

**SHUSHI ARMENIAN DANCE ENSEMBLE
OF ST. VARTAN CATHEDRAL NYC
2022-2023 SEASON #31**

WWW.SHUSHIDANCE.ORG

1. OUR WEBSITE IS UPDATED DAILY
2. PLEASE CHECK THE CALENDAR PAGE FOR THE REHEARSAL SCHEDULE
3. YOU SHOULD MAKE A HABIT OF CHECKING THE SCHEDULE ON THE DAY OF REHEARSALS FOR ANY LAST MINUTE CHANGES
4. IF THERE IS ANY DOUBT DUE TO WEATHER, PLEASE CHECK THE WEBSITE OR CALL
5. FEEL FREE TO ASK QUESTIONS AFTER READING THESE GUIDELINES
6. ALL QUESTIONS SHOULD BE ADDRESSED TO THE DIRECTOR
7. MONDAYS & FRIDAYS ARE RESERVED FOR SHUSHI REHEARSALS
8. PLEASE NOTE YOUR CALENDERS...LET'S NOT WASTE OUR TIME!
9. PLEASE NOTE THE HIGHLIGHTED SECTION BELOW WHICH PERTAINS TO THE LATEST COVID-19 CDC GUIDELINES

PARENTS AND SHUSHI MEMBERS - PLEASE ADHERE TO THE FOLLOWING REGULATIONS:

ATTENDANCE:

- A. In case of a last minute illness on a rehearsal day, please be sure to let the director know by texting on her cell before 3:00PM: **201-747-3880**.
- B. If you know the day before a rehearsal that you will not be able to attend due to illness, please email to the following email addresses: setak@optonline.net shushi@shushidance.org

PARKING:

- A. You must **park your car on Engle Street or Highwood Avenue**.
- B. **Parking in the driveway or the parking lot is not permitted.**
- C. You may use the driveway only to drop off your child for rehearsal and must continue to drive out. You may not leave your car in the driveway unattended, not even for one minute.
- D. This will be our 23rd year rehearsing at this location. We have had a very good relationship with the Church of Atonement and would like to keep it that way.

REHEARSAL RULES: (Adjusted to comply with CDC and state regulations)

- A. Due to COVID-19 regulations parents and/or siblings are NOT permitted to attend any rehearsal or congregate in any part of the building.
- B. Upon arrival to rehearsal, all members should say hello to the director from a distance of 6 feet, as well as greet all others present in the room. After all, we are one big family!
- C. We will bring your child outside after rehearsal. Please do not come inside to pick up your child.
- D. Temperature checks will be conducted at the door. Anyone with a temperature greater than 100 and any symptoms of COVID-19 will be asked to return home.
- E. Dancers are asked to stay at least 6 feet apart from everyone.
- F. Masks are required for everyone entering the building and must be worn during the entire duration of rehearsals, including break time and bathroom use.
- G. Everyone will use hand sanitizer upon entering rehearsal.
- H. Water bottles are allowed. No other food or drink may be brought to rehearsal.

- I. Members will be asked to come ready in their dance clothes to avoid using the restrooms for changing.
- J. Only one person at a time will be allowed in the restroom.
- K. In consideration of the health and safety of others, it is imperative that no one should attend rehearsal if they have been in close contact with any individual with a confirmed case of COVID-19 in the last 14 days. Also, no one should attend rehearsal if they exhibit any of the following symptoms:
 - Fever or chills
 - Cough
 - Shortness of breath or difficulty breathing
 - Fatigue
 - Muscle or body aches
 - Headache
 - New loss of taste or smell
 - Sore throat
 - Congestion or runny nose
 - Nausea or vomiting
 - Stomach ache
 - Diarrhea
- L. In accordance with the travel advisory announced by the Governors of New Jersey, New York, and Connecticut, all dancers/parents who have traveled to New Jersey from states with increasing rates of COVID-19 must quarantine for a period of 14 days from the day you return, and therefore will not be permitted to participate in rehearsals if you have not cleared that period of time. These states are updated daily on the [covid19.nj.gov](https://www.covid19.nj.gov) website.

UNIFORMS:

- A. All members must wear their black Shushi t-shirt, black skirt/shorts/leggings or shushi sweatpants, black/pink ballet slippers for girls and black jazz shoes for boys. Dancing with socks is prohibited.
- B. Excessive jewelry will be asked to be removed.
- C. **Girls must have their hair tied back neatly. ALL hair must be pulled back with a headband and away from the face.**
- D. If a member is not wearing the appropriate black uniform, **he/she will be charged \$20.00 on each occasion.** Hopefully we will not have any money collected for this reason at the end of the season!

SNACKS:

- A. During our break we will have our weekly meeting to discuss our upcoming events and other news. Sometimes members will have time to catch up with their friends.
- B. During our break, members may have water ONLY. **There will be no food allowed inside the building.**

REHEARSAL/PERFORMANCES:

Rehearsal and performance schedule will be updated daily on our website at www.shushidance.org. Just click on the link for “rehearsal schedule”.

Shushi’s performances are taken very seriously. When we have a commitment, people expect to see a quality program with high standards. If we plan to participate with 40 members, we cannot show up with fewer than that. It would be like preparing food for 100 guests and have only 10 guests show up. **We are presenting Armenian culture.**

If you don’t want your child’s participation in a specific performance, you must let the director know as soon as a performance is scheduled.

CONCERNS/QUESTIONS:

- A. **A new member may not be able to participate in any performance** the first year they join the group. Also, a member must be **7 years old** in order to participate in a performance.
- B. Members learn at different speeds and that's ok. Don't give up! Armenian dance is very easy once you learn how to coordinate your body movements. We have had members who have become lead dancers after their 4th year of dancing.
- C. We have CDs and DVDs of Shushi songs and videos available for sale. By watching the videos and listening to the music, members can watch and get acquainted with all the dances. We will have them for sale at rehearsals.

PHOTO AND VIDEO POSTS ON SOCIAL MEDIA:

- A. **Please be very selective when posting any pictures or videos on Facebook, Twitter, Instagram, Tumblr, etc.** Make sure that EVERYONE in the picture and video looks good...not only your child. When you post pictures of Shushi in costume, you are representing Shushi and must follow this policy!!
- B. **Absolutely NO VIDEOS are to be uploaded to YOUTUBE by any of our members or parents.** The only videos that should be on YouTube are the ones that are on our Shushi YouTube page. Many organizations from around the world search YouTube for Shushi videos when they want to invite us to perform and we want them to see **THE BEST OF SHUSHI**. We ask you to join us in upholding our reputable image.

If you have any questions, please do not hesitate to call the director, send her an email or set up a time to speak with her.