

# Introduction

## Sarah Cookney

Sarah, who has danced and aspired to teach modern dance since the age of 6, received her formal modern dance training with Brigitte Reeve. Sarah's journey in dance has been a very successful one, winning the Western Province Junior Championships as well as Intermediate Championships. Sarah also won all her sections in the finals in her age category and came second in the search for "Stars of Tomorrow." Sarah opened her own studio in 1991 with 16 pupils and has grown exponentially to over 160 pupils.

Sarah is a prominent member of the dance community and has been appointed an examiner for Theatre Dance Association and the Cape Dance Association. Sarah is in the process of obtaining her membership diploma in International Examining with the A.I.D.T (Association of International Teachers) where she has her advanced teaching diploma. Sarah is also a member of the Western Province Dance Teachers Association and the Cape Dance Association and Theatre Dance Association.

Sarah qualified as a Yoga Teacher and Level 3 paramedic in 2001. She is also actively involved in choreographing the Fish Hoek Primary School and Senior High School plays. Sarah has choreographed many set dances for various competitions and numerous musicals including "Grease", "Joseph", "7 Brides for 7 Brothers", "The Boyfriend", "West Side Story", "Annie", "Oliver", "Wizard of OZ", "Sound of Music", "Chicago "Hairspray." And Peter Pan

She has also choreographed the dancing for the FHPS competition held at the V & A Waterfront and won 1<sup>st</sup> prize for 3 years in a row.

Sarah has toured to New York and Dallas, where she participated in dance classes at Alvin Ailey, Martha Graham and Broadway, along with a convention with Mia Michaels, Wade Robson, Shane Sparks, Dave Scott and Tyce Diorio who are world renowned Choreographers.

Sarah has won numerous choreography awards as well as winning 20 sections in the Cape Town eisteddfod and Cape Dance Festival in 2010. She was awarded for Best Choreography at Eisteddfod and Adjudicators choice at the Festival.

**"If you love what you do, you never have to work a day in your life."**

## **FEE STRUCTURE - PER SCHOOL TERM:**

<u>Modern Dancing</u>	<u>Juniors</u>	<u>Seniors</u>
1 Lesson per week	R360	R550
2 Lessons per week	R580	R680
3 Lessons per week	R720	R880

**Junior** up to and including 12 years – **Senior** from 13 years & over

### **Hip Hop – From 10 years old - R100 per month**

This is a great technique to build stamina and confidence. Very high energy is required and the students feel great after class. Different styles of hip hop are incorporated into the classes as well as loads of different combinations.

### **Horton & Therobands**

Open to “workers” only –A technique that is especially good to strengthen and supple up dancers. This program helps deal with body problems. i.e.: weak stomachs, back, ankles, rolled shoulders, turn out, Posture and stance. The exercises are done at the pupil’s own pace, slowly building up each week. Once committed, the results are amazing.

### **Junior Emporium – R150 per month – Invitation only**

Stepping stone to Emporium –With the great success of launching “Emporium”- there is a much needed gap to prepare the pupil, thus I started a Junior version, helping bridge the gap to Senior Class work.

### **Emporium – R200 per month**

Founded in 2000! The ultimate in Dance - challenging classes, promotional work, open work with guest teachers and great shows.

### **Vocational Emporium – R100 per month**

All students wishing to join “Emporium” must attend this program. Invitations to Emporium will be from this program only.

### **Boyz Noize – R330 per Term**

All boys should dance!! It will improve their posture, co-ordination skills for all sports and helps them with sequencing and builds confidence.

### **Other**

Associate (Teachers diploma) = R150 per lesson

Private Lesson = R50 ½ hour lesson

*All fees are payable in advance –10% interest is charged on all overdue fees. Fees may only be paid on a monthly basis by prior arrangement. One full terms notice is required for termination of lessons or one term fees payable in lieu thereof – this applies when leaving at the end of the year too. No Fees - No Dancing!!*

## GENERAL:

- ❖ An enrolment form must be completed before the first lesson commences.
- ❖ The studio opens every New Year in the 2<sup>nd</sup> week of the first term and closes at the end of November for the Christmas Holidays.
- ❖ There is no dancing on break up days and public holidays. At times it is necessary to have lessons during school holidays, but parents will be advised well in advance should this arise.
- ❖ During the Eisteddfod, Dance Festival and Examinations, classes are sometimes disrupted due to the fact that we have to accompany the pupils to these events, which forms part of the studio curriculum. These classes cannot always be made up, however where possible classes are combined to keep pupils in practice and often many extra lessons are given free of charge in the build up to the events.
- ❖ It is preferred for parents, friends and siblings **not** to watch classes, as pupils find it disruptive and often do not concentrate. Exceptions to this rule can be made by prior arrangement.
- ❖ Parents are to please make arrangements for pupils to be picked up promptly after classes. I have other commitments and cannot be held responsible for pupils waiting outside the studio.
- ❖ Every precaution is taken to prevent theft and / or accidents when attending classes. In the likelihood of such an event, I cannot be held responsible for any loss or injuries incurred.
- ❖ Lost property is kept in the bottom cupboard behind the kitchen door. I collect an amazing amount of school items by the end of each year. All lost property that is not claimed by the end of each year is donated to tears.
- ❖ Banking details: Sarah Cookney  
Standard Bank Fish Hoek 036009  
Savings account – 073702145  
Email - scad@eqweb.co.za

## **SHOWS**

A studio show is performed every two years in which the entire studio takes part. The shows are a wonderful learning experience for pupils, enabling them to have a chance to perform on stage in a professional atmosphere, thereby instilling confidence and a sense of achievement.

To make these shows possible and successful, we need the support and assistance of both pupils and parents.

## **EISTEDDFOD AND FESTIVALS**

**SCAD** is an active participant in the Cape Town Eisteddfod, which takes place at Sea Point Civic Centre and the Cape Dance Festival, which takes place at Bergvliet High School and Theatre dance, eisteddfod of the performing arts, held at various venues.

Entry fees are charged for these events, which have to be paid by a prescribed date set by the organizers. Pupils are given one pre-rehearsal at these venues before the commencement of the competition.

## **COSTUMES:**

The cost of the costumes for the Shows, Eisteddfods and Festivals are at the expense of the parents. I have purchased a number of costumes over the years that, if suitable, can be made available for hire.

## **EXAMINATIONS:**

Pupils who achieve a high enough standard are entered into exams and are examined by examiners from other provinces. The students will enter the Association of International Dance Teachers (A.I.D.T.) modern exams, which is my preferred association.

Pupils who do not enter these exams are still required to attain an expected level to move into the next class. Entrance fees are charged by these organizations to enter these examinations, which vary according to the grade taken.

## **MEDAL TESTS**

These are performance tests! They consist of a Centre Practice, a Floor Amalgamation and a Dance. They are examined by local examiners and are brilliant to help students with balancing, broadening movements, strengthening and letting go, which helps build confidence.

## **GENERAL DRESS CODE:**

Correct attire is expected at each and every lesson. No loose tops or pants may be worn in class, as these make it difficult to correct posture. In winter, pupils may wear tight fitting spencers or proper crossover dance tops.

Hair is to be tied back and long fringes clipped away. Pupils with very long hair are to wear it in a bun, which is firmly clipped.

Girls with short hair are to tie their hair back in a half pony. Loose hair hinders the correct use of the head when dancing and breaks concentration.

## **MODERN DRESS CODE:**

Proper leotards of any colour or style may be worn for class. Short, tight fitting cycle shorts and jazz pants may also be worn. Uni-tards are permitted.

All leotards, unitards, cross over tops and jazz pants can be ordered through our studio. Hair to be put neatly in ponytail, clipped back with no loose hair or head bands. There are more things going on than hair in your face.

## **For Exams and Medal tests:**

Entrants are required to match up with their partner i.e. leotards or unitards in the same style and the mixing and matching of colour. No stripped, patterned, flared leg or two tone costumes are permitted. Flesh coloured footless tights are to be worn underneath, no panties.

**Hair** = Lapebras, elastic, gel, hairspray, hairnet, brush, comb & ribbon

## **For Eisteddfods and Festivals:**

Entrants are required to wear any colour unitards of any style. No sequins, bows or ribbons are allowed for set dances. I have a hiring facility @ R20 per day.

**Hair** = Same rule as for exams.

**Make up** = Foundation, blusher, brown and white eye shadow, mascara, red lipstick.

## **HIP HOP DRESS CODE:**

Takkies are essential as they cushion the feet on landing. Jazz pants, lightweight track suite pants and any top as long as it allows movement.

Although this is a more relaxed style it is important in teaching to see that the body is moving correctly.

*All dance attire is available through SCAD*

### **Prize Giving:**

We will have an annual prize giving held at the end of the year. Certificates gained at various events throughout the year will be awarded as well as certificates for achievement in class.

### **Dance Catalogue**

We launched our first **SCAD** Active dance catalogue in 2006. On the catalogue we offer leotards, unitards, dance pants of many styles, tops, hot pants, tracksuits, sweat tops, warm up suits, bags, key-rings, dance mementos, water bottles etc....

New SCAD tracksuits and Dance togs are available

The catalogue is a great success and we will be expanding to offer you more goodies, like specially made up hair and makeup **kits** for show, exam and competitions.

The CD and price list is available on request.

### **Last but not least**

To get the best results, attendance is imperative and steps found difficult are to be practiced at home. Please make sure that you arrive for class 10 minutes before to warm up and to be ready for class. It is very disruptive once we start to have late comers.

Dancing is an activity that uses both body and mind and stimulates imagination and creativity. It keeps the body fit and healthy and not only improves co-ordination and deportment, but group co-operation and social skills. Listening skills, concentration and music appreciation are developed as the students learn. Building self confidence and self esteem is one of the best gifts we can give both our children and ourselves. Dancing can nurture these in an atmosphere that makes learning FUN.

As parents, encourage your child's dancing, as it will be an asset to her/him later in life.

I hope that your dance training at **SCAD** will be most enjoyable.

Yours in Dance

*Sarah*



## **SCAD AWARDS 2010**

### **Most Promising**

Bridget Du Plooy  
Meagan Hall  
Jenna Wilkinson  
Lily Carmen  
Caelyn Williams  
Indigo Camichel  
Daniel Judge  
Liz vd Merwe  
Tayla Brice  
Mathilda Loggenberg

**Bursary for 2012 – Ulfa Davids**