



# Western NSW Dance Festival 2021

## June 2 and 3, 2021

## Nomination information pack

Welcome to the Western NSW Public School Dance Festival 2021. We thank you for your interest in dance education in your school and for giving so generously of your time and energy in producing an item/s for the festival.

This booklet is designed to assist you with each stage of your preparation and production of the item. Feel free to contact the committee if you have any questions that are not addressed in the booklet.

## Key dates

### TERM 2

- Thursday May 6 – Week 3 – Nomination form and video submission due
- Thursday May 13 – Week 4 – Schools notified
- Tuesday 2 June and Wednesday 3 June – Week 7 – Western NSW Dance Festival

**To nominate** for the Western NSW Dance Festival schools will need to:

- Complete a separate [online nomination form](#) for each item
- Send a short (1 min 30 sec) video to accompany the nomination
- Accompany the video with a short description of the dance work

# Festival committee 2021

Jayne Evans - Festival Coordinator

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Di Reichelt - Arts Coordination Officer

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We are always looking for more people to join the committee to help organise this event. Please contact Jayne or Di if you would like to help out in areas such as publicity, T-shirts or you would like to view videos as a member of the audition panel.

## Aims of the festival

- Demonstrate the outcomes of dance curricula K-12 in NSW public schools
- Encourage the development and teaching of dance programs at schools in Western NSW
- Provide an opportunity for the school and wider community to recognise dance as an art form
- Provide an opportunity for students to work towards a quality performance in a professional venue
- Present an original, entertaining and professional dance event, which provides a positive and memorable experience for both the teachers and students involved

## Performances

**Festival venue – Bathurst Memorial Entertainment Centre, 105 William St, Bathurst NSW 2795.**

Each performance runs for approximately 2 hours with no interval.

This year due to COVID we may have a performance on the Wednesday and Thursday.

You will be notified of this decision.

**Confirmation of rehearsal and performance details will be sent with your successful selections in the festival.**



# Pre-festival organisation

## Choreographers

Choreographers should be a student or teacher at the school involved. The hiring of outside dance teachers or university students to prepare items is discouraged as it is considered to be inequitable and counterproductive to developing teacher expertise. In some circumstances a parent or community volunteer may assist a supervising departmental teacher.

## Item length & student numbers

Primary 3-4 minutes

Secondary 3-6 minutes

Items may have no more than 30 students and no less than 8 students.

## Composition & choreography

Successful items contain strong theme, appropriate music choice and movements, and are appropriate for your students

Refer to the K-6 and 7-12 NSW Dance syllabi for guidance in the elements of composition.

When composing your work consider the following to vary and contrast the movement:

- have different groups of students performing simple varied movements simultaneously
- unison choreography should form only part of your dance
- contrast locomotor (travelling) movement and non-locomotor (non-travelling) movement
- work on a variety of levels – standing, kneeling, on the floor, jumping
- develop a movement phrase, which can be repeated throughout your dance
- move in lines circles, triangles, squares, diagonals and staggered lines.
- perform the same movement in different directions
- dancers not on the stage throughout the whole item
- incorporate entrances and exists

## Selecting your music & music reproduction

The music you choose drives the theme and provides inspiration for your movement. Try to be original and creative when choosing your music. Please ensure each track of

music selected is appropriate to participants' age and abilities and does not contain inappropriate language. If the music selected is inappropriate you will be asked to modify and/or change it.

### **Ensure you have done the following before submitting your music:**

- When selecting your music or creating your soundtrack form multiple songs stay within the time allocations; 3-4 mins for Primary, or 3-6 mins for Secondary.
- There should be no variation in sound levels or any audible clicks or bangs on your soundtrack.

## Safe dance guidelines

- Students must always warm up and cool down. Do a cardiovascular warm up first before attempting to stretch. This makes the muscles more pliable before flexibility work and before being ready to dance. Warm up all major joint areas and muscle groups.
- Students must dance within their own capabilities. Do not execute movement that extends past a student's range of flexibility, strength, endurance or training
- Always dance with awareness of alignment, i.e. knees over toes
- Use the centre at all times. This means pressing the stomach back to the spine and flattening out the stomach
- The **following** can be considered to be **unsafe** depending on the student's training and you may be asked by the committee to omit them from your item
  - Splits
  - Back bends without support
  - Acrobatic tricks/movements e.g. flips, forward/backward rolls, walkovers.
  - Heavy landings from jumps or into the floor
  - Rolling up onto the neck/backward or full neck rolls
  - Break dancing movements such as the 'worm' and head spins
  - Knee slides or drops

**Please make sure that all of your dancers have adequate skills and experience to perform all of the movements safely.**

## The performance space

**The Bathurst Memorial Entertainment Centre stage is an 8 metre x 10 metre space.**

Mark out a similar space in your school as a practice area. There are three 'legs' (wing entrances) on each side. Include these in your rehearsal space to assist students

practice entrances and exits. The wings will be marked 1-3 from front to back on the stage.

Ensure that students are aware that there is a set of lights on the floor at the very back of the stage and possibly UV on the floor at the front of the stage.

Dancers must enter and exit the stage from the wings during the item. **No dancer may run between the backstage walls or out in the corridor to enter or exit during the dance.**

## Props

All props must be able to be lifted by one person. The stage crew has only a few seconds and limited personnel to set the stage between items. Your prop should be able to be moved on and off stage easily by one person in 5 seconds. **All props must be labelled with school, item name and contact teacher.**

There is a Work Safe limit of 25kg on all props. Please ensure your props comply with this otherwise they will be rejected at rehearsal.

## Technical & lighting requirements

Consider the following before submitting your Technical & Light Requirements.

- Tasteful use of lighting can greatly enhance your item
- The predominant colour of your costumes
- The mood you wish to create
- Colours and shapes can be projected onto the white screen (cyclorama) at the back of the stage or you can choose to use the black tabs, which give depth to the stage
- Keep lighting cues to a minimum
- If you are not sure what you want, ask the lighting manager during your rehearsal

## Costuming design

Costumes do not need to be elaborate or expensive to be eye-catching. Costumes should support your item concept, and complement the movement intention. Please ensure item name and teacher contact is included on your costume design form.

Any costume design should be appropriate to the performer's age, sex and body shape.

The dignity of students should be respected at all times.

## Costume guidelines:

- Complete costume changes at the side of stage area during items are not permitted
- A modest neckline – it should be high enough that the girl's cleavage is not exposed and when arms are raised, the top does not ride up so the waistline is exposed
- Bra straps and underwear should not be visible when dancing
- If your dancers are wearing a two-piece costume, a leotard could be worn underneath or they must wear a flesh insert or a body stocking
- Dancing in socks is prohibited
- No false fingernails
- Careful pinning of headwear and hair accessories is required

Rehearse in costumes prior to the dress rehearsal and performances at the Bathurst Memorial Entertainment Centre, and make any necessary alterations.

Good grooming is an essential part of onstage presentation. Hair should be well groomed and pulled back from faces. The use of aerosol hairspray is not permitted in the building.

Jewellery is not permitted unless it is part of the costume.

## Item blurb

You will need to write a blurb (**2/3 sentences**) about your item for the compere to read in the blackout while the stage is being set for your item. There is a section on the nomination form for this.

Sample: *"The sea is a mysterious and ever-changing part of our world. On the floor of the ocean crabs, fish, lobsters and mermaids live in harmony. Join the students from XXX primary school as they take you to the wonderful world "Under the Sea".*

## Video link

Selection for the program will be via a video link. See Western NSW Dance Festival page on the Local Arts Program website for a step by step guide to uploading your footage to YouTube.

The audition video must be a minimum of **1 minute 30 seconds** of movement.

It should show a strong concept, development of technique and performance quality. Movement should be set and structured and not all in unison.

## Notification of inclusion in the festival

The contact teacher will be notified of inclusion in the Festival in Term 2 Week 4 and feedback will be provided.

A 2<sup>nd</sup> video may be requested if deemed necessary by the Festival Committee. Schools who do not submit this may risk exclusion from the Festival.

Programming details will follow after this date. Changes cannot be made to the program once it is finalised by the committee. Schools need to indicate any programming preferences on the initial application form.

## Student Participation & Publicity Consent (form) and Participation & Publicity Consent (form)

During the festival, your students may be photographed for local newspapers or videoed for local television stations. For your item to be eligible it is essential that all of your students complete the Student Participation and Publicity Consent (form). Print this form to distribute to students and **retain at school**. Then submit the Participation & Publicity Consent (form) online.

This will be included in your festival package when your nomination has been accepted for festival.

## Risk management

The Dance Festival committee undertakes a risk management in consultation with the Bathurst Memorial Entertainment Centre. Schools are required to complete their own school's risk management plan in accordance with their school risk management and excursion policies.

## Parent Helpers

Due to COVID-19 the number of parent helpers may be restricted due to amount of participants allowed in the holding space. You will be sent a follow up email regarding this if your item is selected.