

SOA MS Dance Practice Log

Name _____ week of _____ score _____

- ALL SOA dance majors are required to practice in-class concepts and techniques one hour every night (Monday through Thursday/friday) and one hour Saturday or Sunday. **This is a total of 5 hrs. per week.**
- You may use dance studio classes (ballet, stretch/conditioning, Modern, Contemporary classes) as time for your log.
- A dance teacher or parent must sign off on the hours listed on log.
- Logs are due every Monday at the beginning of your class period. Place log in the bin.
- Any logs handed in later in class or after class will be marked late and will have points deducted. Incomplete logs will have points deducted. If you are absent, you must make up the time another day.

Date/ times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
Technique or concepts studied						
What did you work on (i.e. turns, feet extension etc.)						
Parent or dance teacher signature						

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