

Orchesis Requirements

Orchesis Dance Company welcomes all dancers, all levels, Beginning, Intermediate and Advanced. This program will teach you the art of Dance, you will learn and retain more skills than you could ever imagine. If you have Determination, Perseverance and Self Confidence, this is the program for you.

Dancers must attend Summer Dance Workshop and pre house for the 2005 Fall Semester. Dancers must complete a full dance year (August to May) and maintain a GPA equal to or better than 2.0 per semester.

Criteria for Out of State Waivers

- A. Demonstrate high achievement in the Performance area.
- B. Have a cumulative minimum grade point average of 2.5 on a 4.0 scale in high School, if prior to entering college, or at least 24 semester hours of college work.
- C. Demonstrate Leadership.

NOTE: If one or both of your parents graduated from Grambling you are exempt from the requirement to earn a 17 on the ACT or 810 on the SAT and you are eligible for In-State tuition.

Dress Requirements for Dance Classes:

Leotards and tights are the required dress: you may need to change as many as three times per day, therefore, bring as many changes as you feel necessary.

Ballet Class Requirements: Pink Ballet Shoes, Pink tights and black leotards.

Jazz Class Requirements: Black Leotards or Sports Bra, Black Jazz Pants and Black Jazz Booties.

Please have all required attire.

NOTE: No cover ups will be worn in class.

Responsibilities of Dancers:

Practice Monday through Friday

You are now at the University Level. No one will constantly remind you of your responsibilities. If you miss a practice and no one is informed, you should understand that you could be dismissed from the company. We do not accept excuses after the fact. No exceptions.

Weekly Schedule:

Monday 4:00pm

- A. Weight will be checked each Monday. Body weight will be determined by your height and bone structure.

NOTE: If you need to loose weight, cut back on:

Sugar

Carbohydrates - Bread, Rice Pasta, Potatoes etc.

Fast Food

- B. Company Technique class: Ballet, Modern and jazz.
- C. New Field Show is taught
- D. Break for Dinner at 6:30pm
- E. Return after Dinner 7:15pm
 - Review Field Show
 - Review Stand Routine

Tuesday 4:00pm

Company Class

Review Field Show

Break for Dinner 6:30pm

Return After Dinner 7:15

Review Field Show and Stand Routine

Wednesday 4:00pm

- A. Company warm-up

- B. Audition: No Position is guaranteed. Auditions are held every week to decide which dancer will represent ODC for the week end game.

- * Dancer must execute Two Pirouette turns, Right and Left
- * Dancer must execute an axel Jump, Right and Left
- * High Battlement Leg or Kicks
- * Showmanship
- * If you are over weight you may not audition
- * Must know all Stand Routines

Accessories needed for weekend game: (GSU will provide Costumes)

- * 2 Piece Black Pantsuit with matching Skirt, White Blouse and Camisole.
- * Off-black stockings
- * Black pumps
- * 2 Orchesis T-shirts, you may buy T-shirts from GSU
- * Pep rally uniform, you may buy uniform from GSU
- * Black bra
- * Diamond studs
- * Pony tail
- * White tennis shoes
- * White socks
- * Gel

- * Hair pins
- * Hair spray
- * Make up w/ red lipstick and eye lashes
- * Black under wear
- * Black dance pants
- * "Capezio" black fish-net Stockings (Dance Store)
- * "Capezio" toast tights

The following items may be ordered through:

"DANCE DISTRIBUTORS" at (800) 333-2623

Black and Tan "Split Sole" Slip-on Jazz Ankle Boots #B-SO499L

Black and Tan "Capezio" 2 1/2 inch heeled Character Shoes # C-653

"Dance Distributors" at (800) 333-2623

Body Wrappers" Camisole Body Tights, Suntan #A91

Thursday 4:00pm

- A. Meet at the Gym of Field for Company Warm-up.
- B. Dancers who are performing will work with the GSU Tiger Marching Band.
- C. All other Dancers will work on the Side Line. This is a requirement and is part of your training.
- D. Break for Dinner 6:30pm
- E. All dancers report back to Gym at 7:30

Friday 4:00pm

- A. Meet at the Gym of Field for Company Warm-up.
- B. Dancers who are performing will work with the GSU Tiger Marching Band.
- C. All other Dancers will work on the Side Line. This is a requirement and is part of your training.
- D. Break for Dinner 6:30pm
- E. Dancers performing on the weekend will report back to Gym at 7:30 to try on costumes and make alterations as required.
- F. All other dancers are FREE until Monday.