IDT PARENT HANDBOOK

IDT Parent Handbook

At Intensity Dance Team--

- Every dancer can choose his or her own dance program.
- Dancers are placed on teams through team auditions, summer dance camp attendance and team invitations.
- Every non-team class is a month- to- month commitment.
- Costumes will always be modest.
- Music will always be clean.
- The IDT Studio Schedule has a dynamic and fluid schedule. If enough students do not register for a class, that class will not carry. If the class enrollment dips to below 3 at any time, the class will be canceled.

IDT Competition Teams

- There are three different levels of "Intensity".
    - Level 1- Elite Teams:
        - Black Team Elite (Age 13-18)
            - 7 hours of classes/week
            - 4-5 Advanced Competitions
            - 1-2 Conventions
            - Full Season Commitment
        - Gold Team Elite (Age 9-12)
            - 5.5 hours of classes/week
            - 4-5 Advanced Competitions
            - 1-2 Conventions
            - Full Season Commitment
        - Junior Team Elite (Age 5-8)
            - 4.25 hours of classes/week
            - 4-5 Advanced Competitions
            - Full Season Commitment
    - Level 2 Teams "Sweet Spot"
        - Black Team, Gold Team, Junior Team
            - These teams will add ballet, technique, Acro and/or turns classes. *This block of team classes will be for dancers who want to be pushed to attend more competitions (3-4/year), and progress at a faster rate. This block of classes will guarantee noticeable progress for every dancer enrolled in the team block.*
    - Level 3 Teams "Fun Focus"
        - IDT Junior Team II, IDT Gold Team II, and IDT Black Team II
            - One team class/week plus technique classes stacked on the same day. *These teams are for dancers who want to attend class once a week as part of their extracurricular activities. Dance for "fun", attend one competition and perform at the spring concert.*
- **Competition Team Expenses:**
    - Elite Teams Tuition
        - Black Team Elite: $474/mo
        - Gold Team Elite: $474/mo.
        - Junior Team Elite: $212/mo.
            - Investment: Estimate: Elite Teams +**$164/mo**. static monthly payments for 10 months. No Surprise Charges-- cover all fees for the year.

Costumes, 3 Team entry fees, family recital fee, End of Year Video team pictures, 2 Conventions : practice wear (2 leos, tights, ballet slippers, foot undies, dance shorts, leggings,, 2 bra tops,2 tank tops), TEAM BACKPACK TEAM WARM UPS,TOTAL: $1,645.00 estimate yr. divided by 10 mo. ☆*$164/mo. or $143/mo. w/o practice wear*

- Level 2 Teams Tuition
  - Black Team Req. Classes $270/mo.
  - Gold Team Req. Classes $205/mo.
  - Junior Team Req. Classes: $160/mo.
    - Total Investment Estimate: Level 2 Teams "Sweet Spot" **+ $52/mo.-**static monthly payments, no surprises ;*Costume, Team entry fees, family recital fee, End of Year Video, Team pictures, Company Practice wear (2 leotards, tights, shorts, leggings, bra top, tank top, ballet shoes, foot undies, t-shirts) TEAM BACKPACK., TEAM WARM-UPS TOTAL: $600.00/yr. estimate divided by 10:* ☆*$60.00/mo.*
- Level 3 Teams Tuition
  - Black Team II Req. Classes: $185/mo.
  - Gold Team II Req. Classes: $140/mo.
  - Junior team II Req. Classes: $140/mo.
    - **+ $32/mo.-**static monthly payments, no surprises ;*Costume, Team entry fees,family recital fee, End of Year Video, Team pictures, Company Practice wear (shorts, leggings, bra top, tank top, foot undies, t-shirts) TEAM BACKPACK., TEAM WARM-UPS TOTAL: $320.00/yr. estimate divided by 10:* ☆*$32.00/mo.*

- It is important that each dancer fulfills the commitment to attend these classes August – May.
- Every Team Dancer Must attend every competition with their teams. Dancers who do not fulfill this requirement will be fined $100.00/competition. *Emergency or Family Situations may be exempt. Please contact office for approval*.
- Parents need to make every effort to help their dancers get to class on time each week.
- For the teams that require ballet and technique classes, one absence a month is allowed. The second absence/mo.in a team class needs to be followed up with a private lesson ($75.00/hour)-*Those private lessons will be scheduled through the IDT Studio Managers.*
  - When dancers miss class, it affects their progress and the progress of their team.
  - *If students are missing in a team class, then the instructor cannot go on with choreography or cleaning*.
  - *When dancers are absent and then return, the instructor must go back and catch up any dancers that had missed previous classes and it slows down their development/progress.*
  - *Of course, there will be times when family emergencies or illness cause a dancer to miss class. Please notify the office (Heber 385-399-9889 or Vineyard 385-399-9887) when that happens so that class videos can be sent home to catch up on what happened in class.*
  - *If you can plan shopping trips, or dentist appointments, or other distractions on other days, it would be greatly appreciated.*
- A.O.S. Competition Dates: Refer to Announcements in *Parent Portal.*

  ALL IDT TEAMS COMPETE AT LAGOON IN MAY:)
  - Pay Lagoon Directly: Spectator Pass--$25.00/person (*just for entry into the park. This is a Lagoon policy. The competition does not charge admission*) Discounted All Day Ride Passes--$69.95/person (*All dancers, friends and family qualify for this $27.99 discount. Many dancers compete and then ride rides with family and friends.)*
    - *We realize that the Lagoon expenses are high-especially for a family to get into the park and ride rides or just to watch their dancers. These fees are paid directly to Lagoon. This is not and IDT expense or one paid to the competition company. We wanted to make sure that you were aware of*

these expenses so that you can plan a fun day at Lagoon with your family, and maybe save a little through the year so that it isn't a surprise in May.

Competition Team Early Withdrawal Fee: If the dancer leaves the team prior to the completion of the competition season (May 26th), there will be an early team withdrawal fee *($500.00/dancer/team)* assessed because costumes are ordered, and routines are choreographed. This fee is set to compensate the director and the team for the inconvenience of changing choreography, extra class time for the team, and to encourage all dancers to honor their commitment to their team.

Any team dancer that quits prior to the end of the season in May, the full balance of IDT Gear, Practice wear, Conventions attended, and Competitions attended will be due as well as the $500.00/dancer/team Team Early Withdrawal Fee. Refer to the monthly fees description that break all fees into monthly installments for full amounts due.

IDT Halloween Concer

Dancers age 3-18 can sign up for Halloween Concert Classes in July-August
IDT loves Halloween!
We will have a Halloween Concert instead of a December performance.

- Halloween Concert will be 7-8 Halloween Themed Pieces performed in the WHS auditorium on October 21, 2026.
- Dancers sign up for the summer Halloween Concert Classes and they will perform in October
- Fun costumes-
- Great performance opportunity!
- The 2026 IDT Halloween Video Project will premiere at this performance
    - Dancers 8 and older can be a part of the Halloween dance video
        - Watch past Halloweeen Video Projects on our You Tube channel or the website

IDT Performance Teams

- One class/week, One Costume, One Performance at the Spring Concert!
- Each IDT Performance Team has only one required team class each week.
- It is important that each dancer fulfills the commitment to attend these classes once a week August – May.
- Most studios require much more time and money to be on a competition team. IDT Owner/Director, Karissa Molen, has developed a system that provides the ultimate amount of training in the shortest amount of time producing championship teams from only a once-a-week commitment.
- Parents need to make every effort to help their dancers get to class on time each week.
- When dancers miss class, it affects their progress and the progress of their team.
- If students are missing in a team class, then the instructor cannot go on with choreography or cleaning.
- When dancers are absent and then return, the instructor must go back and catch up any dancers that had missed previous classes and it slows down their development/progress.
- Of course, there will be times when family emergencies or illness cause a dancer to miss class. Please notify the office (Heber 385-399-9889 or Vineyard 385-399-9887) when that happens so that class videos can be sent home to catch up on what happened in class.
- If you can plan shopping trips, or dentist appointments, or other distractions on other days, it would be greatly appreciated.
- **Performance Team Expenses:**
    - Tuition $70/mo.
    - Total Investment: $18/mo.(*includes Team Costumes IDT Team Picture Recital Fees: End of Year Video Fee)*
- **Performance Team Early Withdrawal Fee:** If the dancer leaves the team prior to the completion of the competition season (May 26th), there will be an early team withdrawal fee *($150.00/dancer/team)* assessed because costumes are ordered, and routines are choreographed. This fee is set to compensate the director and the team for the inconvenience of changing choreography, extra class time for the team, and to encourage all dancers to honor their commitment to their team.

All Competition and Performance Team dancers (6 years old and older) will perform an all-studio group number at the IDT Spring Concert in May!

- Each year team dancers will dance with their parent (moms and dads take turns performing every other year as a Studio Finale! (sisters, aunts, grandmas, uncles, brothers, grandpas etc. can fill in for a parent).
- These all-studio numbers staring moms or dads is choreographed by IDT Studio Owner and Head Choreographer, Karissa Molen at no extra charge. Studio rehearsals will b held through May and videos will be sent home for individual practicing so that everyone is confident and excited to perform!
- The spring concerts are held in the large gyms of Wasatch High School (IDT Heber) and Mountain View High School (IDT Vineyard). The entire floor will be filled with dancers and their parents celebrating amazing seasons.

MANDATORY--ALL COMPETITION AND PERFORMANCE TEAM DANCERS MUST PARTICIPATE IN THE IDT SPRING CONCERT AND IN THE ALL-STUDIO FINALE We need dancers to support their team directors and one another at the final celebration of the season! *($100.00 fine if dancer does not perform in the Spring Concert) Emergency or Family Situations may be exempt. Please contact office for approval*.

IDT wants to be a place where dancers and parents are happy.
We will always try to work with you to make sure that your dancer can stay caught up, feels included and knows that she is needed and valued.

- Parents will be so pleased to see the results of dancers and teams who can fulfill their (Aug.-May) season commitment!

- This commitment teaches dancers that they can do difficult things. When things get challenging, they work together as a team to overcome those challenges and support one another towards a positive outcome.

- IDT offers every class that a dancer would need to receive a very well-rounded dance education. IDT alumni have successfully auditioned to be on high school and college dance teams and cheer squads. They have also received impressive college leadership and dance scholarships. Some alumni have even become dance instructors and drill team coaches.

- IDT Bundles are offered for dancers who would like some guidance towards classes that will provide important and progressive training. IDT has a place for everyone! The new dancer who wants to try some classes, the dancer who wants to try competing once a year and coming to classes once a week, and the dancer who wants to be pushed with multiple teams, ballet, technique, Acro, turns, solos and duos-attending the studio every day! Our professional staff will cater to each dancer's needs and provide a top- notch training experience for all IDT dancers.
- All non- team classes are month-to-month commitments.

IDT Parent Accounts

- All students must have an active account with IDT. Register at intensitydanceteam.com
- Important messages will be sent through the parent portal.
- All parent emails are listed under "messages" on the parent portal. If you can't find details about something, all emails sent will be centered in one place. :)
- All accounts must have a valid and current ACH information and a Credit Card on file for payment security purposes. Invalid or expired Credit Cards will need to be replaced with a valid card within one week of notification.

- Tuition is due on the first of each month. *All accounts will be charged through ACH on the first of the month. Any returned NSF will be charged $30.00.*
- The full tuition balance must be paid off each month. *Balances will not be carried month to month.*
- If you need a payment plan to keep your dancer in classes, please contact the office (435-503-1303) regarding limited scholarship and studio work opportunities to subsidize tuition.

Classroom Etiquette:

- Respect the instructors
    - Students must raise hand to ask any questions during class. *Do not yell out over teacher's instructions.*
    - Students Must raise hand to ask for permission to use the restroom during class. *Plan to use restroom prior to coming to class or before class begins.*
    - Students need to follow directions and not complain out loud to class.
    - Parents and other family members who are not registered for the class are not allowed in the studio during classes. *Parents are invited to wait in the Dancer's lounge during classes. Dancers will be more willing to try new things and pay attention to the instructor if a parent is not in sight. When a parent or family member is in the studio, it is a distraction for all dancers. If your child is having a rough time, the instructor will bring him/her to you. Parents will be invited into the studio for the last 5 min. to film what they learned and take fun pictures.*
- Respect other dancers
    - Students will be considerate of other dancers—not touching or pushing.
    - Students will not touch other students' property in the cubbies of the back room. *If you find extra things brought home, please contact management so that we can return the items to their owners.*
    - Students will work together—cooperate-- to achieve teacher's instructions during class.
    - All Students will be included during class activity—No exclusions.
    - Any "mean girl" behavior during class or outside of the teacher's view needs to be reported to management a.s.a.p. so that the studio is a positive place for everyone to enjoy learning.
    - No profane language or inappropriate music at the studio or during any studio activities.
    - No alcohol, drugs or vaping allowed at the studio or used by any dancers.
- Respect the studio
    - Do not touch the mirrors
    - Put all garbage in the garbage cans
    - Clean up after yourself in bathroom and any snacks/water bottles that are kept in the back room—not on the studio floor.
    - Do not jump on the furniture or hang on the ballet barres
    - No drawing on walls
    - Do not touch TV, Music, or light switch.

HOLIDAYS

IDT loves to celebrate ALL holidays!!

- Halloween—the week of Halloween, each class has a party.
    - All dancers and teachers dress up in costumes
    - Teach special Halloween Dance and film it for a fun class video project.
    - Take class pictures.
    - Teams--All dancers Bring treats for trick-or-treating

    - Teachers bring wrapped treats for other classes
- Thanksgiving
    - Through all of November use circle time to have each dancer say what they are thankful for.
- CHRISTMAS!!
    - Teams-First week of December draw Secret Santa Names on their team. Buy a gift $10.00 - $15.00.
    - Last week of classes before Christmas Break—every class has a party!
    - All dancers dress up in Christmas PJs
    - Teach fun Christmas themed dance and film it for a fun class video project.
    - Teams-have Secret Santa Gift Exchange
    - Take class pictures.
    - Teachers bring small treats for all other non-team classes
- Valentines
    - Week of Valentine's Day—Class Parties!
    - Dancers dress in purple, white, pink or red.
    - Teach fun Valentine dance-film for fun class video project
    - Take class pictures

If you have any questions regarding anything in this handbook, please contact the office (435-503-1303 or intensitydanceteam.23@gmail.com).

Welcome to IDT!!