

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

SECTION ONE	Welcome
SECTION TWO	Glossary of Terms & Acronyms
SECTION THREE	Introduction to Irish Dance
SECTION THREE	<i>Classes</i> How do they work? What can I expect to learn?
SECTION FOUR	<i>Student Commitments</i> <i>Class competitions</i> <i>Grade Exams</i> <i>End of Year Shows</i>
SECTION FOUR	Student Attire
SECTION FIVE	Shoes

Welcome to the Doyle Academy of Irish Dance

The primary purpose of this **Student Handbook** is to summarise the information that pertains to current students of the Doyle Academy of Irish Dance. The Doyle Academy TEAM APP is the source of these summaries.

The Doyle Academy is run by Leeann and Paula Doyle, both qualified Irish dance teachers with many years of dancing and teaching experience. Leeann and Paula, along with their assistant teachers conduct all classes in line with TIDANZ and CLRG syllabus, as well as developing strong technique and skill for all dancers.

Whether a dancer chooses to compete, perform, or dance recreationally, we're very glad that you've chosen to be a part of the Doyle Academy! Welcome to the FUN of Irish dance!

Leeann and Paula

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

Glossary:

ADCRG	Credentials for an Irish Dancing adjudicator
Beginner	The first level of classes for any dancer new to Irish Dancing.
CLRG	An Coimisiún Le Rincí Gaelacha - (Irish Dancing Commission) based in Dublin, Ireland.
Code of Conduct	Guidelines for everyone involved in Irish Dancing to assist them in maintaining and improving ethical standards, whilst still reassuring everyone about the integrity of An Coimisiún Le Rincí Gaelacha and all associated personnel.
Competition	Generally a full day event where dancers perform for a judge against other dancers.
Dance-Out	The term for performing out in public
Donut	A hair piece for putting under wigs to create height.
Entry Fees	The cost of entering a competition.
Feis (“FESH”)	An Irish word that means festival, more commonly used to describe an Irish dance competition
Feis First Aid	A fundraising shop run by CESDAIDI with supplies you will need
Grade Exams	All dancers have an opportunity to complete these, the syllabus is set by CLRG.
Hard Shoes	A leather shoe with a tip and heel made out of fiberglass to produce noise/taps when moved.
Hornpipe	Catchy, rhythmic dance performed in hard shoes, characterized by a 1-TWO-1-TWO rhythm; musical cadence is either 2/4 or 4/4 time, tempo is approximately 138 on a metronome for “fast speed” (aka “traditional speed”) dances, and approximately 113 on a metronome for “slow speed” dances
ID Bling NZ	Irish Dancing Bling NZ is an Auckland vendor who specialized in Wigs.
Jig	An energetic dance performed in hard shoes, characterised by a 1-2-THREE-1-2-THREE rhythm; musical cadence is 6/8 time, tempo is approximately 92 on a metronome for “fast speed” (aka “traditional speed”) dances, and approximately 73 on a metronome for “slow speed” dances
Light Jig	A bouncy dance performed in soft shoes, characterized by a rhythm that can be counted aloud as ONE-2-THREE or 1-2-3-FOUR; musical cadence is 6/8 time, tempo is approximately 113 on a metronome
Poodle Socks	The traditional socks for class and competition
Reel	A lively dance performed in soft shoes, characterized by a rhythm with an even 1-2-3-4 count; musical cadence is either 4/4 or 2/4 time, tempo is approximately 113 on a metronome
Set Dance	A dance performed in hard shoes and choreographed for a specific piece of traditional music (either treble jig or hornpipe tempo); a traditional set is a specific dance sequence performed at a specific speed to a specific piece of traditional music; a non-traditional set (also called contemporary set) is original choreography developed by a TCRG and performed at an optional speed to a specific piece of traditional music
Single Jig	A lively dance performed in soft shoes, characterized by a rhythm with an even 1-2-3-4 count; musical cadence is either 4/4 or 2/4 time, tempo is approximately 113 on a metronome. Can sometimes be known as a HOP jig.

PLEASE READ THROUGH CAREFULLY - ANY QUESTIONS CONTACT YOUR TEACHERS

THIS HANDBOOK WORKS ALONGSIDE OUR TERMS & CONDITIONS AND THE CODE OF CONDUCT SET OUT BY DOYLE ACADEMY & CLRG

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

Slip Jig	A graceful, flowing dance performed in soft shoes, characterized by a rhythm that can be tricky to count until familiar, ONE-2-THREE-4-FIVE-6; musical cadence is 9/8 time, tempo is approximately 113 on a metronome.
Soft Shoes	A leather shoe (thinner than the hard shoes) that is thin with laces up the front of the foot. It is light and made for ease of movement of the foot.
Solo Dances	Choreography that can be performed individually
Step Ladder	The table that indicates the syllabus and steps dancers are required to know in each level within the academy.
TCRG	Credentials for a qualified Irish Dance teacher
TIDA of NZ Inc.	Traditional Irish Dancing Association of New Zealand Inc.
Traditional Set Dance	A hard shoe dance choreographed hundreds of years ago that must be done in a traditional manner.
Workshop	The name of a series of classes with a specific event or goal in mind. Generally during the holidays over a couple of days.

New to the world of Irish Dance? This introduction may help:

In Irish dancing, a **step** is a sequence of foot movements, leg movements and leaps, choreographed to fit a certain musical cadence through 8 bars of music for the "**right foot**" and is repeated through 8 more bars of music for the "**left foot**" of the step.

Steps are choreographed for the various Irish music tempos: **reel**, **light jig**, **slip jig**, **treble jig** and **hornpipe**. There are many steps of each dance, varying in level of difficulty. Steps are created by the instructors of an Irish dance school, and are unique to that particular school (with the exception of the traditional set dances).

There are two kinds of dance shoes for Irish dancing – **soft shoes** and **hard shoes**. **Reels**, **light jigs** and **slip jigs** are performed in soft shoe. **Hard Jigs** and **hornpipes** are the first hard shoe dances taught, first at traditional (fast) speed and later at a slower speed, which allows for more complicated foot-work. Dancers at the Academy begin by learning **solo dance** steps, which are dances that can be performed independently. An Irish dancer's **basic skills** include (but are not limited to):

Good **timing** (meaning the dance movements match the rhythm of the music). **Pointed toes** with arched feet. Legs **crossed** (so that it looks like one knee is hiding behind the other) and legs **turned out** (so that when the legs are crossed, the inside of the ankle bone is facing forward, toes facing out). Upright upper body carriage with **arms straight** at the dancer's sides, chin level, eyes forward, head evenly balanced atop relaxed neck, with shoulders open (down and back). Graceful and energetic movement, including **high elevation on the toes** and snappy legs that **kick the dancer's bum** when feet move from behind to in front or vice versa. Well-executed jumps that incorporate all of the above principles, and an overall sense of "**lift**" throughout a dance. Confident and pleasant affect. (Dance is a performance art... please SMILE!)

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

Classes

How do classes work at the Academy?

At the Doyle Academy of Irish dance all dancers new to Irish dance start in the beginner soft shoe class, once a week. All dancers work their way through the Academy soft shoe syllabus, which also follows TIDANZ & CLRG rules.

Once a dancer has learnt the required dances for soft shoe as well as demonstrating a high level of technique in them, they will be invited to an additional class to learn hard shoe. At this stage, their soft shoe level will be higher than their hard shoe level as they start in beginner hard shoe classes. Eventually, over time both types of dances will be at the same level based on a dancers progression.

At the Academy, we have separate classes for our soft and hard shoes. This allows each class to have specific warm ups, drills and exercises for each form of dance.

Along with learning the dances as per our step ladder and syllabus, dancers will constantly be working on their technique. Notes are made generally at the end of each lesson to help them review this at home.

Each dancer is different in their rate of improvement and we encourage each dancer in the class to work at a level relevant to them. We have student helpers in most of our junior classes, which allows us to work more efficiently. Regular attendance at class is vital and will allow a dancer to continue to develop their technique and stay on top of their syllabus. In addition, dancers are encouraged to participate in the school holiday workshops offered by the Academy.

Each dancer is constantly assessed and placed in the appropriate class following their progression after novice. This is not based on age but on ability and the syllabus requirement for the dancer for the year.

What can I expect to learn at the Academy?

Our syllabus works in conjunction with the World Irish Dancing governing body - An Coimisiún Le Rincí Gaelacha (aka CLRG) and the New Zealand Governing body - The Traditional Irish Dancing Association of New Zealand Incorporated (aka TIDANZ). This means that dancers can attempt Grade exams and easily transition into competitions should they choose to.

Please refer to our step ladder below.

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

DOYLE ACADEMY STEP LADDER	
BEGINNER - 1 class per week	
	Single Reel
ADVANCED BEGINNERS - 1 class per week	
	Single Reel, Single Jig & Light Jig
NOVICE SOFT SHOE - 1 class per week	
	Single Reel, Single Jig, Light Jig & Slip Jig
INVITE TO START HARD SHOE - 2 classes per week	Dancers continue to work on their first soft shoe dancers as well as introducing the hard shoes.
BEGINNER HARD SHOE	
	Traditional Hard Jig
NOVICE HARD SHOE	
	Traditional Hard Jig/Hornpipe & St Patricks Day
MINOR SOFT & HARD SHOE - 2 classes per week	
	First Double Reel/Slip Jig, Advanced Light Jig (Under 8), First Hard Jig/Hornpipe, Blackbird
ADVANCED JUNIOR SOFT & HARD SHOE - 2 or more classes per week	
	Advanced Reel/Slip Jig, Advanced Jig/Hornpipe, Advanced Traditional Set or Open Set
ADVANCED SENIOR SOFT & HARD SHOE - 2 or more classes per week	
	Advanced Reel/Slip Jig, Advanced Jig/Hornpipe, Advanced Open Set

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

Student's commitment

At the beginning of each year, we strive to have as many dates in advance for your planning. This year, (2018) we are proud to present our End of Year show in November. Make sure you note from our event calendar, the show date and rehearsals involved. We are also proud to host the following for all our dancers in 2018:

Class competitions

Within a dancers first year of learning with the Academy, they will be invited to participate in class competitions. These are run by the Doyle Academy, and are only for dancers of the Doyle Academy. This is a great way to develop confidence with their dancing, feel at ease been on stage, and gives them a feel of what is involved in competing. We run two class competitions per year and it is expected (depending on dancers level) to participate in at least one of these.

Grade Exams

The Academy runs grade exams as set out by CLRG once a year for all Academy dancers. The purpose of the Grade Examinations Scheme is to provide a structured framework within which dancers can progress towards an achievable goal.

The syllabus has been designed to provide a strong foundation in Irish Dance by developing a candidate's physical skills, stamina, expression, musicality and an appreciation and knowledge of the traditional dances and culture. It provides a worthwhile sense of achievement for individuals whether they dance solely for health, recreation or competitive reasons or hope to pursue a career in Irish Dancing.

Grade examinations are unlike competitions in that each candidate is individually examined and receives a detailed written assessment of their performance and knowledge of the grade being attempted. They are open to both male and female candidates regardless of age and ability.

The scheme consists of an optional Preliminary Grade followed by a further 12 grades with each grade becoming increasingly more demanding on the candidate's skill, knowledge and ability. Each Grade must be passed and certificate awarded before a candidate may attempt the next level. A dancer who successfully completes all Grades will be awarded "The Diploma of the Irish Dancing Commission".

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

End of year show

The Doyle Academy run a full end of year dance production every two years. In 2018, our end of year show will be November 24th at Fisher Auditorium, Silver Road, Epsom. All classes and levels are involved in a show piece (depending on how many classes a dancer attends may dictate how many routines your dancer is in).

Doyle Academy Events

Social Events - The Academy host several social gatherings over the year for our dancers and their families. It's a great way to meet other families and have an enjoyable time.

St Patrick's Day Parade - Held along Ponsonby Road, on or around March 17th. Followed by a festival in Western Park with Irish music, food and dance.

Student Attire

All dancers are required to present themselves in a clean and tidy manner to all classes. After the first term of dancer's enrolment, dancers (with exclusion of the Adult class) should be in Doyle Academy uniform/attire. Compulsory uniform consists of Doyle Academy top and shorts. Additional uniform including hoodies and track pants are also available.

All hair needs to be securely fastened off the face.

Dancers are encouraged to maintain a high level of personal hygiene and use deodorant before and during classes.



THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

Irish Dancing Shoes

Correct fitting shoes influence dancers ability to perform movement and steps.

Pumps/Soft Shoes - Soft shoes are made of black leather that is easily stretched and has the ability to mold to a dancer's foot. Soft shoes should not be purchased for a dancer to grow into them. These must be fitted firmly to begin with, as they will stretch significantly as the dancer wears them in. Wearing them in class and around the house will start this process.

Academy dancers should purchase new or second hand shoes with **black soles**. The cost of soft shoes range depending on whether they are second hand and how long they have been in use previously. The Academy have a small supply the "AOIFE PUMP" stocked by Hallmore Dance products. We also have a selection of second hand shoes available.

Fitting Soft shoes:

- Chose a size close to your dancers normal shoe size
- Lace up correctly and ask your child to point their toes
- Place your thumb at the top of the shoe in between their big toe and the top of the shoe. There should be no more than a quarter of a thumb width of space between them.



Hard Shoes - Hard shoes do not have as much stretch as soft shoes.

Therefore, more room is allowed for a dancer's foot to grow. New hard shoes are very tough to break in especially for younger dancers who don't have as much strength to do so. We recommend second hand shoes for our younger dancers. This gives your dancer time to decide what style and brand of hard shoe they prefer.

Academy dancers should purchases new or second hand hard shoes with **black soles**. Once again, please see your teachers to help you with fitting shoes.

LOOKING AFTER YOUR SHOES:

Irish dancing shoes should not be worn outside on concrete and in particular on wet grounds, this will damage the leather and wear it faster. Concrete and other rough surfaces will cause holes and thin the leather.

Make sure dancers wear their shoes while practicing at home. Both parents and dancers are encouraged to learn how to tie up the laces up. Your teacher will assist to you to begin with.

THE DOYLE ACADEMY OF IRISH DANCE

2018 STUDENTS HANDBOOK

CONTACT:

Weekly notices via doyleacademy@hotmail.com

Accounts/Fees paula@doyleacademy.co.nz

Paula (09) 2156805 or 021 736951

Leeann 021 100 8002

Facebook: Doyle Academy Private Chat Page (request membership)

Further documents available for dancers via our TEAM APPLICATION:

2018 Terms & conditions of Enrolment

Code of Conduct

Competitive dancer's handbook

Dance Steps