



Essentials Course Dancers 14+

PDF Resources to use with webcast

Parent Management Charter

As parents of our performers you are extremely important in any dance studio. However, there is a difference between being a "Performer's Parent" and "A Parent of a Performer". I encourage you to all to be the "Parent of a Performer". Someone who is wanting to give their child experiences to build character, self-motivation, responsibility, reliability, punctuality as well as all the technical specific training in their performing arts classes. I hope you will support and encourage your child to follow their studio ethos and respect fellow students and their teachers who in turn will have a healthy mutual respect for all students and parents.

As a parent of a performer in a dance studio I do not expect you to have a degree or possibly any knowledge in dance, drama, singing or any other classes we have on offer. It's important to educate parents to trust the program that your studio offers and the progress of each individual student. Trust their decisions in selections of classes, being entered for exams, chosen for extension programs, show routines, auditions and why we may ask a student to completely rest.

A good dance studio will always give correction and expect students to develop by moving forward with these corrections. Constructive criticism from a teacher, examiner, adjudicator, audition panel is invaluable experience. Giving the student a clear picture of where they are in relation to other performers, showing their strengths and weaknesses.

Try not to fall into the trap of becoming the "Performers Parent", by questioning their choices. Forcing advancement by wanting your child to do so much more has a number of disadvantages... Higher Injury rate by doing too much at home unsupervised, insecurity, studio burn out, immeasurable expectations and debilitates teaching techniques. Asking why something has been decided and gaining more information can be very beneficial for all concerned resulting in a positive benefit for parents and students alike. A parent who has a child who finds a passion is very lucky so nurture their needs. Teaching is a craft and Performing Arts training has more to offer children than ever before.



Career Destinations

- West End performer (Example Hamilton)
- Touring musical theatre cast (Example Bugsy Malone)
- Theatre for young audiences performer (Example The Tiger Who came to Tea)
- Immersive theatre performer (Example Mamma Mia The Party)
- Cruise ship performer (Example Royal Caribbean)
- Commercial dancer (Example Touring with Rita Ora)
- Music videos
- Live shows (Example Ant and Dec' Saturday Night Takeaway)
- TV (Example Bridgeton)
- Fashion shows
- Flash mob / promotional performance teams
- Brand Campaign Dancer (Example Gap)
- Corporate gigs (Example performing for large companies Christmas events)
- Film (Example Rocketman)
- Contemporary Companies (Example Matthew Bourne)
- Physical Theatre (Example Punchdrunk)
- Ballet company (Example Northern Ballet Company)
- Fringe Theatre
- TV supporting artist (extras, walk-ons)
- Pantomime/ Summer Season
- Holiday Park performer (Example Tui Blue)
- Showgirl (Example Moulin Rouge)
- Theme Park performer (Example Disney, Legoland)
- Dance teacher (freelancer or own business)
- Choreographer
- Workshop leader (academic schools, intensives)
- Director
- Assistant director
- Choreographer / Associate choreographer
- Casting assistant/director
- Producer



- Artistic director
- Movement director (for theatre/film/adverts)
- Talent agent
- Arts administrator
- Theatre marketing & PR
- Company manager
- Event producer
- Sports therapist
- Pilates instructor for dancers
- Strength & conditioning coach
- Nutritionist for performers
- Dance psychologist / mindset coach
- Examiner (e.g. syllabi organisations)
- Curriculum developer
- Casting Assistant
- Body Doubles
- Dance content creator (YouTube, TikTok, Instagram)
- Online class subscription owner
- Choreographer for digital campaigns
- Influencer partnerships (fitness/dance brands)



There's more time than you think

Your dancers teacher wants to add another rehearsal, use this grid to carefully decide if it's too much.

Add an S for school and Homework, Add a D for dance or MT class, Add a F for free time. (This includes any other hobbies not leading to the career choice)

There are 98 squares - a recommended healthy split would be S45, D15, F38

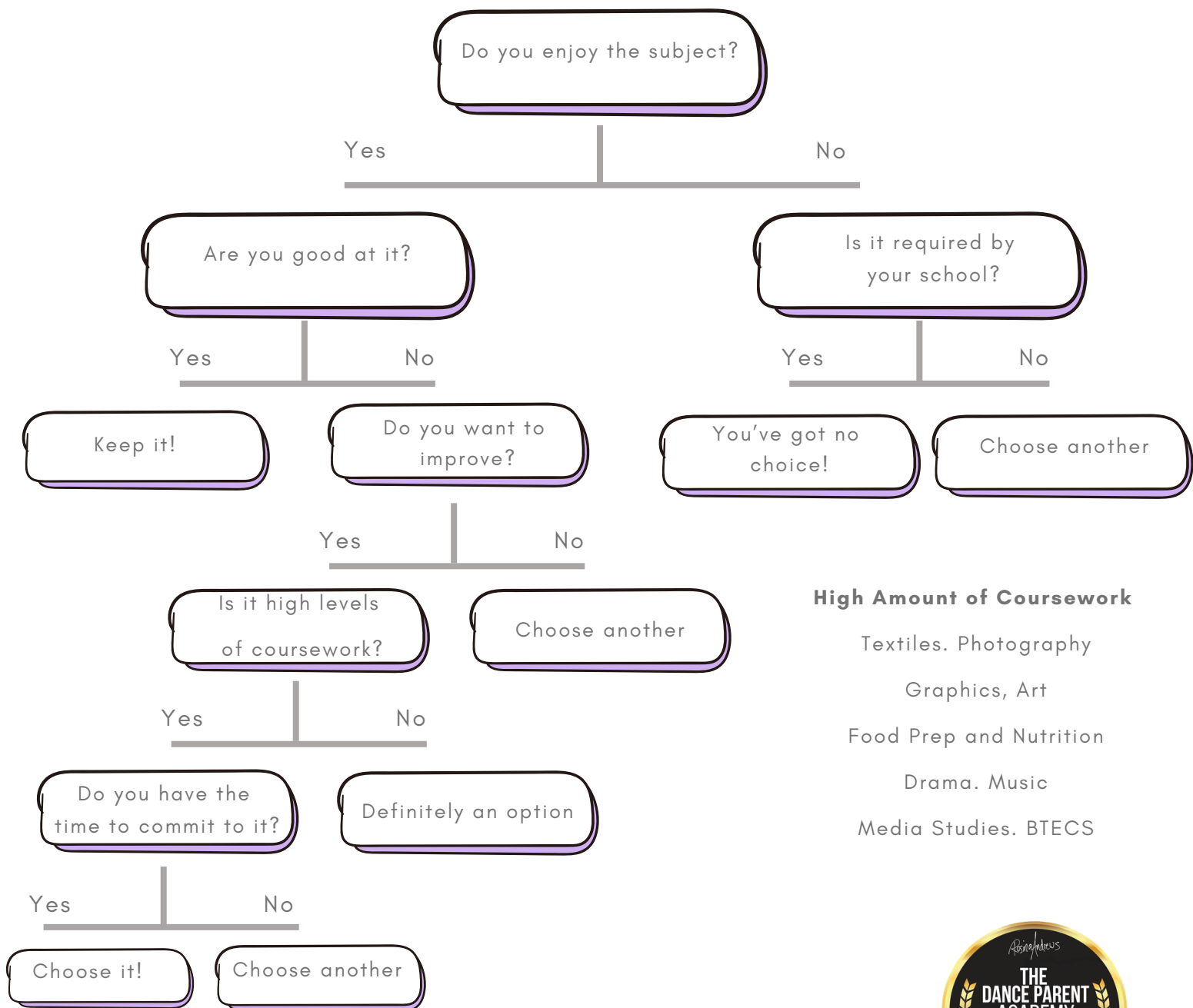
	M.	T.	W.	T.	F.	S.	S.
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What subjects to choose?

Balancing school work and vocational level dance and musical theatre training isn't always easy. The consideration of which subjects to take is always a regular question.

It is not necessary to have GCSE Dance or Drama to head into further dance or musical theatre establishments.



High Amount of Coursework

- Textiles. Photography
- Graphics, Art
- Food Prep and Nutrition
- Drama. Music
- Media Studies. BTECS



How to choose?

It's not which is best, but "which is best for you."

Dance and Musical Theatre colleges can feel similar on the surface, but they produce very different dancers depending on their training style and environment.

TRAINING STYLE AND FOCUS

Is it heavily ballet-based, commercial, contemporary, or musical theatre?

Does that match the dancer you want to become (not just what you're good at now)?

If you want versatility for industry work, look for:

Strong technical foundation + commercial styles

1:1 Acting and singing if you're leaning toward musical theatre

GRADUATE OUTCOMES

Where do graduates actually end up? (West End, cruise ships, companies, teaching, etc.)

Look beyond the marketing and search for recent graduate news.

TEACHING QUALITY

Are teachers active or recently active in the industry? Are they educators or performers?

Did you connect with their teaching style at auditions?

Did they push you in a way that felt constructive?

ENVIRONMENT AND LOCATION

Could you see yourself there on a tough day?

Were students, teachers and staff welcoming?

Being near or in London can mean: More exposure, Easier access to auditions, Industry immersion

But also: Higher living costs, More distractions



CONNECTIONS AND PERFORMANCE OPPORTUNITIES

How often do you get the chance to perform?

Do agents attend showcases?

Are there workshops with casting directors/choreographers?

Alumni network strength

COST AND FUNDING

Tuition fees + living costs

Funding/scholarships

YOUR GUT FEELING

Never underestimate what feels right!

Rank each choice on the following for a clearer outcome

	1	2	3	4	5
TRAINING					
OUTCOME					
ENVIRONMENT					
OPPORTUNITIES					
COST					



Audition Checklist

Please note these are general requirements for auditions, different establishments may vary so please check their websites for specific information

FOR THE APPLICATION

- Head and Shoulders photograph
- Full length photograph in form fitting attire
- Personal Information and Contact details
- Measurements
- Academic records
- List of dance achievements and/or credits
- Personal Statement
- References; academic and dance/musical theatre
- Application Fee*
- Self Tapes of audition material*

FOR THE AUDITION

- A dance solo 1.30mins
- A song or Two contrasting songs
- A monologue or set pieces if requested
- Understanding of musicianship with sheet music
- Prepared answers for interview
- Ability to pick up freework in classes

ON THE DAY

- All dance shoes
- Numerous dance clothes for different styles
- Sheet music and/or backing tracks
- Smart pedestrian clothes for singing and interview
- Easy quick snacks
- Makeup and hair things



Budget

Remove the financial stress of audition year with planning.

Outgoing	Cost	Frequency	Importance
Dance Classes		Weekly	Important
Singing Lessons		Fornightly	Important
Acting Lessons		Monthly	Important
Photographs		One time	Useful
Applications		3-5	Necessary
Show Fees		Yearly	Important
Competitions		3-5	Optional
Intensives		1-2 per year	Optional
Audition Travel		3-5	Necessary
Audition Clothes		-	Optional
Classes or Workshops		Termly	Useful
Acceptance Fees		1-3	Necessary



UCAS Points

- A-Levels & AS-Levels: The most common route, where points are awarded for grades A*-E.
- BTEC Nationals: Extended Diplomas, Diplomas, and Certificates are highly valued.
- T-Levels: The overall grade for these technical qualifications awards points.
- Scottish Qualifications: Higher and Advanced Higher qualifications.
- International Baccalaureate (IB): Both the diploma and individual certificates.
- Cambridge Technicals: Vocational qualifications.
- EPQ (Extended Project Qualification): Worth up to half an A-level (28 points max).
- Music Exams: Grade 6, 7, or 8 in music performance or theory (e.g., ABRSM).
- Higher Sports Leader Award: Offers points for leadership in sports.
- Wider Key Skills: Qualifications in problem-solving or working with others.
- Royal Academy of Dance (RAD): Grades 6, 7, 8, Intermediate, and Advanced Foundation.
- Imperial Society of Teachers of Dancing (ISTD): Graded and vocational exams at Level 3 (RQF).
- British Theatre Dance Association (BTDA): Vocational Graded Examinations via GQAL (Graded Qualifications Alliance).
- bbodance (BBO): Various high-level examinations.
- International Dance Teachers' Association (IDTA): Level 3 regulated qualifications in various genres.
- National Association of Teachers of Dancing (NATD): Graded syllabi from April 1, 2015.
- I-PATH: Registered associations offering Ofqual/Gqual
- ASDAN Community Volunteering Qualification.
- LAMDA Level 3 Certificate in Speech & Drama: Performance Studies
- ABRSM, Trinity, LCME Music Exams



Salary Comparison

Based upon an average or entry level roles in 2026.

Westend Average, equity minimum- £38,000 per year

Cruise Ship - £30,000 per year

Theme Park Performer - £22,000 per year

Dance Teachers freelance - £28,000 per year

Primary School Teacher - £32,000 per year

Nurse - £29,000 per year

Accountant - £35,000 per year

Postman - £24,000 per year

Performing arts careers can be well paid but they are often portfolio careers, not single salary jobs

Performers are registered Self Employed and however some companies offer PAYE.

No Benefits such as sick pay as a freelancer.

Minimum Maternity Pay

Ability to scale entrepreneurial business and portfolio jobs due to varied schedule.

