

Middle School Practice Log- Due Mondays!

Name _____ week of _____ total hours _____

- All middle school dance majors are required to practice in class concepts and techniques.
- ALL grades must have a total of: **3 hours**
- **Only 1 hour can be used for outside dance studio or an online dance, yoga, or pilates class.**
- **2 hours MUST be a dance technique that we have been working on in class.**
- A dance teacher or parent must sign off on the hours listed on log.
- Logs are due every Monday by the beginning of your class time.

	Date	Time	What you did at your studio/ online class. <u>Be specific.</u>	What did you practice at home on your own that reflects what we did in class? <i>(i.e. I stretched for 10 mins, reviewed ballet combinations focusing on alignment.)</i>
virtual class or dance studio class (only 1 hrs)				
Practice/rehearse/ review Technique that we have been working on in class (only 2 hrs)				
Parent signature				