



2017-18 Information Packet

North Shore All-Stars (NSAS) is a H.S. feeder team specifically intended to prepare for 8th-9th grade dancers for High School Pom Dance Team. Future LFHS Scouts, LA Ramblers, SHS Patriots, and HP Giants, should not miss this opportunity! We're proud that 100% of our All-Stars who auditioned for their High School Pom / Dance Team successfully made the team at Lake Forest H.S. and Loyola Academy!

Dancers from any studio or school from the greater North Shore area are encouraged to enroll. NSAS dancers are encouraged to continue to train at their dance studio of choice. Dancers are welcome to dance on another Dance Company or Jr. High Pom / Dance Team while on NSAS Dance Team. NSAS rehearsals are held at LoMastro Performing Arts Academy satellite location our new dance classroom at Gorton Community Center, 400 E Illinois, Lake Forest. Not all studios support H.S. Pom/Dance Team, but we take pride in helping dancers make their high school team.

To audition dancers should be Intermediate-Advanced level dancers. The team will meet once per week from September 8 - January 14 on Fridays from 4:30-6:30 PM. Time will be used to perfect skills within the competition routine and also hone skills needed for High School tryouts. It is our goal for each dancer to gain the skill necessary to make their High School Dance Team.

The team will be overseen by coaches and choreographers who are well versed in what it takes to make the area High School teams. Loren LoMastro Specht, the director, coached Lake Forest HS Varsity Pom from 2001-08 and has coached/choreographed for Loyola Academy Varsity Pom from 2008-present.

NSAS will attend Competitions through Universal Dance Association (UDA), the same competitions attended by High School Pom/Dance Teams.

Note: Rarely a 7th grader will be considered for the NSAS team if they are exceptionally advanced for their age.

Rehearsal Location

LoMastro Performing Arts Academy Satellite @ Gorton Community Center
400 E. Illinois Road
Lake Forest, IL 60045

Attire

Girls should wear a solid leotard or tank top, black shorts and tan slip-on jazz shoes. Hair should be up, off of the face and neck.

2017-18 Availability

Students must be available for Choreography rehearsal on August 26th from 9:30 AM -12:30 PM.

Students must be available for weekly rehearsals September 8 - January 14 on Fridays from 4:30-6:30 PM. Rehearsals will not be held on Thanksgiving week, November 20-26, 2017.

Rehearsals will not be held during Winter Break, December 15, 2017 - January 2, 2018.

Students must be available for competition dates December 2 (Milwaukee), January 6 (Chicago), January 14 (Willmette).



Participation Fees:

Every participant must pay a non-refundable participation fee of \$750. The participation fee covers all rehearsals, choreography fees, a team t-shirt, music editing fees, coaches compensation, uniform use, poms, bow, competition fees, USASF Annual Membership Fee, etc. Fees will be auto-charged upon enrollment. Participants must supply their own tights, shoes and undergarments.

Uniform

Competition Uniforms are property of LoMastro and must be returned at the conclusion of the season in January. In the event the uniform is lost or damaged, the family will be charged a replacement fee of \$200. The Competition Uniform borrowed, however dancers will keep their poms/bow/long-sleeved top and briefs.

Competition Fees

Competition fees are included in the participation fee.

Attendance

No more than 3 absences from rehearsal will be allowed. If a student exceeds the allowed number absences he/she will be placed on probation and will not be allowed to perform. All conflicts must be written on the back of the Participation Contract. No refunds will be given if a student is placed on probation due to absences. Attendance at competitions is MANDATORY. Please do not audition if your family isn't 100% committed to ensuring your daughter/son is able to fulfill the attendance requirements.

Do I need to Audition?

Everyone must be able to do at least a double pirouette, 4 fouette turns, and a toe touch. If you are new to LoMastro please submit a video of your dancer doing these prerequisite skills to lomastro@gmail.com. We'll email you within 48 hours to confirm whether or not your dancer is ready for the team. If email is not an option you may schedule a private evaluation.

- 1) Visit lomastro.com and click on "Register Online"
- 2) Select "Enroll in a class"
- 3) Select "North Shore All-Stars 2017-18"
- 4) Follow the prompts to complete your enrollment, you will not be charged if your child is not accepted.
- 5) Then, complete the Participation Contract and return it to LoMastro no later than August 20, 2017.



Registration Form / Participation Contract

Complete the pre-registration online at lomastro.com to reserve your spot, space is limited to 20 girls. You will not be charged if your dancer is not accepted. Then return this contract no later than August 15.

STUDENT'S NAME _____

DATE OF BIRTH (M/D/Y) _____

SCHOOL / GRADE 17-18 _____

ADDRESS _____

CITY / STATE / ZIP CODE _____

DANCER EMAIL _____

HOME PHONE # _____

PARENT CELL PHONE # _____

PARENT'S NAMES _____

PARENT EMAIL _____

Please tell us a little bit about your dance Training and Competition Experience? _____

Which High School will you (or do you currently) attend? _____

Please tell us why you want to be on the North Shore All-Star Dance Team? _____

Parent/Guardian Commitment and Waiver

I/We, on our own behalf and as Guardian of _____ [insert name of student], hereby release LoMastro Performing Arts Academy, Inc., its Agents, affiliates, assigns and employees from any and all actions, causes, causes of action, suits, damages, claims and liability whatsoever, at law or in equity which I/We may have with respect to personal injury, illness, or property damage or any other damage that may be incurred, occurring on or off the school's premises. I certify that I am in good health and capable of participating in all school activities and classes, I have consulted a physician to determine the risks if any in participating in said activities and accept said risks freely and voluntarily. I hereby give permission to LoMastro Performing Arts Academy to take photographs and video for promotional uses for the school and waive all right, title or claim to said photographs/video as well as any claims that may arise out of the use of said photographs/video.

Please initial each of the following:

- _____ I have read and understand the time commitment, financial commitment and requirements as outlined in the 2017-18 North Shore All-Stars Information Packet.
- _____ I understand that my child is allowed no more than 3 absences, and exceeding 3 absences will result in being placement on probation and unable to compete with the team. Attendance at competitions is mandatory.
- _____ I understand that participants must supply their own tights, shoes and undergarments.
- _____ I understand that NSAS competition uniforms are property of LoMastro and must be returned at the end of the season. In the event the uniform is lost or damaged, I will be charged a replacement fee of \$200.
- _____ My child is 100% committed to participating if selected. I am fully committed to supporting my child's commitment for the duration of the 2017-18 rehearsals and competitions.
- _____ I understand that all tuition and fees are non-refundable.

Parents/Guardian Signature _____

Date _____