

# PULS8 STUDIOS

## 2024

### PERFORMANCE PROSPECTUS

#### 2024 TERM DATES

TERM 1 – MONDAY 29/01/24 TO THURSDAY 28/03/24

TERM 2 – MONDAY 15/04/24 TO SATURDAY 22/06/24

TERM 3 – MONDAY 08/07/24 TO SATURDAY 13/09/24

TERM 4 – TUESDAY 30/09/24 TO SATURDAY 07/12/24

DREAM BIG. WORK HARD. AIM HIGH.



# ABOUT PULS8 STUDIOS

PULS8 Studios is an established performance studio in Rockhampton. PULS8 Studios students study a diverse range of styles and the associated techniques of each style including ballet, modern jazz, contemporary, lyrical, cabaret, hip hop, tap, musical theatre, cheerleading and singing. Dance students are also eligible to complete examinations under the CSTD Modern Jazz and Tap Syllabus and RAD Classical Ballet Syllabus in 2024.



## STUDIO AIMS

At Puls8 Studios, we aim to create a safe and enjoyable learning environment for our students; one that challenges them physically, cognitively and emotionally. We encourage the development of sound technique and skills in every style of performance. It is our goal to create a lifelong love of dance for all our students by encouraging their individual creativity through the provision of personal support, well-rounded training and a high standard of tuition. Our motto is to “Work Hard, Aim High and Dream Big!”

## STUDIO LOCATION

Our modern facility is located at 41 Little Musgrave Street in North Rockhampton. The studio is fully air-conditioned. Each studio is equipped with professional sound equipment, ballet bars, acrobatic mats and fitness and Pilates equipment to enhance each student’s training.

## DANCE STYLES

Students receive training in all the below styles in their performance block classes and as students’ progress, the depth of the training increases. Performance packages also include the fees for weekly CSTD Jazz Exam classes, which are compulsory for students undertaking performance work.

**JAZZ** Upbeat music and high-energy movements allow students to have fun in an environment that is exciting and enriching

**BALLET** Ballet classes provide the technical base that is necessary for all styles of dance. The grace and poise taught through ballet technique assists with children’s overall confidence, strength and flexibility.

**TAP** Tap classes encourage students to develop their musical and rhythmic skills while enjoying a range of musical and performance genres.

**CONTEMPORARY** Contemporary classes allow students to learn to express emotions and stories through soft, fluid movement with a focus on strength and flexibility.

**LYRICAL** The lyrical style incorporates the use of emotion with the poise and grace of ballet technique. These classes teach students to express themselves with graceful and delicate movements that convey a uniquely emotive language.

**HIP HOP** This modern style of dance is the ultimate way for students to express themselves through static and/or fluid body movements to the beats and rhythms of hip hop music.

DREAM BIG. WORK HARD. AIM HIGH.



**ACROBATICS** This class teaches students the gymnastic and tumbling skills that are so heavily incorporated into dance and cheerleading routines.

**CHEERLEADING** Cheerleading has now developed as a competitive sport, with fast, strong movements choreographed to modern, upbeat music. Cheer classes provide a focus on the strength and flexibility necessary in this physically demanding sport.

**MUSICAL THEATRE** These classes encourage students to express themselves by taking on character roles in a fun and upbeat environment.

**SONG & DANCE** Incorporating both vocal and dance skills, these classes require students to utilise both skillsets in the same routine in order to entertain audiences.

**STRENGTH & CONDITIONING** Physical and physiological development of athletes for elite sport performance. They also help athletes with injury prevention and proper mechanics within their sports performances.

**VOCAL TRAINING** Vocal lessons are available for students who wish to refine their vocal techniques. They encourage students to express themselves and really develop their singing abilities.

## PERFORMANCE COMPANY GROUPS 2024

STARBURSTS – PETITE - 2.5yrs to 6yrs – Rubys, Crystals

GLITTERING STARS – PETITE - 6yrs to 8yrs – Emeralds, Pearls, Topaz

SHOOTING STARS – MINI 8yrs to 10yrs – Amethyst and Sapphires

DAZZLING STARS – TWEEN – 10yrs to 13yrs – Sapphires, Garnets, Pink Diamond

SPECTACULAR STARS – TEEN/ADVANCED – 13yrs to 18yrs – Garnets, Pink Diamonds, Diamonds, Black Diamonds.

## EXAMINATION REQUIREMENTS

Ballet, Jazz & Tap

This year students will participate in RAD Classical Ballet, CSTD Jazz and Tap examinations. Miss Maree will be joining us for lessons again in 2024

NAME	GRADE
OPAL	NOT REQUIRED
RUBY	NOT REQUIRED
CRYSTALS	CONDANCE PRE BALLET
EMERALDS	PRE PRIMARY BALLET, PMJ JAZZ, FOUNDATION TAP
PEARLS	PRIMARY BALLET, JNR JAZZ, JNR TAP
TOPAZ	GRADE 1 BALLET, JAZZ, TAP
AMETHYST	GRADE 2 BALLET, JAZZ, TAP
SAPPHIRE	GRADE 3 BALLET, JAZZ, TAP
GARNET	GRADE 4 BALLET, JAZZ, TAP
PINK DIAMOND	GRADE 5 BALLET, JAZZ, TAP
DIAMOND	SUB ELEMENTARY BALLET, GRADE 6 JAZZ, TAP
BLACK DIAMOND	ELEMENTARY BALLET, GRADE 7 JAZZ, TAP AND ABOVE



DREAM BIG. WORK HARD. AIM HIGH.



## UNIFORMS

Students of Puls8 Studios are required to wear the allocated uniform for their classes. We will be introducing some new uniform items this year which will be available from Prima Donna and the studio in Term 1 throughout Term 1. Screen Printing will hopefully be available in early term 1 also.

*Please refer to the Puls8 Uniform Guidelines for clothing requirements*



## CLASS FEES AND PAYMENTS

Each Class Fee has an associated cost. PULS8 STUDIOS has an annual levy fee. This will be \$70 per child or \$100 per family if paid before commencement of term. This will need to be paid before the start of Term 1 – no student will be able to commence classes until this fee is paid.

*Fees for classes will be issued on a term basis whether in attendance or not.  
All overdue fees will incur a \$20 administration fee.*

**A 2-week trial period will be in place for the beginning of the term should you decide the class is not for you; after this period all term fees must be paid in full by the due date.**

**Option 1:** Payment of term fee in full at commencement of term.

**Option 2:** An automated direct debit via Pay Choice each fortnight. All paperwork is to be completed and authorised prior to commencement. Please contact our administration staff to arrange this payment option.

***If you have committed to our 2024 competition season all costumes will be payable even if all competitive events are not attended.***

*For full Fee information please refer to the Fee's Structure for Costs and Payment Terms*

## COSTUMES

Dance costumes are allocated via a hire system – Performance costumes have a one-off hire fee of \$90 - \$120 (plus GST) per costume regardless of how many times it is worn. Prices will vary depending on style (ballet for example will be at the high end of the price range due to lace and labour). Please note, hire fees may be increased subject to the cost of the costumes (E.g., Ballet Tutus).

## WORKSHOPS

We try and give the students a variety of dance styles and teaching styles by hosting workshops. These will be most likely be over a weekend each term. There may be associated costs with this depending on fundraising efforts - approx. costings have been listed above. Uniform requirements for workshop have also been listed above under uniforms.



## SOLOS

Solos, Duos and Trios are available for performance students who participate in our Elite packages. Please book in an appointment with Caitlin to discuss.

## COMPETITION REQUIREMENTS:

- Please make sure you have your jersey and new uniform for competition days. These are compulsory.
- All students will need the JB makeup kit in 2024 (this stops makeup stains on costumes).
- All cheer students will need a glitter kit for competitions. Approx. \$50 for set.
- There may be associated costs to entry fees depending on fundraising efforts.
- We will be incorporating workshop weekends again in 2024. We found these very beneficial and successful last year so we will be implementing these again.



## GENERAL INFORMATION FOR FAMILIES AT PULS8 STUDIOS

### CLASS TIMETABLE AND KEY DATES

For all Class Timetable and Key Dates regarding Competitions, please refer to the 2024 Class Timetable and the 2024 Dance School Calendar.



### CONTACT INFORMATION

**PRINCIPAL** Caitlin Crawford  
**MOBILE** 0428 262 522  
**EMAIL** [caitlin@puls8studios.dance](mailto:caitlin@puls8studios.dance)  
**ADDRESS** 41 Little Musgrave Street  
North Rockhampton

Should you have queries regarding – accounts, timetables, new enrolments, uniforms, class content, exam information, competition info or student behaviour, please feel free to email us at [admin@puls8studios.dance](mailto:admin@puls8studios.dance) and we will reply to your enquiry as soon as possible.

Please respect our office hours as they are set for a reason. Account payments or account questions will only be addressed in office hours. These will not be dealt with on Competition days. We would appreciate your diligence with this.

Please be aware that teachers will not be available during lesson time to address any issues. Please Email or text to organise a time to discuss your concerns. We will ensure your issues are addressed.

### WHERE TO FIND ADDITIONAL INFORMATION?

Up to date Info: All communication in 2024 will be via notes, Facebook (puls8 whole school group), text, and email. Please add yourself to the new group PULS8 WHOLE SCHOOL 2024.

**Please be aware** – up to date information will also be sent by Facebook, text or emails and it is imperative that all parents check these accounts regularly.

DREAM BIG. WORK HARD. AIM HIGH.



## STUDIO AREA GUIDELINES

### Warm-up Area

- This area is for students to await their class call – noise is to be kept to a minimum as there will be classes in progress. Parents are encouraged to wait outside as some of our waiting areas will be used for classes this year.
- Food and drink are to be consumed outside.
- Class Areas: *No parents are allowed in the studios* – only in the case of an emergency or invitation.
- All students are expected to be on time to lessons. We are running to a strict time line to be able to achieve our student outcomes. Therefore, students are expected to be fully prepared prior to commencement of class.
- Students will need to bring bags with shoes, water etc to class.
- Parents please notify the studio if you are going to be late/absent from class via text or email so that these can be recorded.



## PULS8 SUPPORTERS ASSOCIATION

Within our Puls8 family, we run fundraising activities to support our families and subsidize some of the costs associated with dance and cheer. The PULS8 Supporters Association, meets per the term. It was convened in 2012 with the aim of assisting, improving and supporting the experience of students at PULS8 STUDIOS. We encourage the full involvement of all families with happenings around the school. Joining the association enables parents to have an active involvement in driving fundraising activities and the distribution of fundraising funds. We understand some may not be able to attend all meetings but encourage a community work ethic, as it will directly help our studio parents, students and families in 2024. Fundraising paid over \$5000 for the end of year party and \$2500 for the concert rehearsals in 2023. Your 2024 membership fee has been incorporated into the 2024 insurance levy and you will receive a membership form to complete in Term 1.

**Thank you for enrolling your child in our performance dance stream at PULS8 STUDIOS. We hope you have a great year watching your child grow, succeed and excel in all our genres of dance. We look forward to having you as a part of our AMAZING dance and cheer family in 2024.**



**DREAM BIG. WORK HARD. AIM HIGH.**



# MEET THE TEAM



**CAITLIN CRAWFORD**  
PRINCIPAL



**EMMA SULLIVAN**  
JAZZ



**TRACY WEST**  
ACROBATICS  
& CONDITIONING



**EMILY FERGUSON**  
DANCE & CONDITIONING



**NICHOLA OEHLERT**  
BALLET, CONDITIONING  
& TINY TOTS



**HAYLEY JENSEN**  
VOCAL, MUSICAL  
THEATRE & TAP

DREAM BIG. WORK HARD. AIM HIGH.





**ALESHA STEHBENS**  
**TAP**



**ALLY WARBY**  
**RECREATIONAL DANCE**



**KAYLA KIRK**  
**CHEER CHOREOGRAPHY**



**BREANNA SMITH**  
**CHEER**



**JORJA JOHNSTONE**  
**STUDENT TEACHER - CHEER**

**DREAM BIG. WORK HARD. AIM HIGH.**



# ENROLL NOW!



DREAM BIG. WORK HARD. AIM HIGH.