Classes
  - Senior Pointe Class
  - Intermediate/Senior Contemporary
  - Senior Stretch & Conditioning
  - Senior Open Class

For students in Grade 5 and above, no student may substitute any timetabled class for a private lesson. For lower grades in JPG, this is strongly discouraged and is very dependent on the specific students.

Please note that the prerequisite classes are not included in the cost of Performance Group for any level.

## Required Level

All students in the Performance Group must work at the RAD Exam standard and take their RAD Exams each year. For those students in vocational levels where exams may take more than one year to complete, this exception will be made on a case-by-case basis.

## Attendance & Absences

Full attendance in all pre-requisite classes throughout the year is expected. Should students miss two or more classes per term, positions in Performance Group may need to be addressed.

LCDC understands that school activities, family events, and illness occur and are unavoidable. Still, frequent absences affect students' learning and technique (individually and as a team), and the whole team suffers as a result. If a student misses more than two of the Saturday pre-requisite classes per term for reasons other than illness, they will not be considered for upcoming performances. This will be strictly enforced in 2026, and all absences and tardiness will be closely monitored in 2026.

# Compulsory Attendance

In 2026, we will host intensive “boot camps” to teach the bulk of the choreography to students for their performance pieces. This will enable us to ensure all students are present for the main learning of each piece and provide us with a reasonable time to rehearse pieces in class time to the required performance standard.

Attendance at these boot camps is **compulsory** for all students.

- Junior Performance Group A
  - Saturday 14<sup>th</sup> March
    - 12:30 - 4:30pm
- Junior Performance Group B
  - Saturday 28<sup>th</sup> February
    - 12:30 - 4:30pm
- Intermediate Performance Group
  - Saturday 28<sup>th</sup> February
    - 9 - 4pm
  - Sunday 1<sup>st</sup> March
    - 10 - 4pm
  - Saturday 14<sup>th</sup> March (IPG & SPG Combined)
    - 9 - 4pm
  - Sunday 15<sup>th</sup> March (IPG & SPG Combined)
    - 10 - 4pm
- Senior Performance Group
  - Saturday 21<sup>st</sup> February
    - 9 - 4pm
  - Sunday 22<sup>nd</sup> February
    - 10 - 4pm
  - Saturday 14<sup>th</sup> March (IPG & SPG Combined)
    - 9 - 4pm
  - Sunday 15<sup>th</sup> March (IPG & SPG Combined)
    - 10 - 4pm

# Injuries & Sickness

Injured students are highly encouraged to attend Performance Group classes and at least one of their compulsory ballet classes per week. A lot can still be gained by watching classes - especially with Jasmin for rehab purposes!

If students are noticeably unwell in the lead-up to/at performance time with the flu or gastro, they will not be permitted to perform. This is where understudies are key!

## Performance Group Casting

To best represent students in public forums (eisteddfods, competitions, etc), all Performance Group dances will be “cast” for the following reasons:

- Students must be enrolled in the class of the style of the performance piece (eg, Jazz, Lyrical).
  - Students who do not take these classes will still be required to learn the dance as understudies, making it a valuable learning experience and a potential performing opportunity, but enabling LCDC to present students’ training in these particular styles to the best of our abilities.
- For IPG and SPG, casting for some dances will be determined by costuming.
  - We will do our best to include all students where possible. Still, we cannot continually purchase and add new (often whole sets) competition-standard costumes to accommodate different heights and sizes. This is not to shame anybody's body type and does not come from a place of judgment, and will be handled in the best way possible.
  - Students not cast in a dance will still be required to learn the dance as understudies, making it a valuable learning experience and a potential performing opportunity.
- Alternative casting (Cast A & B) may be introduced for any Performance Group level to better accommodate numbers, costuming, etc. In this case a cast may perform at one competition and then swap with another cast for the other competition.

In 2026, we will reuse several pieces from the 2025 concert, which were exceptional. We’d like students to familiarise themselves with the pieces, so please get your dancer watching the DVD/USB and learning as best they can.

## Performance Group Fees

The fees for Performance Groups are outlined below. These fees are in addition to the calculation of regular class durations, per our fee schedule.

The Performance Group fees include:

- Performance Group Class
- Some costume hire. Where possible, we will reuse costumes already owned by LCDC. However, depending on the required sizes and the suitability of costumes for specific dances, new costumes may need to be purchased.

- For 2026, any new costumes purchased for the Performance Group will require a \$50-\$60 payment (estimated at 25% of the cost of a new costume) to help cover additional costs. If you prefer not to pay, please let Lisa or Charlotte know, and your dancer will not be included in that dance.
- Entry fees and additional rehearsals as required.

PLEASE NOTE: There may be a small additional cost for guest choreographers (maximum \$70). If you prefer not to pay, please let Lisa or Charlotte know, and your dancer will not be included in that dance.

<b>Performance Group Fees 2026</b>	<b>Price Per Term</b>
Junior Performance Group (1st Student)	\$267.00
Junior Performance Group (2nd Student)	\$217.00
Intermediate/Senior Performance Group (1st Student)	\$300
Intermediate/Senior Performance Group (1st Student)	\$250

## Performance Group Uniform & Tracksuits

Female students in all Performance Groups must wear a black leotard for all Saturday PG classes, and hair must be in a bun.

Male students can wear black or navy tights with a white or matching leotard. Alternatively, boys may wear black or navy unitards.

Jewellery must be kept to a minimum; small sleepers and studs are acceptable. Necklaces, bracelets, watches (including FitBits) are not permitted.

Students in Performance Group will also be required to purchase our Performance Group tracksuit jacket and pants, which is compulsory for students to wear when representing LCDC at public events.

All Performance Group students must wear the new design jacket (from 2024) and tracksuit. Orders must be placed by the end of Week 6, Term 1. Sample sizes are available to try on outside the office.

Please note that the tracksuit and jacket are compulsory and **MUST** be worn at any time your dancer is representing LCDC.

In 2026, students in IPG and SPG will be required to have their own rehearsal tutu as part of the uniform. For students who don't have a half-tutu, a selection of second-hand tutus will be available for purchase, and we can order them through Studio7 (new) with our studio discount.

## Performance Group Eisteddfods, Solos and Competitions

As a studio, we have two mandatory competitions, Canberra Dance Festival (typically held over the Canberra Day long weekend in June) and Orange Eisteddfod (typically held in mid-late August). Once dates are confirmed, they will be shared with parents. Though the tentative dates are as follows:

- 6th and 7th June - CDF Groups
- 15th and 16th August - Orange Eisteddfod

Travel to and from each eisteddfod within ACT and interstate, as well as any necessary accommodation, is the responsibility of parents and families.

As students commence working on solos, and competing at Eisteddfods', it can be exciting and students may want to perform at as many as possible. When selecting competitions to enter, please refer to the Private Lesson Handbook. Competitions should not take priority over compulsory classes and Performance Group.

# Performance Group Expectations

---



Our students in the Performance Group are the Flagship of our school. Performance Group requires a commitment from both the parent and the student. Our Performance Group Terms and Conditions must be agreed to by all parties prior to the first class of 2025.

- **Students**

- Maintain the highest standards of behaviour and conduct by adhering to the LCDC Code of Conduct, both within the studio and when representing the studio at eisteddfods and competitions.
- Be well groomed, both uniform and hair always. Long hair must be in a bun for Ballet.
- Students will always work to the best of their abilities.
- Students will always treat staff and other students with respect.
- Be supportive of each and every student in the LCDC Performance Groups, remembering that each student brings something unique to the team.
- Understand that being a member of a performance group does not necessarily mean that each student will perform in all dances. As these groups are the school's flagship, all performances must be of the highest standard. A student who does not meet the required standard will not perform.
- Understand that students have school commitments that may take them away from the studio, priority should be given the compulsory classes; Ballet, Contemporary and Stretch and Conditioning for JPG; Full Vocational classes, Contemporary, Open Class and Stretch and Conditioning for IPG and SPG.
- Understand that students progress from one Performance Group level to the next; it is not guaranteed that they will automatically be able to perform in all dances. This is relevant to all the group's abilities, and we will always present the group that has attained the highest standard. Some students may be placed in a Performance Group for a particular talent or style. This means they may perform only in one dance.

- Understand that when groups enter Eisteddfods, they are classified by age group. A student may be too old for a section that the group is dancing in and not up to the standard of the group above. The staff reserves the right to cast students in performance pieces, and whilst an explanation of choices will always be given to students involved, no discussion can be entered into regarding decisions.

## Parents

- Be supportive of each and every student in the LCDC Performance Groups, remembering that each student brings something unique to the team.
- Understand that being a member of a performance group does not necessarily mean that each student will perform in all dances. As these groups are the school's flagship, all performances must be of the highest standard. A student who does not meet the required standard will not perform.
- Understand that students have school commitments that may take them away from the studio. Priority should be given to the compulsory classes: Ballet, Contemporary, and Stretch and Conditioning for JPG; and to the Full Vocational classes, Contemporary, Open Class, and Stretch and Conditioning for IPG and SPG.
- Understand that students progress from one Performance Group level to the next; it is not guaranteed that they will automatically be able to perform in all dances. This is relevant to all the group's abilities, and we will always present the group that has attained the highest standard. Some students may be placed in a Performance Group for a particular talent or style. This means they may perform only in one dance.
- Understand that LCDC reserves the right to decline requests for joining the performance group and will not tolerate coercion or blackmail as a means of gaining placement.
- Understand that when groups are entered in Eisteddfods, they are entered within specific age groups. A student may be too old for a section that the group is dancing in and not up to the standard of the group above. The staff reserves the right to cast students in performance pieces, and whilst an explanation of choices will always be given to students involved, no discussion can be entered into regarding decisions.

# Eisteddfod: Notes & Do's

---



- Arrive early or on time for performances.
- Check all notes and emails thoroughly at least a fortnight before the performance date to ensure you have all shoes, tights, etc. necessary.
- Pack emergency tights in case of holes or ladders.
- Be aware that students will have to change in front of one another as privacy is incredibly limited in the rooms provided at competitions.
- Ensure your dancer has proper dance undergarments they feel comfortable wearing.
- Males are required to change in bathrooms or alternative areas and leave the dressing room until all females are fully dressed.
- Any students needing extra privacy or discretion while changing will be respected and not questioned. They will be asked to remain outside the dressing room until everyone is changed to show due respect.
- Pack your own supply of hairpins (pins and bobby pins), safety pins, hairspray, deodorant, comb and brush.
- Ensure dancers are in full Performance Group uniforms (black leotards, LCDC Performance Group tracksuits).
- Ensure dance shoes are clean with no scuffs, marks or holes.
- Label all belongings (especially dance shoes and uniform items)
- Pack water and healthy snacks
- Purchase tickets to watch ahead of time as they are released. LCDC will not be responsible for any ticketing issues.
- Follow directions and competition organisers. Rules and expectations vary from competition to competition.
- Support all LCDC students and other dance schools. Always remaining humble, courteous and treating everyone how you would like to be treated.
- Refrain from making too much noise, and have proper backstage etiquette at all times.
- Other do's as required.

# Eisteddfod: Notes & Don't's

---



- Arrive late.
- Rely on others to provide you with information about performance requirements, uniforms, supplies, etc.
- Dressing rooms at eisteddfods are student-only. Parents are not to enter the dressing rooms without permission from the LCDC staff.
- Students aren't to leave the competition venue without a parent or permission from teachers.
- Don't take pictures or videos of students in the dressing room, backstage or in the audience.
- Send your dancer with messy food (chocolate, coloured food, etc), or excess amounts of sugar.
- Send your dancer to competitions with any valuables or property you wish to have returned or not lost.
- Other don'ts as required.