



# Victoria Highland Dancing Association's SPRING WORKSHOP April 20<sup>th</sup> & 21<sup>st</sup>, 2024



Maple Leaf School of Russian Ballet Studios 310 Henry Street, Victoria BC  
C-BC-CO-241023

Instructors: Alessandra Bruce-Fuoco, Clare Gillesse & Gabrielle Colonna (see bios on pages 3 & 4)

**OFFICIAL REGISTRATION FORM IS ONLINE ONLY VIA JOTFORM**

<https://form.jotform.com/233476829914267>

**REGISTRATION CLOSES Friday April 12<sup>th</sup>, 2024 at 11:30pm**

Questions? Contact : [vhdacompetitionsecretary@gmail.com](mailto:vhdacompetitionsecretary@gmail.com)

All dancer information (name, birthday, RSOBHD card, address etc.) will be collected via the JotForm online entry form. And all waivers need to be confirmed by checking the appropriate boxes on the online entry form. Payment is by credit card through the JotForm online entry form.

## Workshop Tentative Schedule Saturday April 20<sup>th</sup>

Time	Studio 1	Studio 2
9:00-9:30	Doors & Registration opens	
9:30-11:00	Highland - Premier 16 & over	Ballet - Premier under 16
11:00-12:30	Highland - Premier under 16	Ballet - Premier 16 & over
12:30-1:30	LUNCH BREAK (Lunch not provided)	
1:30-2:30	Highland - Primary/Beginner (MUST KNOW FLING & SWORD)	New parent Q & A
2:30-3:30	Highland - Novice/Intermediate	Highland Hair Workshop for parents and dancers
3:30-4:30	Ballet - Pre-Premier	
6:00-10:00PM	Fundraiser Ceilidh at the Victoria Curling Club 1952 Quadra St, Victoria, BC (Please note that the entrance to the venue for the ceilidh requires climbing a short flight of stairs. If anyone requires assistance with that, please contact us.)	Live band, Performances by Highland and Ballet Instructors, Games, Silent Auction, 50/50, Burger, Fries and a Beverage all included. Please include any dietary restrictions on the form.

## Workshop Tentative Schedule Sunday April 21<sup>st</sup>

Time	Studio 1
9:00-10:30	Premiership - Premier 16 & over
10:30-12:00	Premiership - Premier under 16
12:00-1:00	Nationals - Pre-premier (MUST KNOW LILT AND FLORA)

## Rules and Regulations

1. All dancing events are governed by the rules and regulations of the Royal Scottish Official Board of Highland Dancing (RSOBHD) and ScotDance Canada.
2. This event may be cancelled at any time up to, and including on or during the date of competition, dependent upon public health concerns.
3. Decisions of the competition organizers and instructors are final, including age categories and workshop times.
4. Entry fee must accompany entry.
5. Late entries are at the discretion of the VHDA competition secretary.
6. Where admittance to event is refused based upon good health declaration, fees will be refunded (excepting an administration fee of \$5.00 per family). There will be no entry refunds unless we need to cancel the event due to health restrictions.
7. Dancers must be registered with the RSOBHD or RSOBHD subsidiary body (such as ScotDance Canada) in order to participate. All competitors must present current RSOBHD registration card prior to receiving registration package.
8. Protests must be made in writing, signed and submitted to the VHDA by the end of the competition day and must be accompanied by a \$35.00 fee, refundable, if sustained.
9. The VHDA reserves the right to combine or split classes.
10. Dancers must be dressed appropriately at all times.
11. Dancers and parents must respect the ScotDance Canada Risk Management Guidelines, local, Provincial and Federal health authority directives, and RSOBHD Code of Ethics.
12. In consideration of the VHDA accepting this workshop registration, I hereby for myself, my heirs, executors, and administrators, waive and release any and all right and claims for damages against the VHDA, its agents, representatives, successors and assignees in any way relating to the workshop, including in relation to use of any photos or videos taken, and for any damages or injuries suffered by me at or through this event. I understand that the fees are nonrefundable.
13. In the case of high interest the number of entrants may be limited due to space. All registrations are accepted on a first come first serve basis. VHDA reserves the right to not accept registrations if or when they meet the maximum number of dancers to safely be in the allotted space.

Registration Fees			
NON - VHDA Members		VHDA Members	
PRE-PREMIER workshop fees (includes both days)	\$50.00/dancer	PRE-PREMIER Members workshop fees (includes both days)	\$35.00/dancer
PREMIER workshop fees (includes both days)	\$65.00/dancer	PREMIER Members workshop fees (includes both days)	\$50.00/dancer
Professional Workshop fees (includes both days)	\$50.00/professional	Professional Member (includes both days)	\$35.00/professional
Ceilidh Ticket Prices			
Child Ceilidh Ticket (ages 10 & under)			\$20.00/ticket
Adult Ceilidh Ticket (ages 12+)			\$35.00/ticket

SDC Assumption of Risk and Waiver of Liability	
<p><b>Assumption of Risk and Waiver of Liability Relating to Participation in a ScotDance Canada Sanctioned Event (competition/workshop), including Covid-19/other contagions of concern identified by the World Health Organization/local/provincial/federal government authorities.</b></p>	
<p><i>This waiver &amp; declaration must be completed by the Organizer of the sanctioned event and provided either by email, via online participant registration or at the event. Participants are required to acknowledge (participant definition meaning dancer of legal age/parent/guardian/volunteer/professional, judge, piper).</i></p>	
<p><i>VHDA's Spring Workshop and its members commit themselves to comply with the requirements and recommendations of National, Provincial and local public health and other governmental authorities, and to put in place and adopt all necessary measures to that effect. However, (name of CO)/ScotDance Canada Event cannot guarantee that you (or your child, if participant is a minor/ or the person you are the legal guardian of) will not become infected with COVID-19. /other contagions. Further, attending the Event could increase your (or your child, if participant is a minor/ or the person you are the legal guardian of) risk of contracting COVID-19/other contagions, despite all preventative measures put in place.</i></p>	
<p><b>By signing this document,</b></p>	
<p><i>I declare that I (or my child, if participant is a minor/ or the person I am the legal guardian of) am participating voluntarily in <a href="#">VHDA's Spring Workshop</a></i></p>	
<p><i>I am aware that participating in the _____ (the "Event") involves the potential for risks, dangers and hazards, including but not limited to:</i></p>	
<div style="margin-left: 20px;"> <p>(a) Covid 19/other contagions; and,</p> <p>(b) injury to myself / my child as a result of the physical nature of dance competition/workshop and performance; and</p> <p>(c) the taking and/or release of unauthorized photographs, video and/or other recordings of myself and/or my child, notwithstanding efforts to enforce Event policies.</p> </div>	
<p><i>I declare that neither I (or my child, if participant is a minor/ or the person I am the legal guardian of) nor anyone in my household, have experienced in the last 48 hours prior to the date of <a href="#">VHDA's Spring Workshop</a> Covid-19/other contagions symptoms (as identified by public health authorities).</i></p>	
<p><i>I declare that neither I (or my child, if participant is a minor/ or the person I am the legal guardian of) have tested positive for COVID-19/other contagions, and have not yet been cleared to discontinue isolation in accordance with applicable criteria communicated by public health officials (awaiting results); have been in close contact with a person who, to my knowledge, had symptoms of COVID-19/other contagions or has tested positive for COVID-19/other contagions, and have not yet been cleared to discontinue isolation in accordance with applicable criteria communicated by public health officials; or am currently subject to a quarantine or self-isolation order for any reason, including travel.</i></p>	
<p><i>I (or my child, if participant is a minor/ or the person I am the legal guardian of) declare that I have not been required to self-isolate under timelines set out by public health authorities (except for essential school or work activities).</i></p>	
<p><i>If I (or my child, if participant is a minor/ or the person I am the legal guardian of) experience, or if anyone in my household experiences any Covid 19/other contagions symptoms after submitting this declaration, I (or my child, if guardian of) will not attend any of <a href="#">VHDA's Spring Workshop</a> programs or services until no longer required to self-isolate or for 48 hours after symptoms resolve or as directed by public health authorities.</i></p>	
<p><i>I (or my child, if participant is a minor/ or the person I am the legal guardian of) agree to the requirements and recommendations of National, Provincial and local public health and other governmental authorities and to those special safety regulations put in place by <a href="#">VHDA's Spring Workshop</a> as it pertains the Covid-19/other contagions and to adopt all necessary measures to those effects.</i></p>	
<p><i>I (or my child, if participant is a minor/ or the person I am the legal guardian of) agree that, by filling out and signing this waiver and agreeing to the terms and conditions set out in it, I am giving up my legal rights to sue <a href="#">VHDA's Spring Workshop</a> and its officers and directors, in the event that I (or my child, if participant is a minor/ or the person I am the legal guardian of), contracts Covid-19/other contagions.</i></p>	
<p><i>This document will remain in effect until <a href="#">VHDA's Spring Workshop</a> as per the direction of the National, Provincial and local Public health and other governmental authorities, determines that the aforesaid acknowledgments pertaining to Covid 19/other contagions in this declaration are no longer required.</i></p>	
<p><i>In consideration of my / my child's participation in the Event and for other good and valuable consideration, the receipt and sufficiency of which is acknowledged, I hereby WAIVE ANY AND ALL CLAIMS against ScotDance Canada, its directors, agents, employees, executive members, volunteers and organizers of the Event (the "Releasees"), which I now have, or hereafter may have against the Releasees. In particular, but without limiting the foregoing, I agree to release the Releasees from ANY AND ALL LIABILITY for any loss, damage, injury, or expense I / my child may incur as a result of my / my child's participation in or attendance at the Event. I agree to indemnify and hold harmless the Releasees from ANY LOSS, DAMAGE, INJURY OR EXPENSE, including legal costs, that the Releasees may incur due to my / my child's participation in or attendance at the Event, whether caused by the negligence of the Releasees or otherwise, and whether caused to my child or otherwise. I understand that the Releasees will photograph and otherwise record the Event, its participants, and attendees. I consent to and authorize such recording. I further consent to and authorize the Releasees to publish my/my child's image, likeness and information in any medium, including but not limited to photographs, videos, DVDs, and web-casts. I understand that this publication will take place in the public domain, including in printed materials, public announcements, and on the internet.</i></p>	
<p><i>I specifically consent to the public release of the following information: 1. Name; 2. City, Province, Country of Residence; 3. Tartan; 4. Age; 5. Results.</i></p>	
<p><i>This document is in addition to and does not replace all other <a href="#">VHDA</a> waivers.</i></p>	
<p><i>I acknowledge that by signing and submitting this entry, electronically or otherwise, that I have read this agreement carefully and fully understand it and agree to all of the above terms and conditions.</i></p>	
<p><i>Signature required if in person, otherwise acknowledge by email or via online entry form.</i></p>	
<p>_____ Print name</p>	<p>_____ Date (dd/mm/year)</p>
<p>_____ Signature</p>	

# VHDA SPRING WORKSHOP

## INSTRUCTORS

### Alessandra Bruce-Fuoco

Alessandra Bruce-Fuoco, known to all of her friends as Allie, has been dancing since she was just 3 years old. Throughout her highland career Allie has earned numerous championship titles, including British Columbia Provincial Champion (2008, 2022, 2023), Ontario Provincial Champion (2009, 2010, 2013, 2015, 2019), and Canadian Champion (2013 and 2023); and has been a top 3 finalist at the World Championships (2013). Allie has performed across Canada, the United States, Scotland, and Switzerland. She found her passion for performing for the masses through having had the opportunity to dance with Canadiana Celtic in Basel, Switzerland, in 2018, and returned in July 2023 to join them once again as Dance Captain. Allie also got to take part in the Royal Edinburgh Military with the Tattoo Dance Company in Edinburgh, Scotland, in 2019. Allie is a professionally certified dance teacher

and currently teaches her students under her own dance school. Allie recently completed her Master in Physical Therapy at the University of British Columbia. She currently works at Sun City Physiotherapy in Kelowna, BC. Through her work, Allie is able to share her passion of training as a competitive athlete, but also leaves space to emphasize the importance of maintaining a healthy balanced active lifestyle.



### Clare Gillese

Society of Classical Ballet Vaganova method S.T.T., Open World Dance Foundation Vaganova's teacher certificate, P.B.T. Level 1

Clare graduated from the Comprehensive Professional Development Program at Maple Leaf School of Russian Ballet in 2018 after studying extensively in ballet, contemporary, jazz and character dance. Clare has had the opportunity to study under luminaries such as Irina Kolpkova (student of A.Vaganova, ABT ballet mistress), Evgenia Obratzova (Prima Ballerina Bolshoi, Mariinsky), and Daria Klimentova (English National Ballet) among others. She received her Vaganova teaching certificate through the Open World Dance Foundation in Riga, Latvia in 2017. Additionally, she is a member of The Society of Classical Ballet Vaganova Method and certified in Level 1 of Progressing Ballet Technique. She has performed internationally, most recently dancing with Ballet De Catalunya in Spain for the 2022-2023 season.

**Gabrielle Colonna**

Born and raised in Nanaimo, British Columbia, Gabrielle has been a hairstylist for 7 years and a highland dancer for over 15 years. Her love for doing hair started around the same time she started dancing. Always wanting to try new braids and different types of dance buns for class as well as making sure her hair was extra secured for competitions. She started an Instagram account for her braiding work over 10 years ago which has opened many opportunities for her (@hairstylesbygabby). Gabrielle started working in a salon as an assistant (Salon D, Nanaimo) when she was 16 and still in high school. She graduated high school early and went straight into the hairdressing program at Vancouver Island University where she graduated in 2017. Still at the same salon she started at, Gabrielle now works full time as a stylist doing cuts and colours of all sorts.

When not doing hair, Gabrielle is usually dancing. She has competed all across North America, representing British Columbia twice as a provincial representative at the Canadian Championships and has performed with the Royal Edinburgh Military Tattoo in Scotland and Australia.

