



Solo and Group Cabaret Commitment & Waiver

As a Lift Class Participant and/or Cabaret Artist, I commit to the following:

I must train out of class at least three times a week in addition to my cabaret class/team. Core, strength and flexibility needs to be my focus. I must use a training program that is planned or accepted by either Tricia or Cameron. I understand that I should not do any heavy training the day before a class or performance as it will inhibit my ability to be in prime condition for said class/performance.

I must eat well and have nutritious food. I understand that prior to a class or performance I need to carbo-load and bring healthy snacks to said class/performance. If I do not understand what a healthy diet entails, I will talk to my coaches and get a list of good things to eat. I understand that I must eat 3-5 meals every day and not go without meals on a regular basis as it is damaging to both myself and my partner.

I need to be attentive in classes/performances. I understand that if I am goofing off, talking, or disrupting the class, I am putting myself and others in danger. This is not a class/team to take for fun as close attention must be paid at all times in order to keep safe.

I must be perfectly obedient to my coaches when working with lifts. I must not try any lift without the permission of the coach. A coach must be present when any lifts are being worked on until the coach clears me for individual practice. I must not teach lifts to others. Inability to comply with these rules can result in expulsion from class/team.

I must wear clothes that are conducive to the lift environment. This means that although a team t-shirt may not work, I must have clothes that cover me as completely and comply with the Silhouette Dress Code. All female students MUST WEAR A LEOTARD under their clothing for classes/performances. All male students must have compression shorts under their pants. No Jeans allowed for anyone as they completely inhibit proper movement. Inability to comply with this rule will result in sitting out that day and not participating.

Treat others in my class/team with respect. I understand that in working in such close proximity with others that I need to mentally build a barrier of protection and respect. I must keep my mind, eyes, hands, and all parts of myself in the correct places at all times. I understand in emergency situations that all will be done to keep dancers physical bodies safe which sometimes means that a female has to be snatched out of the sky any which way to keep from falling with grave injury. If mutual respect is not adhered to and I make others uncomfortable, I will be dismissed.

If I ever feel uncomfortable with who I am dancing with I will inform my coaches immediately. I understand that great lengths are made to make sure that all partnerships are compatible in personality, work ethic, and physically. I understand if I create this uncomfortable-ness, through trying to be more than friends with my partner or being disrespectful or unreliable to them, that I may lose the right to be a part of the class/team myself.

I, _____ - understand that in addition to all that I agree to with the regular waiver of liability, that I acknowledge that any injuries that occur with lifts are completely my responsibility and under no circumstances is Silhouette Ballroom Studios, its Directors and Coaches and The Dance Factory held liable for any injury or death that could occur with me. I understand that if I do not submit to the above commitments, that I can be removed from class either temporarily or permanently.

Student Signature / date

Parent Signature / date