

D'ANGELO HANDBOOK



D'Angelo
dance academy

YOUR GUIDE TO
EVERYTHING FROM
COMPETING TO UNIFORM
AND CLASSES.

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HELLO!



D'ANGELO DANCE ACADEMY is truly one of a kind. From our unique atmosphere to our state-of-the-art dance floors, everything was carefully thought out in order to give our dancers the best possible experience.

Come learn with the best at the D'Angelo Dance Academy. Whether your focus is technique, flexibility, first dance for your wedding or you're just looking for a new way to work out, you can find it here. Explore our site for more information and feel free to reach out with any questions.

We are based at Airport Garage, Hull Road, Hedon. Our facility has 2 studios, the main studio has a large real wood competition sized dance floor and the training studio upstairs has its own entrance. After recently renovating our new studio includes new bar, a fantastic waiting area, separate male and female changing rooms, an accessible toilet and under floor heating. We have card payment facilities.



D'Angelo

dance academy

FIND US AT:
AIRPORT GARAGE
HULL ROAD
HEDON
HULL
HU12 8DN

Class Timetable

Monday	10:30AM-11:30AM	SEQUENCE ROUTINES RECAP
	5:30PM-6:30PM	CHILDREN'S BALLROOM AND LATIN
	7:00PM-8:00PM	ADULT'S MODERN SEQUENCE
Tuesday	10:30AM-11:30AM	ADULT LINE DANCING
	1:00PM-3:00PM	AFTERNOON TEA DANCE
	8:00PM-9:00PM	ADULT'S BALLROOM AND LATIN
Wednesday	6:00PM-8:00PM	COMPETITION PRACTICE BALLROOM & LATIN
Thursday	10:30AM-11:30AM	ADULT LINE DANCING
	4:30PM-6:30PM	COMPETITOR'S FREESTYLE
Friday	1:00PM-3:00PM	AFTERNOON TEA DANCE
	5:30PM-6:30PM	CHILDREN'S BALLROOM AND LATIN
	7:00PM-8:30PM	LATIN PERFORMANCE
Saturday	9:45AM-10:30AM	MINI GROOVER'S FREESTYLE
	10:30AM-12:00PM	COMPETITOR'S FREESTYLE
	6:00PM-7:30PM	BALLROOM PERFORMANCE

BOOK NOW ON OUR WEBSITE:

WWW.DANGELODANCEACADEMY.COM

or pay cash on the door.



01482 425429

DANGELODANCEACADEMY@GMAIL.COM

STUDIO RULES

- Please do not enter the ballroom prior to your lesson or class time. Feel free to book the practice room for practice and warmup.
- For your own safety, do not climb or sit on the window sills
- Do not touch the windows or mirrors.
- Keep the changing room and waiting area tidy and use the bins provided.
- Scratch your shoes over the bins and not on the floor.
- Please get changed in the changing room and leave your belongings in there.





CANCELLATION POLICY

If you need to cancel or reschedule a lesson we kindly ask you to give us 24 hours notice.

Otherwise you will still have to be fully charged for the lesson that you missed.

Thank you.

DRESS CODE

for competitors in lessons and classes

For all classes including Wednesday Competition Practice, Children's Ballroom and Latin Class and Private Lessons, only suitable dance clothes and shoes are acceptable.

- ✓ Leotard with Latin practice skirt
- ✓ Leotard with Ballroom practice skirt
- ✓ Practice Dress - Ballroom or Latin
- ✓ Men's Shirt with Tie and suitable dance trousers
- ✓ Men's Latin Shirt with suitable dance trouser
- ✓ Juveniles White or Black Socks with Juvenile Shoes
- ✓ Ballroom and Latin shoes

-
- ✓ Latin Performance - Fitness wear
 - ✓ Ballroom Performance - Fitness wear
 - ✓ Latin and Ballroom Shoes

CLOTHES NOT ACCEPTABLE

- ✗ Joggers
- ✗ Leggings
- ✗ Jeans
- ✗ School Uniform

DRESS CODE

for competitors in lessons and classes

Dance Shoes

Please see below examples of the kind of shoes needed:



JUVENILE - UNDER 12 SHOES



LADIES LATIN



LADIES BALLROOM



BOYS/MEN
BALLROOM



BOYS/MEN
LATIN

DRESS CODE

for competitors in lessons and classes

Dance Clothes and Shoes

MINEJAS

We now have a discount code for MineJas for
5% off use code:

FA07KUH

and for free shipping use code:
"freeshipping"

To purchase anything now head over to their
website and use codes to use our discount.

<https://www.minejas.com/>



ALL YOU NEED TO KNOW ABOUT COMPETITIONS

There are many different things you need to know about competing.

- Requirement
- BDC License
- BDC Dress Rules
- Competition Look
- Competition Timetable

REQUIREMENT

If you are wanting to compete you must have 1 private lesson a week and attend the relevant classes.

TO COMPETE
YOU NEED TO GET A
BDC LICENSE

You will need a valid BDC Licence in order to compete.
You can find the application on the below link.

<https://www.britishdancecouncil.com/forms/>

QUESTIONS?

Please just ask or email us on
dangelodanceacademy@gmail.com



British Dance
COUNCIL

BDC DRESS RULES

Ballroom, Latin and Sequence

Juvenile Dress Rules

Sponsorship Logos: three sponsor logos are permitted per couple and must not exceed 40 square cms

Hairstyle and make-up to be appropriate for the child's age.

Jewellery of a personal/religious nature may only be worn. Earrings are to be kept simple and small

Armbands, Headbands, Neckbands and Gloves in material are not permitted

Shoes Block heel only with a maximum height of 3.5 cm. White ankle socks must be worn.

BDC DRESS RULES

Ballroom, Latin and Sequence continued

Materials

Materials from the roll with no additional decorations such as lace motifs, rhinestones, sequins or ruching.

Bodice and Skirt To be of the same self colour (dye match). No cut outs with one hem length all the way round. Godets are not permitted

Bodice to be of one material only and to be fully lined up to and including the shoulder seams. See through materials must be fully lined Bodice length to be waistline or hipline. Skirt to be of one material Panelling must be the full length of the dress.

Up to two under skirts permitted and must be non-see through material. Crinoline or wire are permitted inside hem of top skirt. Crinoline may not be exposed on the bottom of the skirt.

BDC DRESS RULES

Ballroom, Latin and Sequence continued

Satin ribbon may be used on hems. Hems to be no more than 8cms in depth. A Sash/Belt is permitted on skirt waist but no wider than 5cms to cover the join. Bow with tails to be no bigger than 5cms and may only be used as a fastening. Buttons and sashes for fastening purposes only. Waistband to be no wider than 5cms. A Sash/Belt on a dress can have a back fastening but must be an integral part of the dress.

Neck Lines - Neck lines and Keyhole back not lower than top of armpit/underarm. One frill up to 7.5cm in depth or simple collar

Skirt/Dress Length - Permitted from knee level to 5cms above ankle sock. These are to be representative of the genre danced.

Sleeves – Long, Short, Elbow Length, Short Puff, Cap – No frills and Dolman

BDC DRESS RULES

Ballroom, Latin and Sequence continued

Dress -
Ballroom, Latin and Sequence.

Trousers - Black black material only
(velvet/velour not permitted) Normal or high
waisted with optional underfoot strap. Black
Satin ONLY permitted in stripes and
waistbands. Black Satin not permitted in yoke
or pocket.

Shirt - White long sleeved (not rolled up and
with no additional detail) and must be tucked
into trousers. No wing collars or shiny material.
Cufflinks permitted.

Ties - Black bow tie or regular black tie (no
Initials permitted)

Belts – Plain black belt either of leather or
similar material with small buckle

Shoes - Black Shoes to be made either of
leather, Nubuck or Patent materials

BDC DRESS RULES

Ballroom, Latin and Sequence continued

Beginners Class - Adult and Junior

Competitors must not wear dinner jackets, cat suits or tail suits

Beginner competitions must wear a simple dress or leotard and wrap-over skirt. No dress can have any sequin, diamante or similar decoration

Before buying any dresses or clothes please ask your dance teacher for advise and suitability.

COMPETITION LOOK

Feel free to follow the link below, to get an understanding of the atmosphere of a competition:

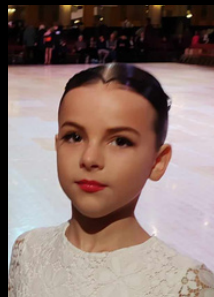
<https://www.youtube.com/watch?v=gZwAWipgxjY>

Before attending your first competition, please have a chat with your teacher for advice.

Here are a couple of pictures of juvenile competitors to understand the general competition look:



Fake tan
is
advised



Neat
Hairstyle

Juvenile – Junior
Make up

We have multiple make up and hair stylists available to help within the studio

COMPETITION LOOK BOYS/MEN

Feel free to follow the link below, to get an understanding of how to do your hair:

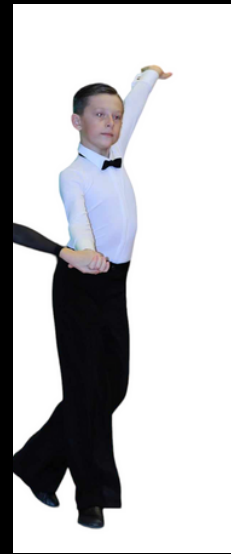
https://youtu.be/cJFv1EaQ1sQ?si=-wBuHbz11d_GBJTK



Neat
Hairstyle



Juvenile
Ballroom
(Tie)



Juvenile
Latin
(Bow Tie)

Before attending your first competition, please have a chat with your teacher for advice.



COMPETITION CALENDER

There will be a competition timetable posted and pinned within the studio Facebook group as a guide of the competitions you should attend. If you are not added to this please let us know.

We recommend you compete as much as possible but if you have any questions please come to us and ask.

You can also check on the DPA website for more information and how to enter.

<https://dpaonline.co.uk/ballroom-and-latin-american/>

PRIVATE PRACTICE SLOTS

Due to the separate entrance the dance studio upstairs is now more accessible for you to practice whenever you want. The dance studio is now available from 8am til late in order for you to book and practice at any time you require. Even during the day and Sundays, if you are not competing.

Only 2 solo/couples can be in the room at one time. Please book in advance to ensure you get the room at the time you are wanting.

If you require the whole room you must pay for 2 slots, otherwise the room may be shared with other people.

Whole room booking = £10

Book online here:
<https://www.dangelodanceacademy.com/book-private-practice>

PRIVATE PRACTICE SLOTS

To access the room there is a key safe next to the door, the code will be sent to you when you book via email. You will receive a reminder email an hour before your booking to confirm the code.

Within the safe, there will be a set of keys, one for the shutter and one for the door (blue key for shutter with blue tag). This will gain you access, once inside the studio, you can open up the window shutters and practice until your hearts content during the time you have booked.

Once you have finished it is very important to ensure all the window shutters are down, the lights are turned off, the door is locked, the front shutter is down and finally that the key goes back into the key safe and scroll the numbers to 0000 so that the next person is able to practice.

PRIVATE PRACTICE SLOTS

If you leave any lights on, loose the keys or the studio incurs any damage you will have to pay a fine.

Due to CCTV we are aware of when you arrive and when you leave. Therefore please be respectful and only practice within the time you have booked. Also please only book during the times that you are actually coming to practice and in advance so that it is fair for everyone to be able to book the times that they wish.

Practice Makes Perfect!
Book Now
and get Practicing!



D'ANGELO HANDBOOK

NEED MORE HELP &
SUPPORT?



Please just
email, message or come and
talk to us.