

Community College of Baltimore County Student Handbook: Dance Program 2019-2020

WELCOME!

Welcome to the Dance Program at CCBC! At CCBC we are committed to creating a dance environment that is professional, supportive and dedicated to student success. The Dance Faculty at CCBC are all highly qualified professionals with high standards and expectations for all of our students.

If you are dance major striving to complete a degree in dance and enter the professional world of dance or a student taking classes because you love to dance, the Dance Faculty at CCBC are here to help you.

CCBC maintains a professional environment in the Dance Program. What does “professional” mean at CCBC? For the Dance Program it means maintaining high standards for oneself, hard work, discipline and most importantly commitment to dance as an art form worthy of serious study.

Information contained in this handbook is designed to be a resource for all dance students. Please study the information contained within it and if you have any questions or concerns don't hesitate to contact any dance faculty member.

The faculty and I are here to support and help each dancer strive to achieve his or her best. If you need any assistance please contact you faculty or me and we will be happy to assist you.

Welcome and happy dancing!!

Tommy Parlon

Dance Coordinator

Associate Professor of Dance

Full Time Faculty Biographies

Tommy Parlon

Tommy is a native of Washington D.C., received his M.F.A. in Dance (Choreography and Technology) from Arizona State University and his BFA in Dance and Choreography from Virginia Commonwealth University. While in New York City he danced with J. Fregalette Janson Dance, Centaur Dance Theatre, Beyondance Inc! and the Paris based multi-media performance art company FIASCO.

Tommy has danced in pieces by Doug Varone, Stephen Petronio, Alvin Mayes, Laura Dean and Elizabeth Streb. His choreography has been commissioned by Dance Place in Washington DC, Incidents Physical Theater of New York City; NEW ARTiculations in Tucson AZ; Lansing Chamber Dance in Michigan; and numerous colleges throughout the United States.

He was been awarded an Individual Artist Award in Solo Dance Performance and an Artist Award in Choreography from the Maryland State Arts Council as well as Choreographic Grants from The Arts and Humanities Council of Montgomery County Maryland.

Melinda Blomquist

Melinda received a Master of Fine Arts in Dance Choreography and Performance from the University of Wisconsin – Milwaukee; and a Master of Arts in Dance Pedagogy from Brigham Young University. Melinda has presented her choreographic work in numerous venues nationally and internationally including: the South Central and Mid-Atlantic American College Dance Festivals; the Southern District AAHPERD conferences; Northwest Vista College; the National Dance Association Pedagogy Conferences; the University of Wisconsin – Milwaukee; and at the Attakkalari Festival in Bangalore India. She has also performed her own work and the work of other artists in various venues. Currently Melinda is working with Trajectory Dance Project.

Currently Melinda is an Associate Professor of Dance at the Community College of Baltimore County and is the Artistic Director of the CCBC Dance Company. Melinda is involved in community outreach, focusing on promoting the importance of dance as art form in public education. Previously Melinda was a member of the dance faculty at the University of Texas Pan American where she was the Co-Artistic Director of the Dance Ensemble, serving as both a choreographer and director for the company. Melinda also worked with the Theatre and Music departments as a choreographer for Musical Theatre productions. Melinda served as the Dance Performance – Chair for SDAHPERD and was a member of the Texas State Board for Educator Certification in Dance.

Advising for Dance Majors

CCBC Dance majors must attend the dance advising session each semester. Advising sessions will be announced in all dance classes and a sign-up sheet will be posted in WELL 230 and ARTS 005. If a student is unable to attend the advising session they must make an appointment with a full-time faculty member.

No exceptions! If you have any questions about your degree please contact the Dance Coordinator ASAP!

CCBC Dance Company

Company auditions are held in the first week of every semester and are open to any current CCBC student who is enrolled and actively participating in a Ballet or Modern Technique class. AFA Dance majors have specific requirements to successfully complete credits in Dance Company in order to graduate. ALL dance company members are required to register and actively participate in Dance Company workshop/rehearsals on Fridays 11:15-2:30, in addition to all other rehearsals and performances. Failure to do so will result in the student earning a grade of "F" for DANC 240. Please see Tommy or Melinda if you have questions.

Students have the opportunity to choreograph works for Dance Company. The selection process for performance on the main stage is rigorous and will be explained at the first meeting of Dance Company each semester. Works not chosen will have the option to perform informally at the end of the semester.

Dance Company members have the option of attending the American College Dance Festival. Information will be discussed at the audition and the first full company rehearsal.

Contact Information

Tommy Parlon, Dance Coordinator

tparlon@ccbcmd.edu

443-840-1129

Melinda Blomquist, Artistic Director CCBC Dance Company

mblomquist@ccbmd.edu

443-840-1347

Essex Campus

Dance Office is located in the Arts and Humanities Building Room 237

Catonsville Campus

Center for the Arts 109B (Tommy is usually there Tuesday/Thursday afternoons)

Adjunct Faculty

Please refer to your syllabus for contact information or ask them

Class Information

Please refer to each class's syllabus for specific information or contact each faculty member individually. Many teachers make use of Blackboard and CCBC email to communicate with students. Please familiarize yourself with this technology.

Each faculty member has his/her attendance policy. Please be aware that YOU are responsible to know this information. WHEN IN DOUBT JUST GO TO CLASS!!! Excellent attendance is mandatory in order to improve in dance class regardless if it is a technique, history or theory course.

Corrections are crucial in making progress in mastering dance technique. Consider all "general" corrections as if they apply to you personally. Criticism/Feedback of you technique, choreography or performance come from a highly knowledgeable and skilled faculty. Please take all feedback

constructively and enthusiastically. Saying "Thank You!" would be a gracious acknowledgement of the time and expertise the dance faculty is sharing with you.

Life Difficulties sometimes happen over the course of a semester or year. There are many resources both on campus and off. If you are having issues please communicate with your entire faculty immediately! Send an email, call or talk to them before or after class. Please do not just drop off the face of the planet! ALL of the faculty and staff at CCBC want to help you achieve your goals but remember you are responsible for being proactive in finding solutions!

Negative behaviors and bad attitudes will not be tolerated! Acting out in class, talking behind people's back, withdrawing into sleep, eating disorders, drugs and other negative behaviors are non-productive activities and will be strongly discouraged by all faculty. If you have concerns please contact your dance faculty or Dance Coordinator to seek constructive solutions.

Studio Policies

- NO street shoes are to be worn on the Marley! Ever! Please remove shoes before entering the studio.
- NO food or drinks in the studio. Only bottled water is allowed. If you must eat between classes and/or rehearsals please step out into the hall.
- NO cell phones are to be used in the studios! This includes texting.
- Only CCBC Dance Company members or students enrolled in Dance Composition classes can use the studios outside of class. Please see Tommy or Melinda to schedule time.
- RESPECT for oneself, other dancers and dance faculty is required at all times!

Technique Reality Check Am I an “A” student?

- ✓ Outstanding Excellent Work (The Top of My Class)
- ✓ Ability to demonstrate strong technical execution of movement. High Performance level.
- ✓ Presentation of movement is interesting to watch. Quality and dynamics are clear
- ✓ Focused throughout class Always in class and attentive
- ✓ Takes responsibility for making corrections even when they are not given to me specifically. Takes initiative on my own.

Am I a “B” student?

- ✓ Good work.
- ✓ Makes improvements daily. Technique is coming along. Consistently improving.
- ✓ Not always a consistent and clear execution of the quality of movement, but working on it. Can achieve performance quality AFTER learning the steps.
- ✓ Works hard in class.
- ✓ Takes correction well.
- ✓ Good attendance.

Am I a “C” student?

- ✓ Average work.
- ✓ Keeps up with the class. Works but not always well.
- ✓ Must be given the same correction multiple times.
- ✓ Not using technique needed to execute movement as requested.
- ✓ Can pick up steps but not quick enough to present movement qualities, dynamics and musicality at the same time.
- ✓ Body and mind in class most of the time but not always together.

Am I a “D” Student? Below average.

- ✓ Inconsistent attendance.
- ✓ Not enough personal commitment.
- ✓ Should reconsider if dance is part of your life.

Financial Aid

If you are on a Financial Aid please make yourself aware of the new requirements in attendance and GPA to maintain your funding. There are drastic consequences for failure to comply. Please see [Costs and Paying for College](#) or contact the Financial Aid Office for more information.

Dancer Wellness

Students should develop and maintain a healthy lifestyle. This will increase performance in dance class, help to prevent injuries and reduce stress levels. Healthy eating and getting enough sleep are crucial to maintaining a healthy body, mind and spirit. CCBC offers many classes in nutrition, stress management and physical fitness classes for dancer cross training (Yoga, etc.). Please see Tommy or Melinda if you have questions. Leslie Tinios (former dance coordinator at CCBC) is a great yoga and stress management teacher who understands the needs of dancers.

Injuries

At CCBC dancer safety is a primary concern. Please be aware of the importance of taking care of yourself! This includes: warming up properly before every class and rehearsal, cooling down after class and rehearsal (don't throw you coat on and run to work-take ten minutes to stretch and cool down!), eating and sleeping well, being mentally and emotionally prepared to work to your full potential!

First Aid Kits are available in the closets of WELL 220 (Essex) and ARTS 005 (Catonsville) and are for EMERGENCY USE ONLY. At Essex ice is available in the training room near the equipment cage.

In case of injury remember RICE!

R = Rest

I = Ice

C = Compression

E= Elevation

If you experience sudden/sharp pain or can't bear weight see a doctor immediately.

If you have a chronic or are recovering from an injury it is the dancer's responsibility to inform all or his/her faculty immediately. Class observation and alternative assignments are at the instructor's discretion.

Resources for Dance

The number one resource you have as a dancer at CCBC is your dance faculty! Feel free to ask questions!

Places to Go for Help and Tutoring

Student Success Centers

Essex: Student Services Building, 307

Catonsville: Student Services Building, 100

Dance Resources

[Dance Library Guides](#)
[Dance Baltimore](#)
[Dance Metro DC](#)
[Cultural Alliance](#)
[Dance Place](#)
[Joy of Motion](#)
[Dance USA](#)
[Facebook Group: Finding Dance in Baltimore](#)
[National Dance Education Organization](#)

Dance Books

- Anatomy of Movement (Revised Edition), Blandine Calais-Germain
- How to Dance Forever, Daniel Nagrin
- Apollo's Angels: A History of Ballet, Jennifer Homans
- *Time and The Dancing Image*, Deborah Jowitt, University of California Press
- *The Shapes of Change: Images of American Dance*, Marcia B. Siegel, Houghton Mifflin Co., Boston, 1979
- *Terpsichore in Sneakers: Post-Modern Dance*, Sally Banes, Wesleyan University Press, 1987
- *The Vision of Modern Dance: In The Words of Its Creators*, ed. Jean Morrison Brown, Naomi Mindlin, and Charles Woodford, Princeton Book Company, 1998

Things That Should Be in Every Dance Bag at All Times!

1. Dance shoes
Of every sort! Especially when going to an audition, it is important to bring a variety of shoes. In addition to your basic ballet slippers, jazz shoes, or jazz sneakers, make sure to pack shoes for all the specialty dance forms you can do, such as tap or pointe work. You never know what kind of dancing you'll be asked to perform. A choreographer may suddenly want to see a different style, even if it wasn't specified in the audition notice, especially if your resume indicates that you can do it. And ladies, always have something with a heel.
2. Extra tights, leotard, and warm-ups
In case of tears, runs, stains, or excessive sweating, you want to have a backup pair of tights and a clean leotard. And as temperatures in the studios and theaters are unpredictable and can vary widely, it is important to have warm-up clothes that you can layer on top and remove easily.
3. Hairbrush, comb, elastic ties, barrettes, pins, and hairspray
Dancers, in particular, need to be meticulous in sporting a neat hairstyle that will stay in place and not interfere with the look or execution of their movements. Also, there is frequently a dancer who forgets, loses, or breaks her hair tie, and it looks good for your professionalism and preparedness when you can be there

with a spare elastic or barrette to offer.

4. Towel

Even in cold weather, dancers sweat, often profusely. Particularly when doing partner work, you will want to periodically wipe the perspiration off your body, as overly sweaty skin can be dangerous when doing lifts (you may also want to pack an additional clean towel to use after showering).

5. Deodorant

No one likes working with a performer who stinks up the studio.

6. Perfume or cologne

On those busy days when you don't have time to shower after rigorous classes or rehearsals, a quick squirt of a mild cologne can make you feel and smell fresh.

7. Antiseptic wipes

Good for cleansing a minor cut or scrape or even just dirty hands, particularly when it's inconvenient for you to leave the studio or stage area.

8. Antibiotic ointment

To prevent infection, you should apply something like this immediately after cleansing any kind of cut, scrape, or tear of your skin.

9. Band-Aids

A large assortment of these is always important.

10. Breath fresheners

A courtesy to your fellow performers and to make a pleasant impression on anyone to whom you may be speaking at an audition.

11. Makeup bag

In case you need to re-apply makeup to go to an audition after class or rehearsal, or at auditions, if you need to repair smears, smudges, etc.

12. Plastic water bottle

It is vital that you stay hydrated during long days of rehearsing or auditioning, and if you can't get out to purchase more beverages, it's smart to have a plastic bottle that you can easily refill from a water fountain or sink. Warning: Never carry glass bottles in your dance bag. Should they break, no matter how well you think you've cleaned out our bag, tiny glass shards may still be in there that could seriously hurt you if they got into your clothes or shoes.

13. Protein bar

On days when your schedule requires you to skip a meal, a medium-sized protein bar will adequately satisfy your hunger.

14. A healthy snack

Most dance nutritionists advise eating small amounts of food periodically throughout the day. So, especially on those days when you're not sure when your breaks will be, or when you are going to an unfamiliar neighborhood and don't know what the food purchasing options will be, you should be sure to have a healthy snack in your dance bag. Also, it's usually less expensive to bring your own snacks from home on a regular basis. The most recommended snacks for working dancers are nuts and fruit.

15. Plastic bag

For wet dance clothing, towels, etc.

16. Notebook and pen

You never know when you'll need to record an important piece of information.

17. Extra photo and resume

Even if you're not going to an audition, you never know who you may run into.

18. Umbrella

You don't want to show up to an audition looking drenched.

19. Reading material

For the downtime, when you tire of texting or when it's inappropriate to use your electronic devices, always have a good book or magazine with you. **OR YOU CAN STUDY FOR AN EXAM!** Use your time wisely!