

Completing Your Training Schedule for Your Dance Course(s) related to Gymnastics and Selecting Courses

Weekly Lessons

On the 2nd page of this document, please record your weekly scheduled gymnastics sessions. Include the day of the week and the start and end time of the session. For example, a sample gymnastics schedule is shown below:

Monday

- 4:00 – 7:45

Tuesday

- 3:30 – 6:30

Thursday

- 4:00 – 7:30

Authentic Performances

If you are going to be competing at any meets or performing throughout the year, you need to list those. While you may not know the exact date of the meets or performances, simply list the month the event is expected to happen and the name of the activity.

Verification

Your schedule must be verified by your coach, which means they must sign and date it indicating it is accurate at the time of the signature. That schedule will be an important factor in determining how many athletic arts course credits you are eligible to receive, so it is important that it is accurate.

Dance Foundations and Dance Technique and Performance – Course Selection

You are required to have 2 hours per week of gymnastics training for either Dance Foundations (for Gymnasts) or for Dance Technique and Performance (for Gymnasts).

Look at your completed gymnastics schedule.

- If you have 2 hours a week, you are eligible to take 1 dance course – **either** Dance Foundations (for Gymnasts) or Dance Technique and Performance (for Gymnasts)
 - Identify which course you want to take on the form on the 4th page.
- If you have 4 or more hours a week, you are eligible to take **both** Dance Foundations (for Gymnasts) and Dance Technique and Performance (for Gymnasts). You might decide to take one, and that is okay. You could start with one course in September and add another one later in the year if you wanted to.
 - Identify which course(s) you want to take on the form on the 4th page.



Gymnastics Schedule for _____
 (enter year)



Student: _____

Club: _____

Day of the Week	Class Start Time – Finish Time

Gymnastic Competitions/Performances: _____

Verified by: _____ Date: _____
 (Studio Staff Member)

Dance Course Selection

Student's Name: _____

Club Name: _____

Club Contact: _____

Club Contact's Email: _____

Club Contact's Phone Number: _____

Sign up for the dance courses you want to take related to your gymnastics by completing the table below. Only complete the row for the course(s) you want to enroll in.

Course	Grade Level (10, 11 or 12)	Student Signature	Parent Signature
Dance Foundations (for Gymnasts)			
Dance Technique & Performance (for Gymnasts)			

Note: 2 hours of club training per week will give the student the minimum 60 hours required for Dance Foundations or Dance Technique and Performance.

You will upload the **signed calendar** and **this course selection page** into Moodle for **each** of the courses you signed up for in the table above.