We Aren't Just a Dance Studio, We Are a Family!

Our mission is the create a dynamic learning environment where dancers feel included and confident as they learn how to explore movement and expression. We empower our students with a love of dance through the pursuit of self-confidence, discipline, technique, and a respect for the performing arts.

10435 S 2200 W South Jordan, Ut. 84095 801-414-4062 (Misty)

Faculty & Staff

Owner & Director - Misty Peterson

Coaching Staff

Misty Peterson Kenna Peterson Heather Childs Karyn Peterson Kennedy Peterson Addi Ihler

Teachers

Mckenzie Smith - Technique/Diversity Dani Thomas - Tumbling Lesa Racker - Tumbling Roxeanne Duennbeli - Ballet Elijah Hatch - Ballet Sicily Redd - Ballet Melissa Edwards - Ballet Destiny Shields - Ballet/Rec Jazz Ariel Larsen - Diversity Master Class Mackenzie Lemmon - Diversity Hope Parker - Pilates/Strength Heather Vargas - Tap

Other Staff

Lindsay Thompson - Desk Kailey Millet - Desk Hailey Barton - Cleaning

Costume Committee

Chair - Nicole Ihler Shantelle Ericson Karyn Peterson Heather Childs Cheryse Cropper

Social Events/Recital Committee

Chair - Karyn Peterson Chair - Shantelle Ericson Heather Childs

Social Media/Marketing Committee

Chair - Kenna Peterson Laura Peterson

Band/Communications Committee

Chair - Heather Childs Chair - Mckenzie Smith Team Moms - Shantelle Ericson

Studio Gear Committee

Misty Peterson Kenna Peterson Nicole Ihler Shantelle Ericson

Fundraising/Charity Committee

Chair - Dani Millet Heather Vargas

Important Dates

Studio Dates

Start of Classes: September 5, 2023 Back to Dance Night: September 9 at 7-10pm Team Pictures: September 16 Christmas Recital: December 9 Year End Recital: May 18

Empower Closure Dates

September 4: Labor Day October 23-27: Fall Break (In House Intrigue October 26-28) October 31: Halloween (Only evening classes cancelled) November 22-25: Thanksgiving Break December 22-January 2: Winter Break (Extra rehearsals December 27 & 28) January 15: Martin Luther King Day (Only daytime classes cancelled) February 19: President's Day (Only daytime classes cancelled) March 25-29: Spring Break

Competition/Convention Dates

Listed below are the dates of all competitions and conventions that Empower will be participating in. Please refer to your team's individual competition list in your folder to see which competitions your team will be attending.

Oct 26-28	In House Intrigue (Empower Studio)	March 21-23	Hollywood Dance Jamz Convention (Ogden)
Jan 18-20	24/7 Convention (Provo)	April 4-6	NRG Convention (Provo)
Feb 8-10	Radix Convention (Provo)	April 11-13	Premier Competition (Spanish Fork)
Feb 16-18	Streetz Convention (Missouri)	April 26-28	Velocity Convention (Seattle)
Feb 22-24	Intrigue Convention (Provo)	May 2-3	Venue Competition (Herriman)
Feb 29-Mar 2	Revive Convention (Provo)	May 9-11	Gravit8 Competition (Ogden)
March 15-16	Amplify Competition (Murray)		

***Any dancer is welcome to attend any of these competitions or conventions even if their team isn't going. If your dancer is interested in attending any additional competitions or conventions, please contact Misty and she will register your dancer and adjust your account.

Website & Social Media

Website: empowerdance.com

Instagram: empowerdance_utah

We love pictures and videos from your classes! If you have something that would make a great social media post please send it to Kenna Peterson 801-891-7537

BAND APP

We invite you to join the Empower Dance Information '23-'24 Band Group on the Band App. This group is a great way to stay informed about studio updates, important reminders, competition and performance info, and a chance to engage with your team and teachers. If you haven't received an invitation, please let Heather Childs know. The main feed is only for staff members to post information pertaining to the whole studio. Your individual team chat is available to communicate with other moms on your dancer's team.

Dress Code/Costuming

Studio Gear

We will be ordering new backpacks and jackets this fall. As part of the Empower uniform dancers will be required to have their own pair of black leggings. Dancers are allowed to use their jackets and bags from last year or they have the option to purchase new ones.

*New members to the studio will be required to purchase a backpack and jacket.

*The following teams will be required to purchase a new jacket: Perfection, Premiere, Prestige, and Pulse

*The following teams are highly encouraged to purchase a new jacket: Paramount, Pre-eminent, Paradise, and Prodigy

Team tops/outfits for choreography classes will be chosen by the team's choreographer this year. They will cost \$65 or less. The coaches will post ordering instructions on Band and it will be the parent's responsibility to order the specified team outfit. Dancers are required to wear these to their team choreography class as part of the Empower dress code.

Dress Code

Following the dress code takes effort and shows that the dancers are serious about improving and developing their dance skills. Adhering to the dress code also shows respect towards the teacher and the dance style they are studying.

**If a student comes unprepared to a class the front desk will call home and let a parent know. If they aren't prepared the following week they will again receive a call home but will also sit out of class and not be allowed to dance. If dress code violations become a problem with a dancer, a teacher/parent meeting will be arranged.

Choreography Classes - Team top/outfit chosen by choreographers and black leggings

Ballet Classes - ANY colored leotard, PINK ballet tights, PINK ballet shoes, and hair in a tight bun. Pizzazz, Petite, and Prime are allowed to wear their team outfit for their ballet class on the day that they have choreography (Wednesdays). They must still wear pink tights and shoes over their team outfit.

Technique, Diversity, Tumbling - Tight dance clothes that allow the dancer to move freely. **NEW** for this year...Each dancer needs to keep a pair of black socks and a pair of any type of dance shoe in thier dance bags at all times for classes. Examples: canvas or leather pirouette shoes, jazz shoes, gore boots, etc.

Hip Hop - Comfortable clothing that won't restrict movement and **tennis shoes.** Shoes for competitions will be specified at a later date and parents will be responsible to purchase them.

Hip Hop Competition Shoes - Wednesday night Hip Hop teams will be using the Old Skool black and white Vans. All other Hip Hop teams will be using white Nike Air Force shoes.

Competition Turn Shoes - Older teams will dance barefoot at competitions. Petite, Prime, Pizzazz, Platinum, Pursuit, Prosper, and Poise will need nude lyrical turn shoes for technique and choreography classes. They can be purchased from <u>dancewearsolutions.com</u>, amazon, or at local dancewear stores. We use the Women's Capezio Leather Pirouette Dance Shoe. Even though it says it is a woman's shoe, the sizes range from child to adult. The XS will fit our smallest dancers.

<u>Makeup</u>

We will be using the same makeup as last year and everything can be bought online through Ulta or in their store. Specific instructions on how to apply the makeup will be sent out at a later date. The required items are listed below and their links can be found on the website:

Eye Palette - Ulta Pressed Powder Palette. Color: Feelin' Bubbly. \$14

Blush - ColourPop Super Shock Blush. Color: Growth Flirt. \$9

Lipstick - NYX Lingerie Lip Stain. Color: Untamable. \$10

Eyelashes - False eyelashes that compliment your child's face are required. An example can be found on the website.

Solo Costumes

Solo costume requests must be made through your choreographer. The window for your choreographer to request costumes on your behalf is October 1-October 15. We do not allow duplicate costumes within our studio so if a costume is already being used your request may not be accepted. Please have back up costumes ready to request. Returns, refunds, and exchanges will not be allowed for solo costumes. You are responsible to pick the size of costume you would like ordered. Please ask a member of the costume committe for help if you are unsure of your daughter's measurements. The following sites are the appoved companies that you are able to request costumes from:

Weissman - weissmans.com, Kelle - kellecompany.com, Revolution - revolutiondance.com, Reverence - reverencedance.com

Empower Policies and Expectations

Absences

Every class is MANDATORY and necessary for the development and success of each dancer. If a dancer becomes ill we prefer that the dancer still attend their classes when possible and sit and observe. If a dancer is too sick for class, injured, or out of town a parent must inform their coach through text, phone call, or a message on Band. If absences become excessive, a meeting will be arranged with the student, a parent, and Misty. If absences continue the dancer will be pulled out of their routines.

Positivity and Unity

At Empower we are a family and we cheer each other on. As dance parents the best thing we can do for our kids is to provide as many opportunities as we can and be our child's biggest cheerleaders. When your dancer is feeling defeated, cheer them on and uplift them. Let the teacher be the teacher, and focus on being the parent your dancer needs. Please talk positively about other dancers, teachers, and our studio as a whole. We understand that some days will be great days and others may be hard for our dancers. Both days are important in a dancer's journey and they will need you to help them along the way.

Sportsmanship

At Empower we pride ourselves in supporting each other as well as dancers from other studios. When we are at competitions and conventions please remember that you are representing our studio and we expect exceptional sportsmanship from our parents and students. Please refrain from any negative talk towards or about others at all times.

Confidentiality

We don't discuss what competitions we will be attending with dancers from other studios. We also ask that the videos of our choreography not be shared until after our final competition. Pictures are allowed and encouraged to be shared on social media.

Competitions

Dancers are expected to arrive 90 minutes before their first routine with their hair and makeup done and wearing their Empower uniform. It is important to watch and cheer for other Empower teams and we ask that you always try to stay for awards.

Costumes

When costumes are brought home by your dancer they become your responsibility. Please care for the costumes by steaming them and keeping them hung up at all times. Parents play a part in helping with costumes and we may ask for help with things like rhinestoning.

Dinner/Snack Breaks

Dancers will have snack and dinner breaks worked into their schedules. Please send healthy snacks and dinner when needed. Dancers will be in charge of cleaning up after their own meals and help to keep the lobby and outside areas clean and free from trash. If a parent brings in a meal for the entire team we ask that the parent stays or arranges for the meal to be cleaned up afterwards. All trash from the meal, including items like pizza boxes, will need to be taken outside to the dumpster. Please NO food or drinks except water in any of the dance rooms.

Team Mom Expectations

Thank you for helping out as a Team Mom! We are excited for a great year and wouldn't be able to do it without your help. Please don't get overwhelmed...every team is full of awesome moms that are willing and able to help.

Managing Band

You should all be a part of the Team Mom Chat on our Empower Band Group. Please use this forum to ask questions, exchange ideas, and communicate between yourselves as well as staff members. Please don't answer any questions from moms without verifying the answer with a staff member. We will frequently post information that you will need to post asap in your individual team chats. We also will use this chat to coordinate costume try ons, rhinestoning, and any other issues that may come up.

Parties

Helping each team get to know each other and become unified is a big part of having a successful year. We ask that you coordinate at least 2 team parties throughout the year so the girls can enjoy being together outside of dance.

<u>Birthdays</u>

We ask that team moms recognize dancers during the week of their birthday (or their half birthday if it's during the summer). It's always fun for the girls to feel special when celebrating their birthdays at the studio. Ideas that have been done in the past are bringing the dancer her favorite treat, giving a card the team has signed, bringing donuts for the team, etc.

Competition Snacks

You have the option of coordinating team snacks for each competition. Many venues are strict about what is allowed inside the dressing rooms so we ask that the snacks be discreet, won't create a mess, and won't ruin costumes. We also prefer to not have colored drinks around costumes so if drinks are brought please bring water or non colored juices.

Team Gifts

Some teams prefer to use the money that would be spent on team snacks to purchase a team gift. Please coordinate this with your other moms and we ask that you don't overspend as this can create a financial burden on families. Gifts that have been done in the past are blankets, bracelets, necklaces, water bottles, sweatshirts, etc.

Financial Information

Tuition

Empower Dance Academy runs on a calendar month, which means that tuition remains the same whether there are 3, 4, or 5 weeks of class in that month. The longer months make up for the shorter months. Tuition will be charged to accounts on the 1st of every month and covers your child's dance education. Please refer to the tuition scale below:

<u>Hours</u>	Tuition	<u>Hours</u>	<u>Tuition</u>
5	\$160	10	\$260
6	\$180	11	\$275
7	\$200	12	\$285
8	\$220	13	\$295
9	\$240	14	\$300

Late Fees - \$15 will be added per account on the 10th of each month for balances under \$500. If account balance is over \$500, a 10% late fee of the total account balance will be added to the account.

<u>Team Fees</u>

In addition to tuition costs, Empower teams are charged a monthly team fee which will cover all outgoing costs related to being on a competition team. These fees are determined by each competition and Empower does not control the rising costs of competing. Team fees will be divided into 8 equal payments and charged to accounts on the 20th of every month. Team fees cover the following:

Local Competitions\$25-50 per danceConvention Entry Fees\$250-\$350 per conventionConvention Routine Fees\$60-\$90 per danceCostumes\$100-\$150 per danceRecital Fee\$45 per dancer or \$60 per familyChoreography Fee\$100

Extra Out of Pocket Expenses

Makeup (if needed)	\$30-\$40
Solos (optional)	\$80-\$195 per competition
Improv Competition (optional)	\$10-\$50 per competition
Hip Hop Shoes	\$60-\$120
Studio Gear	\$0-\$200
Team Outfit	\$65
Team treats/gifts	As needed per team
Travel Expenses	As needed per team

Tier 1 Perfection Premiere Prestige Pulse

Financial Tiers

Teams at Empower Dance Academy are split into 4 tiers based on their estimated team fees. These tiers are determined by how many competitions and conventions each team will be attending. The following shows the approximate amount of team fees for each tier:

Tier 1 - \$2500+

Tier 2 - \$2000-\$2500

Tier 3 - \$1500-\$2000

Tier 4 - \$1000-\$1500

Competition/Convention Schedule - Tier 1

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee
In House Intrigue	Oct 26-28	Empower Studio	\$290	Х	X
*Intrigue (Optional)	Feb 22-24	Provo	\$150	X	\$150
Revive Convention	Feb 29-Mar 2	Provo	\$295	\$60	\$175
Hollywood Dance Jamz	March 21-23	Ogden	\$295	\$60	\$175
NRG Convention	April 4-6	Provo	\$260	\$50	\$130
Gravit8 Competition	May 9-11	Ogden	Х	\$60	\$100
NRG Nationals	June 17-21	Palm Springs	\$260	\$50	\$130

Estimated Team Fees (3 routines)

Competition routine fees	\$180
Convention entry fees	\$1,400
Convention routine fees	\$660
3 Costumes	\$480
Choreography Fee (\$25 per dance)	\$75
Recital	\$45
TOTAL	\$2,840

*Intrigue is optional and not calculated into your team fees.

Estimated Payment Schedule

July 31 Deposit	\$500
September 20	\$290
October 20	\$290
November 20	\$290
January 20	\$290
February 20	\$290
March 20	\$290
April 20	\$290
May 20	\$310
TOTAL	\$2,840

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.

Tier 2 Paramount Pre-eminent Paradise Prodigy

Financial Tiers

Teams at Empower Dance Academy are split into 4 tiers based on their estimated team fees. These tiers are determined by how many competitions and conventions each team will be attending. The following shows the approximate amount of team fees for each tier:

Tier 1 - \$2500+

Tier 2 - \$2000-\$2500

Tier 3 - \$1500-\$2000

Tier 4 - \$1000-\$1500

<u>Competition/Convention Schedule - Tier 2</u>

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee	
In House Intrigue	Oct 26-28	Empower Studio	\$290	X	Х	
Intrigue Convention	Feb 22-24	Provo	\$150	\$63	\$150	
Amplify Competition	March 15-16	Murray	Х	\$30	\$100	Paradise and Prodigy only
Hollywood Dance Jamz	March 21-23	Ogden	\$295	\$60	\$175	
NRG Convention	April 4-6	Provo	\$260	\$50	\$130	
Premier Competition	April 11-13	Spanish Fork	Х	\$30	\$100	Paramount and Pre-eminent only
Gravit8 Competition	May 9-11	Ogden	Х	\$60	\$100	
*NRG Nationals (Optional)	June	Palm Springs	\$260	\$50	\$130	

Estimated Team Fees (3 routines)

Competition routine fees	\$270
Convention entry fees	\$995
Convention routine fees	\$519
3 Costumes	\$480
Choreography Fee (\$25 per dance)	\$75
Recital	\$45
TOTAL	\$2,384

*NRG Nationals is optional and not calculated into your team fees.

Estimated Payment Schedule

July 31 Deposit	\$500
September 20	\$235
October 20	\$235
November 20	\$235
January 20	\$235
February 20	\$235
March 20	\$235
April 20	\$235
May 20	\$239
TOTAL	\$2,384

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.

Tier 3 Pursuit Platinum Prime Prevail Pizzazz Passion

Financial Tiers

Teams at Empower Dance Academy are split into 4 tiers based on their estimated team fees. These tiers are determined by how many competitions and conventions each team will be attending. The following shows the approximate amount of team fees for each tier:

Tier 1 - \$2500+

Tier 2 - \$2000-\$2500

Tier 3 - \$1500-\$2000

Tier 4 - \$1000-\$1500

Competition/Convention Schedule - Tier 3

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee
In House Intrigue	Oct 26-28	Empower Studio	\$290	Х	Х
Intrigue Convention	Feb 22-24	Provo	\$150	\$63	\$150
Amplify Competition	March 15-16	Murray	Х	\$30	\$100
NRG Convention	April 4-6	Provo	\$260	\$50	\$130
Gravit8 Competition	May 9-11	Ogden	Х	\$60	\$100

Estimated Team Fees (3 routines)

Competition routine fees	\$270
Convention entry fees	\$700
Convention routine fees	\$339
3 Costumes	\$405
Choreography Fee (\$25 per dance)	\$75
Recital	\$45
TOTAL	\$1,834

*The NRG Convention entry fee is \$95 less for kids ages 4-6. If your dancer falls in this age group your account will be adjusted accordingly.

Estimated Payment Schedule

	Prime, Pursuit	Pizzazz, Prevail, Platinum, Passion
July 31 Deposit	\$150	\$250
September 20	\$210	\$200
October 20	\$210	\$200
November 20	\$210	\$200
January 20	\$210	\$200
February 20	\$210	\$200
March 20	\$210	\$200
April 20	\$210	\$200
May 20	\$214	\$184
TOTAL	\$1,834	\$1,834

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.

Tier 4 Petite Poise Prosper

Financial Tiers

Teams at Empower Dance Academy are split into 4 tiers based on their estimated team fees. These tiers are determined by how many competitions and conventions each team will be attending. The following shows the approximate amount of team fees for each tier:

Tier 1 - \$2500+

Tier 2 - \$2000-\$2500

Tier 3 - \$1500-\$2000

Tier 4 - \$1000-\$1500

Competition/Convention Schedule - Tier 4

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee
In House Intrigue Convention	Oct 26-28	Empower Studio	\$290 (not Petite)	Х	Х
Amplify Competition	March 15-16	Murray	Х	\$30	\$100
Premier Competition	April 11-13	Spanish Fork	X	\$30	\$100
Venue Competition	May 2-3	Herriman	Х	\$60	\$95
Gravit8 Competition	May 9-11	Ogden	Х	\$60	\$100

Estimated Team Fees (3 routines)

Competition routine fees	\$540	July 31 Deposit	
Convention entry fees	\$290	September 20	
3 Costumes	\$330	October 20	
Choreography Fee (\$25 per dance)	\$75	November 20	
Recital Fee	\$45	January 20	
TOTAL	\$1,280	February 20	
		March 20	
*The Petite team won't have any		April 20	
convention entry fees.		May 20	
		TOTAL	

Estimated Payment Schedule

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	Petite	Poise/Prosper
osit	\$150	\$250
20	\$105	\$130
	\$105	\$130
20	\$105	\$130
	\$105	\$130
)	\$105	\$130
	\$105	\$130
	\$105	\$130
	\$105	\$120
	\$990	\$1,280

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.

Tour Team

Convention Schedule - Tour Team

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee
Streetz Convention	Feb 16-18	Missouri	\$275	\$60	\$150
Revive Convention	Feb 29-Mar 2	Provo	Х	\$60	X
Hollywood Dance Jamz	March 21-23	Ogden	Х	\$60	X
NRG Convention	April 4-6	Provo	Х	\$50	X
Velocity	April 26-28	Seattle	\$295	\$60	\$175
Gravit8 Competition	May 9-11	Ogden	Х	\$60	X
NRG Nationals	June	Palm Springs	Х	\$50	X

Estimated Team Fees (2 routines)

Convention entry fees	\$570
Convention routine fees	\$800
2 Costumes	\$320
TOTAL	\$1,690

*If a dancer is in only 1 routine, your account will be adjusted accordingly.

Estimated Payment Schedule

September 20	\$211
October 20	\$211
November 20	\$211
January 20	\$211
February 20	\$211
March 20	\$211
April 20	\$211
May 20	\$213
TOTAL	\$1,690

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.



Competition/Convention Schedule - High School Team

Competition	Date	Location	Entry Fee	Routine Fee	Solo Fee
Amplify Competition	March 15-16	Murray	Х	\$30	\$100
NRG Convention	April 4-6	Provo	\$260	\$50	\$130
Gravit8 Competition	May 9-11	Ogden	Х	\$60	\$100
NRG Nationals (optional)	June 17-21	Palm Springs	\$260	\$50	\$130

Estimated Team Fees (2 routines)

Competition entry fees	\$180
Convention entry fees	\$260
Convention routine fees	\$100
2 Costumes	\$320
TOTAL	\$860

Estimated Payment Schedule

July 20	\$250
October 20	\$90
November 20	\$90
January 20	\$90
February 20	\$90
March 20	\$90
April 20	\$90
May 20	\$70
TOTAL	\$860

This is an ESTIMATION only

These numbers are based on how competition fees and costume prices have looked in recent years. Your payments for March, April, and May may increase or decrease depending on the overall total of team fees for your team.

Solos/duos/trios will be charged to your account separately from team fees.

	September	October	November
Perfection	\$290	\$290	\$290
Premiere	\$290	\$290	\$290
Prestige	\$290	\$290	\$290
Pulse	\$290	\$290	\$290
Paramount	\$235	\$235	\$235
Pre-eminent	\$235	\$235	\$235
Paradise	\$235	\$235	\$235
Prodigy	\$235	\$235	\$235
Pursuit	\$210	\$210	\$210
Prime	\$210	\$210	\$210
Pizzazz	\$200	\$200	\$200
Platinum	\$200	\$200	\$200
Prevail	\$200	\$200	\$200
Passion	\$200	\$200	\$200
Petite	\$105	\$105	\$105
Poise	\$130	\$130	\$130
Prosper	\$130	\$130	\$130
Paragon			
Paradox			
Tour	\$230	\$230	\$230
TOTAL	\$3,915	\$3,915	\$3,915