



## **COMP SQUAD 2026**

### Roles & Responsibilities

To ensure a positive and successful experience with Comp Squad, we kindly ask all dancers representing the A.L.A.D Comp Squad to adhere to the following:

#### **1. Timeliness and Attendance:**

- Arrive punctually to all classes. Late arrivals may disrupt the flow of the session.
- Attend classes every week, unless there is a legitimate reason for absence. Regular attendance is crucial for your growth as a competitive dancer. Missing classes can impede your progress by setting you back in training.

#### **2. Respect and Support:**

- Treat all fellow dancers with kindness and respect, just as you would like to be treated.
- Foster a supportive environment by encouraging and uplifting your classmates.
- Bullying of any form will not be tolerated.

#### **3. Preparedness:**

- Ensure you are adequately prepared for each class. If you have any uncertainties regarding the required uniform or footwear, please reach out to a member of our team who will be happy to assist you.

#### **4. Additional Training for Competition Squad:**

- Members of the competition squad are required to attend an extra 1-hour dance-based class each week, in addition to their competition training. This excludes the comp squad pairs class, team class and private lessons.



## **5. Optional Lessons and Practice:**

- We recommend single students to consider optional private lessons leading up to competitions and exams. These lessons are booked on a first-come, first-serve basis.
- Open practice classes, while optional, are highly recommended and can be scheduled when events are approaching.

## **6. Additional dance training at other schools and centers:**

- The ISTD Faculty do not allow dancers to attend two ISTD DFR schools of the same faculty simultaneously. In other words, while registered with us at A.L.A.D, you cannot attend another ISTD DFR (Disco freestyle & Rock N Roll) school. This policy is followed by all schools within the ISTD system. Some schools part of ISTD and other societies may go a step further and refuse entry to a child from a school in close proximity to them, in order to avoid complications and to maintain a harmonious environment for all dancers and professionals.
- If we are unable to offer a particular dance style or training, we encourage our students to explore other opportunities and gain experience elsewhere. We want them to spread their wings and make the most of their training and potential. If you do choose to seek different dance training elsewhere in addition to your child's dance training at A.L.A.D please take great care in choosing a school or center which holds a FULL Qualifications and correct safeguarding measures for the lessons they carry out. Please be as transparent as possible with the A.L.A.D Team to ensure we can do the best for your child's dance experience.

## **7. Uniform and Dress Code:**

- The Academy comp squad tracksuit, as displayed on our website, is the responsibility of the student/parent for sponsorship. This uniform is mandatory for all comp squad dancers participating in Open, Regional, and National competitions.
- Please refrain from wearing clothing such as pajamas, onesies, or dressing gowns at any event, including arrival, during the event, and when leaving.
- Kindly allow 6-8 weeks from the date of your order to receive your tracksuit.



## **8. Event Costumes:**

- The cost and sponsorship of event costumes are the responsibility of the student/parent.
- Specific dance events may have costume rules, and multiple costumes may be required throughout the season.
- Prior to each competition, the squad will be informed of the event rules. If you have any questions regarding costume requirements, please email A.L.A.D. Our team can direct you to costume sellers or second-hand dance costume websites/groups to accommodate your budget.

## **9. ISTD Regional Qualifiers:**

- All competitors are expected to participate in ISTD regional qualifiers throughout the year, except for those who solely participate in Team/Pairs events and qualify in Set Dance. Appropriate allowances will be made for these individuals, as they will have only one single event to compete in.
- Dancers who qualify in events are not permitted to dance in those events until National finals day in October.

## **10. Event Categories:**

- Costume rules apply to events at ISTD competitions, including:
  - Set Dance (Qualifying event)
  - Rock N roll Pairs (Qualifying event)
  - Disco freestyle Solo (Supporting event)
  - Disco freestyle pairs (Supporting event)
- Dress restrictions do not apply to events at OPEN competitions.
- Please note that all events may vary depending on the organiser. Students and parents will receive advance notifications regarding event dates, enabling them to prepare routines and costumes.



- While open competitions are optional, we highly recommend them as our competitors thoroughly enjoy them.

### **11. Medal Tests and Academy Examinations:**

- Competitors must hold a valid medal test to participate in ISTD regional competitions.
- Annual Academy examinations are compulsory for all competitors in the squad.
- Successful ISTD Examinations will determine the levels at which competitors participate in ISTD competitions.
- The Academy will communicate all relevant information to competitors and parents well in advance.

### **12. Partnership Commitment:**

- Competition pairs run from January to December.
- By agreeing to a partnership, you commit to participating in all ISTD regional competitions throughout the season, unless qualification is achieved.
- Partnership terms are reviewed annually in December. Please refer to the additional info sheets for the season's pair terms.

If you have any questions or require further clarification, please do not hesitate to reach out. We value your dedication and look forward to a successful season at Amy-Leigh Academy Of Dance.