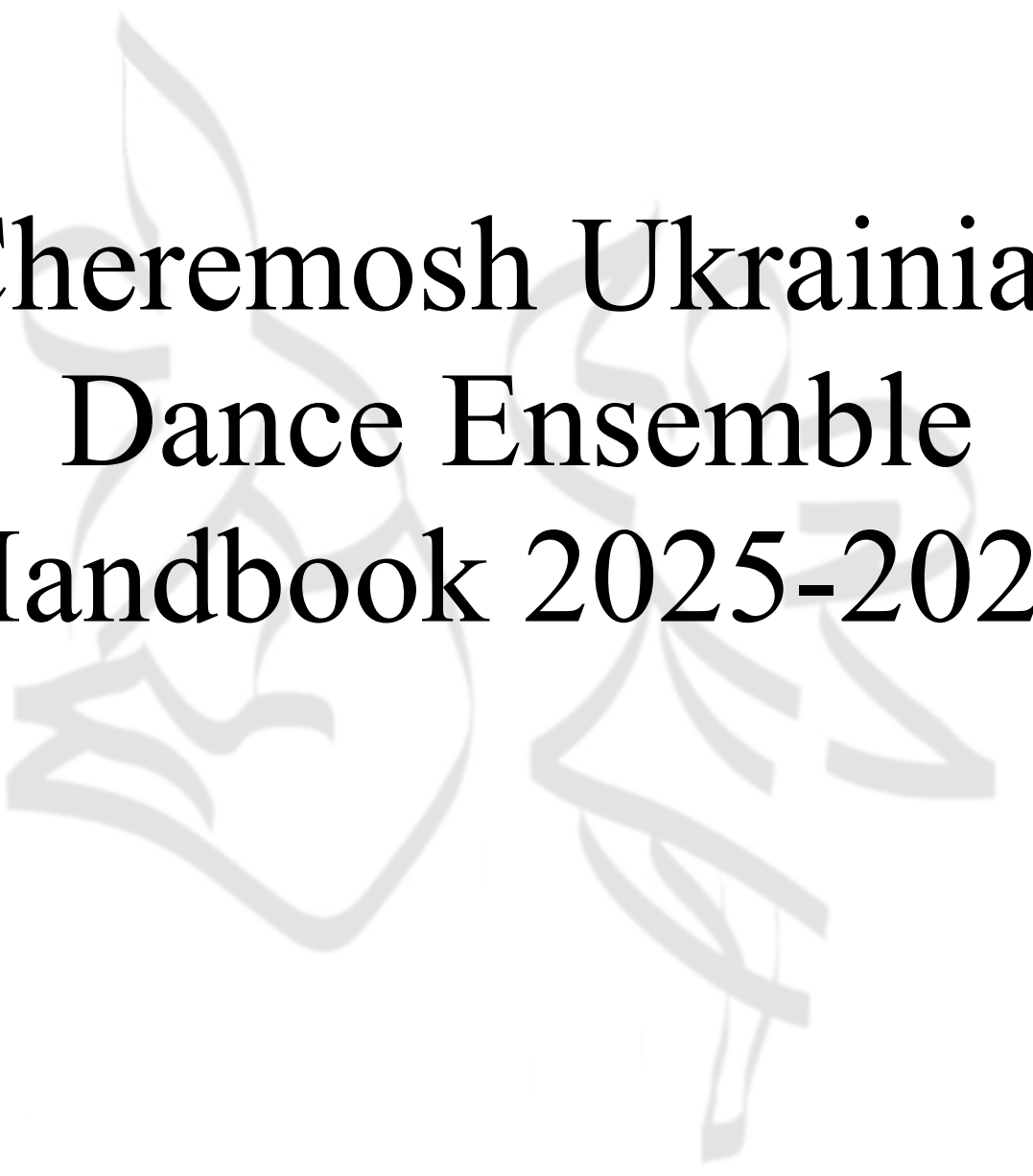




Cheremosh Ukrainian Dance Ensemble Handbook 2025-2026

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CODE OF CONDUCT

It is the responsibility of every **DANCER** to:

- Arrive on time and in proper rehearsal attire.
- Students must be ready for ballet and warm-up exercises at the beginning of their practice.
- Tardiness will be addressed by the instructor, and your child may end up sitting out of practice.
- Dancers must refrain from physical, mental, emotional, or cyberbullying of any dancers, parents, staff, or instructors. This includes social media postings that reference, directly or indirectly, a dancer, parent, staff, Ensemble brand, and/or affiliations to the Ensemble.
- Dancers and Ensemble members are the face of the Cheremosh UDE and should conduct themselves in a manner that reflects positively on the Ensemble.
- Have a positive, hard-working attitude.
- Respect other dancers, instructors, space, and the rules of the classroom. While socializing is a fun part of Ukrainian Dancing, it should be kept to a minimum.

It is the responsibility of every **PARENT** to:

- Ensure their child/children do not play in the hallways, Lys Mykyta, or CYM rooms of the Ukrainian Event Center. Other groups use the hall, and we must be respectful of this. All spaces must be treated with respect, and parents are expected to clean up after themselves and their children.
- Not disturb or interrupt the classes. This is a distraction and takes away valuable instruction time. If there is an issue you would like to discuss, please email the instructors and/or Parent Representative on the Board ahead of time to arrange a meeting.
- Remain outside the classroom unless special arrangements have been made with the instructor(s).
- Have a positive attitude and conduct themselves in a respectful manner towards other Ensemble members, teachers, and volunteers.
- Parents must refrain from physical, mental, emotional, or cyberbullying of any dancers, parents, staff, or instructors. This includes social media postings that reference, directly or indirectly, a dancer, parent, staff, Ensemble brand, and/or affiliations to the Ensemble.
- Dancers and Ensemble members are the face of the Cheremosh UDE and should conduct themselves in a manner that reflects positively on the Ensemble.

Failure for the dancer(s) or parent(s) to adhere to these standards will result in disciplinary action, which may include removal from the Ensemble.

ATTENDANCE & DISCIPLINE POLICY

Attendance:

- Dancers may miss no more than 4 unexcused rehearsals during the dance season. Every 3 times a dancer is late is equivalent to 1 absence.
- Unexcused absences include missing practices for vacations, birthday parties, minor illnesses without a doctor's note, or arriving late.
- Excused absences include missing practice for serious injury/illness with a doctor's note, religious holidays, or death in the family.
 - Note: Other absences not listed will be determined as excused/unexcused at the discretion of the instructor.
- If a dancer will be absent, the dancer or parent must notify the instructor(s) no less than 24 hours prior to class unless a sudden circumstance arises, such as an illness.
- It is the responsibility of the dancer and their family to ensure they keep track of how many classes they have missed. If uncertain, they are encouraged to ask the instructor about their attendance record.
- If a discrepancy arises between the dancer and instructor(s) about how many rehearsals have been missed, the instructor's attendance sheet will be used as the official count.

Practices, Workshops, and Performances:

- All dancers, regardless of level, are expected to attend rehearsals, performances, workshops, and dress rehearsals of their group.
- Workshop dates and times will be communicated by instructors. Workshops are mandatory. If a dancer is absent for a workshop, excused or unexcused, they will be unable to participate in the dance. It will be left to the discretion of the instructor whether the dancer will be placed in the dance eventually or not.
- Dancers are expected to be on time for all practices, workshops, and performances at the proper call times. If late, this may result in the dancer being removed from dances or unable to perform.

Discipline:

- Dancers who miss 5 or more rehearsals will be placed on probation.
- During probation, the dancer will be pulled from choreography and will not be permitted to perform dances with the rest of their group. That dancer is still encouraged to attend rehearsals.
- A dancer who can positively rectify their attendance and commitment to the group while demonstrating their knowledge of the dances/skills will be taken off probation at the discretion of the Artistic Director.
- No refunds will be given to dancers who are put on probation.

DRESS CODE - GIRLS/LADIES

Cheremosh requests that our students are in comfortable clothing that allows them to move freely, however will allow their movements to be seen by instructors.

Practice:

- **Clothing**
 - Dance leotards, tights, or bodysuits may be worn. Alternatively, black leggings and a black top are acceptable. No baggy clothing, including sweatshirts and hoodies.
- **Footwear**
 - Pink/beige split-sole ballet slippers or nude jazz shoes should be worn for practices. Character shoes, red ballet slippers, and boots can be used in regular dance (not during ballet warmup).
- **Hair**
 - Must be tied back and out of the face (i.e., ponytails or braids). Bangs must be pinned back.
- **Other:** Water bottle required. No jewelry or gum.

Performance:

- **Undergarments:**
 - White biker shorts (no logo)
 - Nude tights
 - White cotton modesty slip/underskirt that is above knee length
 - Nude leotard/bodysuit
 - Nude/white sports bra
 - Nude underwear
- **Footwear**
 - Dancers must purchase all required footwear, including boots, character shoes, postoly, and ballet slippers. If your dancer isn't expected to wear character shoes, they must purchase red ballet slippers (a link will be provided for a trusted vendor).
- **Hair**
 - Must be in 2 French braids and pinned into a basket.
- **Other**
 - No jewelry or nail polish.

DRESS CODE - BOYS/MEN

Practice:

- **Clothing**
 - Black sweatpants/shorts and a normal fitting t-shirt or tank top must be worn. No baggy clothing, including sweatshirts and hoodies.
- **Footwear**
 - Black dance slippers or black jazz shoes must be worn during practice. Do not dance in Ukrainian Dance boots needed for performances.
- **Other**
 - Hair must be off the face. Water bottle required. No jewelry or gum.

Performance:

- **Undergarments:**
 - White or nude underwear (no logo on waistband)
 - Black mid-calf length socks (no logo)
 - White tank top
- **Footwear**
 - Must purchase all boots, postoly, and ballet slippers.
- **Hair**
 - Must be pulled back and out of the face.
- **Other**
 - No jewelry or nail polish.

VOLUNTEERING REQUIREMENT

We love our volunteers at Cheremosh and ask that you assist with Cheremosh events by donating your time and work, or choose to pay the \$150 fee per registered dancer for not volunteering. If volunteering is not completed and you cannot volunteer at the final concert, the fee will be added to your tuition invoice. **Each registered dancer's family is required to either volunteer or pay the \$150 fee to opt out of volunteering.**

A detailed description of each approximately 1-3 hour time commitment is listed. Please remember we are a non-profit volunteer organization, and everyone on the board volunteers as well.

Volunteer activities include:

- Ukrainian Festival of Minnesota
- Costuming - sewing, organization
- Christmas bazaar
- Fish Fry
- Hall clean-up
- Translation
- Final concert
- Grant research and writing

We thank you in advance for helping Cheremosh create a welcoming environment for all students and their families. The Ensemble relies on active participation from families to make the events run smoothly for all students.

PHOTOGRAPHIC RELEASE

As the legal parent/guardian of the registered dancer, or as the dancer, I give permission for videos, photographs, names, and/or quotes to be used for promotional, fundraising, and representation purposes directly connected with CYM Cheremosh Ukrainian Dance Ensemble and its annual performances, concerts, and events.

MEDICAL REPORTING RESPONSIBILITY & RELEASE

- Should your child have a medical problem that we should be aware of, please be sure to inform your child's instructor. Medical awareness includes but is not limited to: allergies (food or otherwise), asthma, hearing, seizures, epilepsy, sight challenges, etc. Cheremosh Ukrainian Dance Ensemble requires a doctor's note to resume dance practice after a physical injury, surgery, or other serious illness.
- By registering, I understand that the dancer(s) and families waive, release, and discharge Cheremosh Ukrainian Dance Ensemble, instructors, dancers, volunteers, and facilities of any and all liability and responsibility for injuries, sickness, or accidents incurred during participation in and/or through instruction of practices, performances, or any activity the dancer may participate in. I authorize CYM and the CYM Cheremosh Ukrainian Dance Ensemble to seek medical treatment for my child (if the child is under 18 years of age) or myself in the event of an emergency.

COSTUME USE AGREEMENT

Restrictions:

- Smoking, eating, and drinking (other than water) in or around costume items are strictly prohibited. Perfumes and colognes should be avoided while in costume.

Laundering:

- All costume items must be returned clean; either professionally dry-cleaned or laundered according to garment care instructions. Any special directions regarding laundering will be determined at the time of the loan, based on each costume's characteristics.

Alterations:

- Cheremosh UDE provides tailored costumes for each dancer. Alterations to costumes must be pre-approved by the Costume Coordinator before proceeding.

Fees:

- The borrower is responsible for all replacement costs for costumes damaged or destroyed by the dancer. If the costume requires repair, the cost will be determined by the Costume Coordinator.
- Failure to return costumes and accessories by the due date will result in the forfeiture of the costume deposit and a late fee of \$5 per week.

Acknowledgement

- I understand that when Cheremosh lends out costuming and any accessories I must come prepared with a garment bag to protect the costumes or use the bag that was provided to me. Costumes will be transported to all performances in garment bags and will be stored in them while in my possession.
- I understand that I am responsible for checking that I have received all costumes and accessories needed to perform or will communicate immediately to my instructor and costume coordinators if any items are missing and/or damaged upon receipt.

- I understand that I am responsible for taking full care of the costuming and accessories when under my possession as this is lent out from Cheremosh. Costumes must be hung up properly on hangers, especially during performances.
- I understand that alterations, aside from moving buttons, on costuming and accessories may not be performed without permission from Costume Coordinators. If alterations are performed without permission, this will constitute a damaged item.
- I understand that if any costuming is damaged, lost, or stolen while under my possession, I will be held responsible for paying for the replacement of the piece(s).
- I understand that the items listed in this agreement are property of Cheremosh Ukrainian Dance Ensemble. When a due date is given to return costuming, I will return it that same day (or before) as it was lent to me.
- I understand that if I do not turn in the costuming and accessories on the due date given, I will forfeit the costume deposit and be charged a late fee of \$5 every week that it is not turned in. I will not be able to check-out any costumes again until the previous costumes and accessories are returned.
- I understand that Cheremosh costuming is for use of Cheremosh events only and shall not be used for other events without permission.

TUITION ACKNOWLEDGEMENT

Tuition payments are due on or before the first day of class each month. You will be billed for your tuition and other necessary fees that may occur (e.g., concert tickets). Each family will receive an invoice via email in October that will include tuition and other fees. If you pay in full for the year, a 5% discount will be applied to the tuition portion of your invoice.

The tuition fee breakdown includes:

- Lessons
- Costuming maintenance and fees
- Performance Fees
- Year-End Final concert

Additional fees that are not covered in tuition:

- Performance shoes
- Practice apparel
- Costume accessories
- Traveling performances (outside of Minneapolis)
- Additional practice space fees (if necessary)

Group	Tuition
Snizhynky	\$235
Kraplynky	\$235
Kaliuzhy	\$235
Rosynky	\$235
Veselky	\$235
Dzereltsya	\$360
Strumok	\$360
Bureviy	\$335
CYM Membership Dues	\$40

CALENDAR OF EVENTS FOR THE 2025-2026 SEASON

Updated: 8/10/25

- August 2025
 - Registration for the 2025-2026 season opens
- September 7, 2025
 - First day of practices: continuation of 2023-2024 season
- ★ **September 20, 2025**
 - September 20: Ukrainian Festival of Minnesota Performance and information booth. Volunteering request.
- September 21, 2025
 - Skills evaluation day
 - Registration closes
- September 24, 2025
 - Group placement announced
- September 28, 2025
 - 2025-2026 season starts
- October 19, 2025 (MEA Weekend)
 - Regular practices
- ★ **November 30, 2025**
 - Thanksgiving/Christmas Bazaar - performance by select groups.
 - Order forms for boots, character shoes, and postoly are due with payment. These are performance shoes.
- December 21, 2025
 - Last day of practices in 2025.
- January 4, 2026
 - First day of practices in 2026.
- Mid January, 2026 (exact date to be determined)
 - Malanka. Volunteering opportunity.
- Spring Break - Please let instructors know if you will be away.

★ *Denotes performances*

CALENDAR OF EVENTS FOR THE 2025-2026 SEASON (*cont..*)

- February 20 - March 17, 2026
 - Fish fries occur every Friday within these dates. Preparation is needed during the weeks. Volunteering required.
- April 5, 2026
 - Easter: No classes held on Sunday
- April 12, 2026
 - Easter: No classes held on Sunday
- May 24, 2026
 - Memorial Day weekend: No classes held on Sunday
- June 12, 2026
 - Dress rehearsal
- ★ **June 13-14, 2026**
 - 2026 Year End Concert
 - Volunteering required
- June 14, 2025
 - Dancer and family reception to follow final concert
- End of June, 2025
 - Costume return

To be announced at a later date:

- Costume return
- Invited performances
- Group specific workshops (communicated through group instructors)
- Europe tour dates

★ Denotes performances

