

# BALLET FOLKLÓRICO



2025-2026

## HANDBOOK



The MVUSD Ballet Folklórico Club is dedicated to promoting the vibrant traditions of the Mexican Heritage Arts. Our purpose is to serve the community by developing leadership in youth, increasing equitable access to cultural performance opportunities and honoring the language, music and culture of Mexico.

# MVUSD BALLET FOLKLÓRICO TRYOUT PACKET

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## *What to Expect*

The MVUSD Ballet Folklórico Club will build and nurture character, integrity, diligence and honesty in every dancer. As a dancer in this club, students will represent the Murrieta Valley Unified School District in everything they do. Therefore, members will be held to a higher standard of conduct than other students. Your roll will include, but is not limited to, the following:

- Promoting the Mexican Heritage Arts and Culture at all sites and events
- Performing at rallies, shows and special events
- Being a positive influence to each other and to the younger aspiring members

The conduct of Ballet Folklórico members is closely observed by many, and it is important that dancers conduct themselves in a manner that not only is above reproach but models our culture and traditions to honor ourselves and our community. This handbook will provide you with a more in-depth overview of the activities, responsibilities and expectations involved with being a dancer in our club. Although we are not a sports program or an academic class, please be sure that both you and your parents read through and understand the entire handbook.

### **Eligibility**

BF Dance Members must maintain a 2.5 GPA to participate in shows. If at the end of a grading period a dancer falls below a 2.5 GPA, they will be placed on academic probation for the following grading period. The dancer has 5 school days once grades are submitted to get a grade change through communication with **teacher/registrar**.

### **Tryout Process**

- Dancers must undergo tryouts in order to be considered part of folklórico shows.
- A judging panel makes the final decision on the results of tryouts and placements.
- The advisor(s) determines the size and divisions of Beginning and Advanced levels.

### **Clearance & Field Trip Forms**

All dancers **must** meet clearance requirements which include a physical exam and proof of insurance according to the MVUSD Athletic Code. Signed Field Trip clearances are **required** to be a part of Monday practices, Saturday Workshops and shows.

## **Folklórico Performance Audition Rubric**

### **Showmanship/Stage Presence –**

How well does the dancer grab and maintain the audience's attention?

1                      2                      3                      4                      5

### **Knowledge of Choreography–**

Does the dancer fully and confidently know the dance routine?

1                      2                      3                      4                      5

### **Timing –**

How well does the dancer keep up with the pace and timing of the music?

1                      2                      3                      4                      5

### **Energy –**

How well does the dancer maintain the required energy throughout the entire routine?

1                      2                      3                      4                      5

### **Skirt Work** (if applicable) –

Does the dancer maintain the desired height level when using a skirt and move the skirt in the proper direction?

1                      2                      3                      4                      5

### **Sound** (if applicable) –

Does the dancer maintain the required volume with their shoes throughout the routine?

1                      2                      3                      4                      5

### **Execution –**

How well is the overall performance of the dancer?

1                      2                      3                      4                      5

## **Transportation**

In the event that Ballet Folklórico uses school transportation or private transportation, all members **MUST** ride the bus **to and from** the event. Members will return to the school and the bus and may be picked up from there. Members must follow all of the rules posted in the bus. All district/school rules and regulations apply. Inappropriate conduct on any bus is prohibited. Any infraction will result in disciplinary measures determined by the Advisor.

## **Time Commitment**

The term of membership for all dance members is from the date of election to the end of the school year the following June. By committing to Ballet Folklórico, our dancers are making Ballet Folklórico their primary activity. This means that if there are any conflicting events, obligations to the Ballet Folklórico Calendared Activities (practices, fundraisers, performances and events) **ALWAYS** comes first.

Although we always promote involvement in multiple sports and activities, we encourage dancers to **NOT** overbook themselves. Dancers with **prior** approval from advisor may have an option of transferring into another activity with the advisor **as soon as** dancer learns about placement into an advanced class and/another program such as drama **as soon as** the student learns of making the alternate team/play and **can** return to folklórico **if** the student maintains an open line of communication with the advisor, **and** maintains eligibility. All dancers must keep in contact with advisor(s) and keep current with practices and events. Disappearing during the first or second semester will result in the removal from folklórico.

## **Conduct**

Dancers are to treat all teachers, advisors, administrators, and parents with respect at all times. Dancers shall respect one another's opinions and shall not be disrespectful towards or humiliate or hurt another student, dancer or advisor. Dancers shall not smoke use drugs, drink alcoholic beverages, or use unbecoming language. BF Dance Members will lift one another up positively, be patient, kind, courteous and diplomatic when an issue should arise, then communicate with advisor or administration immediately.

## **PDA**

We are always emulating honor and tradition. Public Displays of Affection are not allowed while at any practices or events.

### **3 Strike Disciplinary Policy**

To ensure accountability and maintain the integrity of our levels, the 3 Strike disciplinary policy will be enforced. This policy is to address and correct behavioral issues in a fair and consistent manner. BF Dancers and their parents are encouraged to review and understand the expectations outlined below.

#### Strike 1:

1. A verbal warning will be issued to the dancer, and the incident will be documented.
2. A meeting may be scheduled with the dancer and advisor to review expectations and reinforce this policy.
3. Parents/Guardians will be notified of the incident and any necessary corrective actions.

#### Strike 2:

1. A written warning will be issued to the dancer, detailing the nature of the incident and previous corrective actions.
2. The dancer may face temporary suspension from practices or events.
3. A mandatory meeting with the athlete, parent/guardian and advisor will be notified of the incident and any necessary corrective actions.

#### Strike 3:

1. Removal from the Ballet Folklórico Club may occur upon the third incident.
2. The decision will be at the discretion of the coach and school administration considering the severity and circumstances of the incident(s).
3. Written documentation of all prior warnings and disciplinary actions will be reviewed before a final decision is made, and a mandatory meeting with the BF dancer, parent/guardian, advisor(s) and Disciplinary Administrator will be required to address the issue.

## **Concern Procedure**

Please adhere to this structure when raising any concerns:

First address your concern or complain directly with the advisor. Many issues can be resolved at this stage.

If you remain unsatisfied, escalate the matter by contacting the Ballet Folklórico advisor(s) responsible for overseeing the club.

Should the previous steps fail to resolve your concern, you may then schedule an appointment with your Dean of Discipline. Both the Dean and the Principal will not meet with parents unless the aforementioned steps have been taken.

## **Removal from Folklórico**

Depending on the severity and occurrence of the incident, the Advisor reserves the right to determine the appropriate action to take which can include dismissal from folklórico. If a BF Dance member has been dismissed from folklórico due to disciplinary actions, they will be disqualified to try out the following year. Any dance member who quits or does not complete a full season forfeits their right to Community Service Hours.

## **Communication**

For parents: Any communication concerning your BF dancer, practices, Saturday Workshops, rallies, shows, fundraisers should be addressed directly to your advisor.

MMHS	Monica Trillo	<a href="mailto:mtrillo@murrieta.k12.ca.us">mtrillo@murrieta.k12.ca.us</a>
MVHS	Jaime Zarate	<a href="mailto:jzarate@murrieta.k12.ca.us">jzarate@murrieta.k12.ca.us</a>
VMHS	Caroline Cipres	<a href="mailto:ccipres@murrieta.k12.ca.us">ccipres@murrieta.k12.ca.us</a>
DMMS	Jaime Goebel	<a href="mailto:jgoebel@murrieta.k12.ca.us">jgoebel@murrieta.k12.ca.us</a>
SMS	Olinda Rice	<a href="mailto:orice@murrieta.k12.ca.us">orice@murrieta.k12.ca.us</a>
TMS	Rebecca Al-Ghizawi	<a href="mailto:ral-ghizawi@murrieta.k12.ca.us">ral-ghizawi@murrieta.k12.ca.us</a>
WSMS	Aide Varela-Sanchez	<a href="mailto:avarelasanchez@murrieta.k12.ca.us">avarelasanchez@murrieta.k12.ca.us</a>

For students: Communication is always key. You need to self-advocate. Advisors are busy too so whatever you say, you should also message on Band APP to make sure your needs are heard and addressed.

## Social Media

Ballet Folklórico now communicates using Band App for updates to our calendar, for instruction and for volunteering for those pop-up shows that were not on the Calendar at the beginning of August.

After posting the rosters for Beginning and Advanced Levels, dancers will receive an email with an invitation to Band App. Follow the directions in the email to sign up for a Band Account. Then you will have access to the Ballet Folklórico Calendar which will have access to all practice and event information. This information is also available on the website but on Band App, advisors and leaders can post updated details regarding call times and uniform specifications. Dance members are also able to and encouraged to upload any related photos or videos to the site after every practice, Saturday workshops or event. BF Dancers must “follow us” and allow us Advisors to follow you. This will be done immediately after learning level placements.

MVUSD Website

[murrieta.k12.ca.us/Page/39655](http://murrieta.k12.ca.us/Page/39655)

MVUSD Folklórico Instagram

[@mvUSD\\_folklorico](https://www.instagram.com/mvUSD_folklorico)

Band App

<https://band.us/n/acadA2VfE5IbJ>

Facebook

<https://www.facebook.com/groups/261691153856530/>

It is a private site. Only Ballet Folklórico members and parents may have access to the site. One can upload pictures, videos, rosters, payment information and have access to Calendar which cannot be viewed by the public. The Band App will be used to send out short reminders and updates to BF dancers in the form of a text message, but **no** phone numbers are displayed. It is strongly recommended that BF dancers and parents download this APP. I suggest students turn on notifications and parents turn off the notifications but monitor as needed. As in all things, be above reproach. Please make sure your language is appropriate and your comments on social media are positive. Understand that your social media sites are monitored by MVUSD but also by parents who are invested in the integrity of their dancer’s experience.



## **Ballet Folklórico Practices 2025-26**

BF dance members shall attend ALL practices. **Monday practices** for the team will begin as soon as try-outs are over mid-October. Practices are once a week. These practices are **mandatory**. Each practice has an assigned region and number to learn that is specific to our shows. Practices are closed to dancers and advisors only. Location: VMHS A 164

August	18 <sup>th</sup> in Room E216, VMHS 4 p.m.	25 <sup>th</sup> in the Dance Room A164
September	8 <sup>th</sup> , 15 <sup>th</sup> , 22 <sup>nd</sup> , 29 <sup>th</sup>	
October	13 <sup>th</sup> , 20 <sup>th</sup> , 27 <sup>th</sup>	
November	Pizza Party on the 3 <sup>rd</sup> in Room E216, VMHS 4 p.m.	
January	26 <sup>th</sup>	
February	2 <sup>nd</sup> , 9 <sup>th</sup> , 23 <sup>rd</sup>	
March	2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup>	
April	6 <sup>th</sup> , 13 <sup>th</sup>	
May	Banquet on the 23 <sup>rd</sup> Place TBD	Cost \$ TBD

## **Saturday Workshops**

BF dance members shall attend SATURDAY Workshops scheduled by the Advisor. There are 3 per semester and they are **mandatory**. Workshops are closed to dancers and advisors only. Location: WSMS Multi-Purpose Room for both Middle and H.S.

September 6<sup>th</sup> from 1-5 p.m.

October 4<sup>th</sup> from 1-5 p.m.

November 1<sup>st</sup> from 8:00 a.m. – 11:30 a.m.

February 7<sup>th</sup> from 1-5 p.m.

March 7<sup>th</sup> from 1-5 p.m.

April 18<sup>th</sup> from 8:00 a.m. – 11:30 a.m.

The time spent at these workshops is both intentional and invaluable since we have more time, we pay for an instructor, and we learn about our new regions adopted for the year on these days.

## **Rehearsals**

Rehearsals will always precede the shows and are strategically placed at the same venue so as not to cause confusion for students on the actual day of the performance.

For the schedule below, rehearsal dates fall on:

November 1 <sup>st</sup>	Rehearsal	@ WSMS	@ 10 a.m.
Dec 1 <sup>st</sup>	Rehearsal	@VMHS	@ 6 p.m.
Feb 5 <sup>th</sup>	Rehearsal	@GOHS	@ TBD
Feb/March	Rehearsal	@ MMHS or MVHS	@ TBD
April 18 <sup>th</sup>	Rehearsal	@ WSMS	@ 10 a.m.
April 20 <sup>th</sup>	Rehearsal	@ Cole Canyon	@ 6 p.m.
April 28 <sup>th</sup>	Rehearsal	@ Monte Vista	@ 6 p.m.
May 5 <sup>th</sup>	Rehearsal	@ Shivela	@ 6 p.m.

## **Shows**

Our expectation is that a show should be a positive experience for all. For this reason, each student is guaranteed one region and one number placement in a show.

November 1 <sup>st</sup>	Free ELOP Showcase	@ WSMS	@6 p.m.
Dec 2 <sup>nd</sup>	Show	@ VMHS	@6 p.m.
Feb 6 <sup>th</sup>	Show	@ GOHS	@6 p.m.
Feb/March	Possible Show	@ MMHS or MVHS	@ TBD
April 18 <sup>th</sup>	Free ELOP Showcase	@ WSMS	@6 p.m.
April 21 <sup>st</sup>	Show	@ Cole Canyon	@6 p.m.
April 28 <sup>th</sup>	Show	@ Monte Vista	@6 p.m.
May 5 <sup>th</sup>	Show	@ Shivela	@6 p.m.

## **Volunteering at Impromptu Events**

For all students the possibility of performing more depends on the dancer's responsibility of being prepared for practice, their effort and drive, and improvement which is often honed at each documented event that randomly pop up. If an event is posted and we ask for volunteers, then everyone is invited to respond and depending on what everyone knows, we organize regional groups and numbers and provide a show for each venue. Learn as much as you can and be ready to jump in and get some dance experience.

Volunteering is one of the ways that students can improve their skills. If a dancer wants to diversify the region and numbers they know, dancers usually communicate what they want to dance on the Band App and if you know the number and an advisor has seen you perform it well then you can perform. We always want you to shine. You will not be told NO, but we may be limited to the number of wardrobe available per region. We encourage you to dance as much as possible and enjoy the club. Volunteering at a smaller venue like these has a different performance ready time.

## **Fundraising**

Fundraising is a **mandatory** component of the Ballet Folklórico Club. Funds earned are always to purchase, maintain and or replenish our wardrobe. All students will be expected to sell once a semester.

First Semester                      Aug 25- Sept 15<sup>th</sup> or November 10<sup>th</sup>- 21<sup>st</sup>

Second Semester                  Jan 12<sup>th</sup> – 23<sup>rd</sup>, Mar 16<sup>th</sup> – 27<sup>th</sup> or May 1<sup>st</sup> to 15<sup>th</sup>

## **Reaching out to Businesses**

We have a letter for students to take to business establishments where one can ask for donations to the club or individual sponsorship. We will write a thank you letter and provide the business advertisement in our Playbill. All students will receive a letter and a list of suggested businesses to approach, and we hope that you can help us find a sponsor.

## **Wardrobe**

Our club has always provided students with the wardrobe per region and we now proudly maintain a wardrobe for the following regions: [Aguascaliente](#), [Azteca](#), [Baja](#), [Chiapas](#), [Chihuahua](#), [Colima](#), [Guerrero](#), [Jalisco](#), [Michoacan](#), [Nayarit](#), [Nuevo Leon](#), [Oaxaca](#), [Puebla](#), [Revolución](#), [Sinaloa](#), [Tabasco](#), [Tamaulipas Norte](#), [Veracruz](#), [Yucatan](#) and [Zacatecas](#).

## **Shoes**

We recommend buying the black folklórico shoes first. If you plan on continuing to dance with us for 2-3 years, then you will need to invest in another white folklórico shoe and a white Adelita folklórico boot. The following regions wear this color shoe/boot when we dance in regional on stage:

### **Black Shoes**

Chiapas, Jalisco

Michoacán, Puebla

### **White Shoes**

Aguascaliente, Colima

Guerrero, Nayarit

Oaxaca, Sinaloa

Tabasco, Veracruz

Zacatecas

### **White Adelita Boot**

Baja, Chihuahua

Nuevo León, Revolución

Tamaulipas

If you place in the region by way of an audition, then you are **required** to purchase the shoe to dance in the upcoming event/show. A way students can earn the money to purchase their shoes without making it a financial burden on the family is to sell more of our fundraiser (duros). This is a quick and easy way to obtain the money and there are a few times a year that we will fundraise for our club. The sooner you can get yourself fit for the shoe, the better you will master the 5 basic steps of folklórico.

## **Cultural Expectations**

In folklórico, there is an expectation that, when in wardrobe, you represent the region to the tee. You could be representing the region from anybody in the audience and they recognize that the wardrobe is accurate- if one is sloppy or spot on. It is a point of pride to wear these cultural vestments we call wardrobe and to do it well. Stay in wardrobe. Guys, keep your hats on. Girls, nothing off the shoulder. You are a role model. Smile and wear your wardrobe with pride.

## **Accountability**

Plan ahead of time. You will NOT perform if you are missing any of these following items:

G: Camisole, Bloomers, Pantyhose, Make Up, Hair DONE, Earrings ON, and BF Shoes.

B: Hat, Tie or a Belt

## **Practice Ready**

Plan ahead. Bring a duffle bag to school and dress out in our **required** practice ready uniform. We dress in a school appropriate black t-shirt and black shorts or leggings, black folklórico shoes for practices. We meet at 4 p.m. in the dance room across from the pool at Vista Murrieta, Room A164. If you are hungry, bring a healthy snack and water. Put your hair in a bun as described below and be **on time**. No make up is needed for practice.

## **Hair**

BF dancers must have their hair up in a HIGH bun at the start of each practice. You must have your hairnet over the bun and your matching ribboned bun-braid on top of your hair and hairnet. The definition of high bun means that the center of the bun needs to be above the ears. No bangs.

## **Stage Make -Up**

G: Foundation, Blush, Eye Shadow, Eyeliner, Mascara (or Fake Eyelashes) & Red Lipstick

Stage make-up is meant to be dramatic so it can be seen by the audience.

B: Foundation to keep the shine from your forehead and the skin for an even tone.

## **Spirit Ready**

On days that you collectively decide to dress up on your campus site, wear your BF T-shirt, black pants and jacket, comfortable shoes, and wear your hair in a bun, net and hairpiece.

Spirit Pack Payment Due October 15 – MVUSD Webstore

## **Rally Ready**

On rally days, take your duffle bag to school to look professional and to keep yourself organized. If the rally is in the early morning, you may arrive professionally dressed but ALWAYS bring your duffle bag. You will be excused from the rallies 1 hour early to dress, unless given an arrival time that is different from your school's leadership. Then when you

are dressed, you report straight to the gymnasium to rehearse on ASB/USB's schedule. After the rally, you have 30 minutes to return your wardrobe to your advisor in the wardrobe bag you received it in.

### **Attendance & Absences & The Point Based Merit System**

Common Absence Procedure is that BF dance members must send an email to Advisor or private Band App message to the Advisor stating the date, event and the reason for the absence. You should cc, and or duplicate your message to inform your council member in charge of the region as well. Students will earn 5 points for every practice event. For this reason, it is important to sign into 5 Star.

The following shows the amount of points deducted for:

<b>INFRACTION</b>	<b>POINT DEDUCTION</b>
<b>Not attending Saturday Workshop</b>	10 points
<b>Unexcused</b> absence to a practice/event. No text on Band App/No show to event.	5 points
<b>Forgetting</b> White(Tan) Bra or Bloomers	3 points
Improper uniform or hair	2 points
Tardy to practice or event	1 point

Absences from a show can affect the choreography of a performance and this affects your peer's confidence and well-being.

Common Excused Absences: Illness/Injury, unexpected emergency, a previously approved school activity, religious obligations, approved preplanned vacations by Advisor with advanced notice.

Medical notes must be signed by a **doctor**, and this will excuse students from participating with no point loss or requirement to make up activities. This must be given to your Advisor and if it is injury related - please report it to the health office.

Common Unexcused Absences: Any absence that does not follow the absence procedure, work, vacation without 1-month advanced notice, not having a ride, sleeping in, or a non-communication with advisor about an absence will be deemed unexcused.

If a dancer is absent from school during the day of a performance, regardless of if it is an excused absence, the dancer may not participate in the show but is expected to come to the event and donate their time selling Pinwheels (Duros) at our concessions.

## **Before Leaving Home**

Check to make sure you have all your wardrobe & accessories.

## **Performance Ready**

	Volunteer Show	Big Planned Show
Call Time	30 min prior	1 hour prior
Show Up	Professionally Dressed	Get dressed at Location

## **Upon Arrival**

You have a bag so keep your stuff within your bag limit.

## **Common Courtesy**

Clean up after yourselves. Did we leave the place cleaner than when we got there?

Help others. Do not be in such a hurry to leave.

Make sure you have checked- in all your wardrobe & accessories before your excused.

Turn in your wardrobe to your Advisor(s).

## **Behind The Stage**

Be quiet behind the stage. Walk. Do not run. The audience can hear you.

Quiet in the ALLEY. Do not talk outside of the Drama Room or Near the Stage Door.

## **Show Etiquette**

Dancers have a job to do and that is to put on a beautiful show. This is not a social outing for one to dress up and frolic about in their wardrobe. Dancers shall remain behind the stage in the room they are assigned to, and not be in rooms they should not be in.

Dancers may communicate with their friends and families before and after shows. Please consider the hall doors, the drama room door and the stage access doors and curtains as a wall.

Your parents and friends may shout out for you. It is called a HUACO but PIROPO's are not appropriate for some of our younger dancers.

## **Summer Day Camp 2025-26**

Day camp will not happen this year as was intended. We will schedule this day before registrations at any of the schools begin next year. Please put the following date on your calendar for next year.

Monday, July 20, 2026                      Advanced Region TBD                      8:00 a.m. to 2:00 p.m.  
WSMS AUDITORIUM

### **Fall Season** (October- December)

ELOP Show

Vista Murrieta Show

### **Winter Season** (January- February)

Great Oak H.S Show

Possible MMHS or MVHS Show

### **Spring Season** (March- May)

ELOP Show

Cole Canyon Elementary

Monte Vista Elementary

Shivela Middle School

### **Competitive Folklórico** (February to April)

At this point we do not have a competitive team, but we are hoping to have these norms in place for the 2026 - 2027 year. When we do, practices will be held in **addition** to the regular BF practice times.

You can choose if you would like to be a part of the Competitive Team but there is a chance that you may not make the team. You will be evaluated on skill, grades, maturity and attendance. Email Mrs. Cipres if interested at: [ccipres@murrieta.k12.ca.us](mailto:ccipres@murrieta.k12.ca.us)

Competitions usually take place in April.



## **MVUSD BALLET FOLKLORICO Handbook Acknowledgement Agreement**

By signing the Ballet Folklórico Handbook Parent/Student Acknowledgement Agreement, you understand and agree to the expectations outlined in this Handbook. It is imperative for the Ballet Folklórico season to adhere to these rules and expectations throughout the entirety of the season. Failure to comply with this contract may lead to dismissal from practice and or shows.

- A. I have read and will abide by all the rules in the BF Handbook.
- B. I have read and will abide by the Conduct Guidelines and understand the 3-Strike Disciplinary Policy.
- C. I have read and agree to the BF Attendance Point System.
- D. I understand that all BF Practices and events are mandatory and that I must be on time to all practices and events.
- E. I understand that if there is assigned transportation for an event, I must ride to and from the event on that assigned transportation.
- F. My wardrobe and practice clothes will be kept clean and neat at all times.
- G. I will always abide by the practice and event dress code.
- H. I will not chew gum at any time during practice or performances.
- I. I will not take part in any gossip or negative conversation about another Ballet Folklórico member, member of another team, coach, teacher, administrator or student (and this includes conversations in person, phone/text, email, social media, APPs, etc).
- J. I understand that my commitment to the Ballet Folklórico Club is year-long, and my lack of commitment affects my peers.
- K. I and my parents/guardians have read and understand the entire BF Handbook and accept the rules, regulations and responsibilities outlined.

**I understand that if a Ballet Folklórico student has been dismissed from practice and activities, they will be disqualified from participating the following year.**

_____	_____	_____
Student Name (Printed)	Student Signature	Date
_____	_____	_____
Parent/Guardian Name (Printed)	Parent/Guardian Signature	Date

# MVUSD BALLET FOLKLORICO

## Member Information Form

Student Name (Printed)	Birthdate	School
Street Address City, State, Zip Code	Student ID #	Student Cell #
Home Phone # ( ) -	Other email	
Parent Name#1	Parent Name#2	
Parent Email#1	Parent Email #2	
Parent Cell #1	Parent Cell#1	
Emergency Contact	Emergency Contact Phone #	
Current School	Current Grade Level	

If you are a Junior or Senior, you will accept the following placement:

- ☐ Beginner
- ☐ Intermediate
- ☐ Advanced

# MVUSD BALLET FOLKLORICO

## Deposit

Our club has been established since 1997. Where we can provide wardrobe for students, as we always have! You can expect to borrow wardrobe for any event across all schools as we do take in donations and have some items available. However, loaning out clothes becomes difficult to do working with so many for showcases as we have 30 to 100 students participating. If you can have your own basics, it helps. In addition to the anticipated costs for students, we would like to ask parents for a **Donation to MVUSD Webstore in the form of a Deposit to MVUSD Ballet Folklórico** to help replace the lace on skirts and provide for any dry cleaning that helps us maintain the wardrobe. Go to:

[https://mvusd.graystep.com/\(S\(03nlxkx2dnxi44o31ez4xcha\)\)/Index.aspx#/31515/product/1896](https://mvusd.graystep.com/(S(03nlxkx2dnxi44o31ez4xcha))/Index.aspx#/31515/product/1896)

## Anticipated Wardrobe Costs for Girls

Some items are essential for students' success, and we do **require** dancers to have them at workshops.

Garment Bag	\$5	Only if torn ...
Practice Skirts	\$65	Freshman Year
Black Folklórico Shoes	\$85	Freshman Year
White Folklórico Shoes	\$85	Sophomore Year
White Folklórico Boots	\$85	By members 3rd Year Dancing
Spirit Pack Hairpiece	\$30	Any year the student's want own hairpiece

## Anticipated Wardrobe Costs for BOYS

Garment Bag	\$20	Only if torn...
White Collared Shirt	\$30	Middle School or Freshman Year
Black Jeans	\$30	Only in Middle School
Black Belt	\$20	Middle School or Freshman Year
Black/White Folklórico Boots	\$100	Middle School or Freshman Year
Black/White Folklórico Boots	\$100	Sophomore Year / If Wearing White Pants

We constantly fundraise to replace items that have been lost or taken. At the end of the year, we replenish as much as we can but during the school year if an item is lost, the item must be replaced by the student. Advisor(s) will take note of it and the student can pay the bookkeeper at their school site.

# MVUSD BALLET FOLKLORICO

## Replacement Wardrobe Costs for Girls

Hairpieces range from \$25 - \$35

Shoe Cobbler to replace a Heel \$30

**Aguascaliente** Dress \$275 Hairpiece \$35

**Azteca** Three Piece \$225 including bracelets Headpiece \$50, Hueseros \$10/leg

**Baja** Own Jeans, Flannel Shirt, Belt and Boots Borrow: Black Hat \$25

**Chiapas** Dress \$295 Hairpiece \$25 Rebozo \$24

**Chihuahua** Dress \$250 Hairpiece \$25 Petti Coat \$20

**Colima** Dress \$275 Hairpiece \$35

**Guerrero** Acateca Dress \$175 Hairpiece \$30 Blouse \$20, Skirt \$ 65 Hairpiece \$30

**Jalisco** Dress \$209 Hairpiece \$22

**Michoacan** Vestido de la viejita \$125 Mask \$25

**Nayarit** Dress \$175 Hairpiece \$25

**Nuevo Leon** Dress \$250 Hairpiece \$25 Petti Coat \$20

**Oaxaca** La Pinotepa \$250 Elite: Huipil and Headress \$225 Huaraches

**Puebla** Dress \$200 Hairpiece \$25

**Revolución** Blouse \$20, Skirt \$ 65, Ammunition \$10, Fake Rifle \$10

**Sinaloa** Dress \$175 Hairpiece \$25

**Tabasco** Dress \$145 Hairpiece \$30

**Tamaulipas Norte** Dress \$155 (only available in blue) Hairpiece \$25

**Veracruz** Dress \$295 Hairpiece \$30 Apron \$20 Cameo \$12 Fan \$5

**Yucatan** Dress \$225 Hairpiece \$30

**Zacatecas** Dress \$295 Simple Single Flower Hairpiece Rebozo \$24

# MVUSD BALLET FOLKLORICO

## Replacement Wardrobe Costs for Guys

Black or Brown Hats \$25

Shoe Cobbler to replace a Heel \$30

**Aguascaliente** Striped Pants \$32, own Black Belt, Eagle Shirt \$34

**Azteca** Four Piece Outfit \$225 including bracelets Hueseros \$10/leg

**Baja** Own Jeans, Flannel Shirt, Belt and Boots Borrow: Black Hat \$25

**Chiapas** -----

**Chihuahua** Own Black Jeans, Belt, White Collared Shirt Borrow: Black Vest \$95, Hat, Bandana

**Colima** Own Collared White Shirt Suit: \$275 Sombrero \$20 Red Bowtie \$9

**Guerrero** -----

**Jalisco** Semi Pro Charro Outfit \$265 Hat Cover \$20 Sombrero \$20 Bow \$9 Serape \$20

**Michoacan** Traje del viejito \$55 Mask \$25

**Nayarit** -----

**Nuevo Leon** Own Black Jeans, Belt, White Collared Shirt Borrow: Br. Jacket \$75 , Hat, Bandana

**Oaxaca** Linen Pants & Shirt \$35 Huaraches \$35

**Puebla** Own Collared White Shirt Suit: \$275 Sombrero \$40 Gold Bowtie \$9

**Revolución** Linen Pants & Shirt \$35, Ammunition \$10, Fake Rifle \$10

**Sinaloa** Own White Jeans, Belt Borrow: Flower Collared Shirt \$30

**Tabasco** -----

**Tamaulipas Norte** -----

**Veracruz** Guayavera, White Pants, Bandana, Sombrero (fino) \$175

**Yucatan** Guayavera , White Pants, Bandana, Sombrero (Yucateco) \$175

**Zacatecas** -----

# MVUSD BALLET FOLKLORICO

## *Election Information*

As we prepare for the upcoming school year, we are excited to begin the process of selecting dedicated and passionate student leaders to serve as leaders for our Ballet Folklórico Club. Officers play an essential role in shaping the direction of our group, fostering teamwork, organizing events and representing all with diplomacy, pride and respect.

### **Eligibility and Nomination Process**

To ensure that our leadership team reflects the values and high standards of our club, all candidates for leader positions must meet the following criteria:

#### **Peer/Teacher Nomination (January – February)**

Students may be nominated by their fellow club members or by a teacher who recognizes their leadership potential, commitment and character. Self-nominations will not be accepted.

#### **Teacher Evaluations (Due in March)**

#### **Interview with Advisor (April)**

#### **Merit Based Evaluation (On-going all year long)**

In addition to receiving a nominations, students must have earned a high score on the club's Point-Based Merit System. This system tracks participation, punctuality, preparedness, cultural and dance knowledge, teamwork, and volunteer contributions throughout the year. Only those who have consistently demonstrated responsibility and dedication will be eligible for consideration.

#### **Leadership Roles May Include:**

President, Vice President and Secretary, Event Coordinator, Music Coordinator, Social Media Coordinator, Costume Manager, and Prop & Stage Manager

#### **Election Timeline (May)**

Elections will take place in the two weeks following our last show and before the Banquet.

The results of the election will be announced at the Banquet.

# MVUSD BALLET FOLKLORICO

## Teacher Evaluation Form

<https://forms.office.com/r/W9LJ3g3L2j>



1. Pick TWO Teachers of your choice.
2. Please email the following link to your teachers, and ask them nicely if they will fill it out for you!

1 Strongly Disagree	2 Disagree	3 Neutral	4 Agree	5 Strongly Agree
This candidate's ATTENDANCE in class is consistently good.				
1	2	3	4	5
This candidate shows RESPECT for their teachers and peers.				
1	2	3	4	5
This candidate shows EMPATHY and KINDNESS towards others.				
1	2	3	4	5
Circle one (this has no bearing on their placement)				
Introvert		Combination	Extrovert	
Any additional comments or concerns:				

# MVUSD BALLET FOLKLÓRICO

## Physician's Clearance Form

This form should be placed into the athlete's medical file and should **not** be shared with schools or sports organizations.

### ■ PREPARTICIPATION PHYSICAL EVALUATION

#### HISTORY FORM

Note: Complete and sign this form (with your parents if younger than 18) before your appointment.

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Date of examination: \_\_\_\_\_ Sport(s): \_\_\_\_\_

Sex assigned at birth (F, M, or intersex): \_\_\_\_\_ How do you identify your gender? (F, M, or other): \_\_\_\_\_

List past and current medical conditions. \_\_\_\_\_

Have you ever had surgery? If yes, list all past surgical procedures. \_\_\_\_\_

Medicines and supplements: List all current prescriptions, over-the-counter medicines, and supplements (herbal and nutritional). \_\_\_\_\_

Do you have any allergies? If yes, please list all your allergies (ie, medicines, pollens, food, stinging insects). \_\_\_\_\_

#### Patient Health Questionnaire Version 4 (PHQ-4)

Over the last 2 weeks, how often have you been bothered by any of the following problems? (Circle response.)

	Not at all	Several days	Over half the days	Nearly every day
Feeling nervous, anxious, or on edge	0	1	2	3
Not being able to stop or control worrying	0	1	2	3
Little interest or pleasure in doing things	0	1	2	3
Feeling down, depressed, or hopeless	0	1	2	3

(A sum of  $\geq 3$  is considered positive on either subscale [questions 1 and 2, or questions 3 and 4] for screening purposes.)

GENERAL QUESTIONS (Explain "Yes" answers at the end of this form. Circle questions if you don't know the answer.)	Yes	No
1. Do you have any concerns that you would like to discuss with your provider?		
2. Has a provider ever denied or restricted your participation in sports for any reason?		
3. Do you have any ongoing medical issues or recent illness?		
HEART HEALTH QUESTIONS ABOUT YOU	Yes	No
4. Have you ever passed out or nearly passed out during or after exercise?		
5. Have you ever had discomfort, pain, tightness, or pressure in your chest during exercise?		
6. Does your heart ever race, flutter in your chest, or skip beats (irregular beats) during exercise?		
7. Has a doctor ever told you that you have any heart problems?		
8. Has a doctor ever requested a test for your heart? For example, electrocardiography (ECG) or echocardiography.		

HEART HEALTH QUESTIONS ABOUT YOU (CONTINUED)	Yes	No
9. Do you get light-headed or feel shorter of breath than your friends during exercise?		
10. Have you ever had a seizure?		
HEART HEALTH QUESTIONS ABOUT YOUR FAMILY	Yes	No
11. Has any family member or relative died of heart problems or had an unexpected or unexplained sudden death before age 35 years (including drowning or unexplained car crash)?		
12. Does anyone in your family have a genetic heart problem such as hypertrophic cardiomyopathy (HCM), Marfan syndrome, arrhythmogenic right ventricular cardiomyopathy (ARVC), long QT syndrome (LQTS), short QT syndrome (SQTs), Brugada syndrome, or catecholaminergic polymorphic ventricular tachycardia (CPVT)?		
13. Has anyone in your family had a pacemaker or an implanted defibrillator before age 35?		



BONE AND JOINT QUESTIONS	Yes	No
14. Have you ever had a stress fracture or an injury to a bone, muscle, ligament, joint, or tendon that caused you to miss a practice or game?		
15. Do you have a bone, muscle, ligament, or joint injury that bothers you?		
MEDICAL QUESTIONS	Yes	No
16. Do you cough, wheeze, or have difficulty breathing during or after exercise?		
17. Are you missing a kidney, an eye, a testicle (males), your spleen, or any other organ?		
18. Do you have groin or testicle pain or a painful bulge or hernia in the groin area?		
19. Do you have any recurring skin rashes or rashes that come and go, including herpes or methicillin-resistant <i>Staphylococcus aureus</i> (MRSA)?		
20. Have you had a concussion or head injury that caused confusion, a prolonged headache, or memory problems?		
21. Have you ever had numbness, had tingling, had weakness in your arms or legs, or been unable to move your arms or legs after being hit or falling?		
22. Have you ever become ill while exercising in the heat?		
23. Do you or does someone in your family have sickle cell trait or disease?		
24. Have you ever had or do you have any problems with your eyes or vision?		

MEDICAL QUESTIONS (CONTINUED)	Yes	No
25. Do you worry about your weight?		
26. Are you trying to or has anyone recommended that you gain or lose weight?		
27. Are you on a special diet or do you avoid certain types of foods or food groups?		
28. Have you ever had an eating disorder?		
FEMALES ONLY	Yes	No
29. Have you ever had a menstrual period?		
30. How old were you when you had your first menstrual period?		
31. When was your most recent menstrual period?		
32. How many periods have you had in the past 12 months?		

Explain "Yes" answers here.

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**I hereby state that, to the best of my knowledge, my answers to the questions on this form are complete and correct.**

Signature of athlete: \_\_\_\_\_

Signature of parent or guardian: \_\_\_\_\_

Date: \_\_\_\_\_

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This form should be placed into the athlete's medical file and should **not** be shared with schools or sports organizations.

## ■ PREPARTICIPATION PHYSICAL EVALUATION

### PHYSICAL EXAMINATION FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

#### PHYSICIAN REMINDERS

- Consider additional questions on more-sensitive issues.
  - Do you feel stressed out or under a lot of pressure?
  - Do you ever feel sad, hopeless, depressed, or anxious?
  - Do you feel safe at your home or residence?
  - Have you ever tried cigarettes, e-cigarettes, chewing tobacco, snuff, or dip?
  - During the past 30 days, did you use chewing tobacco, snuff, or dip?
  - Do you drink alcohol or use any other drugs?
  - Have you ever taken anabolic steroids or used any other performance-enhancing supplement?
  - Have you ever taken any supplements to help you gain or lose weight or improve your performance?
  - Do you wear a seat belt, use a helmet, and use condoms?
- Consider reviewing questions on cardiovascular symptoms (Q4–Q13 of History Form).

EXAMINATION		
Height: _____	Weight: _____	
BP: _____ / _____	Pulse: _____	Vision: R 20/____ L 20/____ Corrected: <input type="checkbox"/> Y <input type="checkbox"/> N
MEDICAL	NORMAL	ABNORMAL FINDINGS
Appearance <ul style="list-style-type: none"> <li>Marfan stigmata (kyphoscoliosis, high-arched palate, pectus excavatum, arachnodactyly, hyperlaxity, myopia, mitral valve prolapse [MVP], and aortic insufficiency)</li> </ul>		
Eyes, ears, nose, and throat <ul style="list-style-type: none"> <li>Pupils equal</li> <li>Hearing</li> </ul>		
Lymph nodes		
Heart* <ul style="list-style-type: none"> <li>Murmurs (auscultation standing, auscultation supine, and ± Valsalva maneuver)</li> </ul>		
Lungs		
Abdomen		
Skin <ul style="list-style-type: none"> <li>Herpes simplex virus (HSV), lesions suggestive of methicillin-resistant <i>Staphylococcus aureus</i> (MRSA), or tinea corporis</li> </ul>		
Neurological		
MUSCULOSKELETAL	NORMAL	ABNORMAL FINDINGS
Neck		
Back		
Shoulder and arm		
Elbow and forearm		
Wrist, hand, and fingers		
Hip and thigh		
Knee		
Leg and ankle		
Foot and toes		
Functional <ul style="list-style-type: none"> <li>Double-leg squat test, single-leg squat test, and box drop or step drop test</li> </ul>		

\* Consider electrocardiography (ECG), echocardiography, referral to a cardiologist for abnormal cardiac history or examination findings, or a combination of those.

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

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is the only form that should be submitted to a school or sports organization.

## ■ PREPARTICIPATION PHYSICAL EVALUATION

### MEDICAL ELIGIBILITY FORM

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

- ☐ Medically eligible for all sports without restriction
- ☐ Medically eligible for all sports without restriction with recommendations for further evaluation or treatment of

\_\_\_\_\_  
☐ Medically eligible for certain sports

- \_\_\_\_\_  
☐ Not medically eligible pending further evaluation
- ☐ Not medically eligible for any sports

Recommendations: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

I have examined the student named on this form and completed the preparticipation physical evaluation. The athlete does not have apparent clinical contraindications to practice and can participate in the sport(s) as outlined on this form. A copy of the physical examination findings are on record in my office and can be made available to the school at the request of the parents. If conditions arise after the athlete has been cleared for participation, the physician may rescind the medical eligibility until the problem is resolved and the potential consequences are completely explained to the athlete (and parents or guardians).

Name of health care professional (print or type): \_\_\_\_\_ Date: \_\_\_\_\_

Address: \_\_\_\_\_ Phone: \_\_\_\_\_

Signature of health care professional: \_\_\_\_\_, MD, DO, NP, or PA

### SHARED EMERGENCY INFORMATION

Allergies: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Medications: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Emergency contacts: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_