

**HOLY CROSS  
YOUTH AND YOUNG ADULT MINISTRIES &  
GREEK FOLK DANCE PROGRAM**

*Let them praise His name with dance:  
Let them sing praises to Him with timbrel and harp          Psalm 149:3*

**Structure of the program**

1. The Folk Dance program of Holy Cross falls under the auspices of the Holy Cross Youth and Young Adult Ministries, and is therefore a program under the leadership of Fr. Peter Salmas.
2. The Dance Program Director of the Folk Dance Program is Paul Flocas
3. Each dance group has a parent advisor
4. The dance program is comprised of 5 age appropriate groups (1<sup>st</sup>-- 2<sup>nd</sup>, 3<sup>rd</sup>---5<sup>th</sup>, 6<sup>th</sup>-- 8<sup>th</sup>, 8<sup>th</sup> -- 9<sup>th</sup>, High School/College/Young Adult). The Groups, instructors, and program assistants are listed below:

Group	Grades	Directors	Phone	Email Address
Asteria	1,2	Tina Gulotta	(650) 922-3885	tmgulotta@live.com
Levendia	3, 4, 5	Nektaria Tsingleris Peter Kalafatis	(650)-421-5577 (415) 887-7202	<a href="mailto:nektark2000@yahoo.com">nektark2000@yahoo.com</a> <a href="mailto:pkalafatis@yahoo.com">pkalafatis@yahoo.com</a>
Nea Zoi	6, 7, 8	Kathy Flocas Michael Skyriotis	(650) 862-2610 (650) 872-9335	<a href="mailto:kathyflocas@yahoo.com">kathyflocas@yahoo.com</a> mskyriotis@hotmail.com
Thavma	8, 9	Evangelia Daskalakis Tiffany Kiniris Dena Farantos	(650) 921-2948 (650) 302-3647 (650) 520-0860	<a href="mailto:evangeliadaskalakis@yahoo.com">evangeliadaskalakis@yahoo.com</a> <a href="mailto:tnkiniris@comcast.net">tnkiniris@comcast.net</a> <a href="mailto:denafarantos@aol.com">denafarantos@aol.com</a>
Parnassos	High School College	Lia Farantos Jonelle Angelopoulos Nick Landaris	(650) 274-6195 (650) 515-6161 (707) 738-0001	<a href="mailto:liafarantos@yahoo.com">liafarantos@yahoo.com</a> <a href="mailto:jonelleagilis@gmail.com">jonelleagilis@gmail.com</a> <a href="mailto:njlandaris86@gmail.com">njlandaris86@gmail.com</a>

Parent Assistants	Group	Phone	Email Address
Tiffany Kiniris	Thavma	(650) 302-3647	<a href="mailto:tnkiniris@comcast.net">tnkiniris@comcast.net</a>
Kathy Flocas	Parnassos	(650) 678-2903	<a href="mailto:kathyflocas@yahoo.com">kathyflocas@yahoo.com</a>

Dance Program Directors	Phone	Email Address
Paul Flocas	(650) 678-2903	<a href="mailto:pflocas@gmail.com">pflocas@gmail.com</a>
Kathy Roque	(650) 740-0567	<a href="mailto:kroque@serrahs.com">kroque@serrahs.com</a>

### General Information for Families

1. The goal of this Holy Cross program is to “bring people together in Orthodox Christian Fellowship and love, creating greater communication and stronger ties through interaction with fellow Orthodox Christians and promoting ethical and moral standards befitting of the life of an Orthodox Christian”; and to promote and perpetuate Greek heritage and culture.
2. Each and every ministry of the church is guided by a set of rules and standards that are intended to help us all live and grow in a standard befitting of the ideas of the Greek Orthodox Christianity.
3. The Holy Cross folk dance program is a ministry of Fellowship offered by the Church to the youth and young adults stewards who are active within the life of the Church.
4. Christian behavior is expected of all dancers, instructors and parents. If a dance, instructor, or parent must be continuously reminding of this, he/she will be suspended from participation in this ministry.
5. Parent assistants, instructors, and dancers are expected to be involved in only one Church’s dance program.
6. Dance Groups are open to new dancers from after Pascha to the End October of each year.
7. Regular practices are closed to family members and friends as to not interfere with instruction. Costume costs, not including accessories, is not to exceed 300.00 per costume.
8. Enrollment for this program is 150.00 per dancer. The enrollment fee must be paid by Nov 1 or an additional 15.00 will assessed per dancer. These funds defray the cost of music, video’s, workshops, instructor reimbursements, etc.
9. Every practice begins with a prayer

### The Holy Cross Folk Dance Program Director/s

1. The directors of this program are appointed and excused by and are directly responsible to the Spiritual Father of the Holy Cross community
2. The director oversees the general working of the program coordinates the efforts of the Spiritual Father, the instructors, the parent advisors, parent, and dancers to ensure the success of the ministry.
3. The director is responsible for the scheduling and maintenance of the yearly calendar of events of the program (i.e., dance practices, performances, meetings)

4. The director both appoints an excuses instructor and parent advisor, with the final approval being given by Fr. Peter.

### **Holy Cross Dance Instructors**

1. Instructors are directly responsible to the director of the program.
2. Instructors are in good standing with the church and are active within the life of the Church.
3. Instructors serve as a Christian role models to the participants in his/her dance group.
4. Instructors supervise “assistants” affording others the opportunity to refine their skills in instruction and heighten their knowledge of folk dancing

### **Holy Cross Parent Advisors**

1. Parent Advisors are directly responsible to and assist the director of the dance program.
2. Parent Advisors are stewards of this community and are active within the life of the church.
3. Parent Advisors serve as liaisons between the instructors and the parents.
4. Parent Advisors regularly attend practices to supervise and assist the instructors when needed.
5. Parent Advisors encourage and coordinate parent involvement with the program when necessary (i.e., fundraising, costumes, performances, supervision).

### **Holy Cross Dancers**

1. All dancers and their families are expected to be active stewards of the Church of the Holy Cross and participating in one of the church-sponsored organizations i.e., JOY. Jr GOYA, GOYA, YAL. All dancers, high school grades and younger must at least have an attendance of 80% in Sunday School.
2. Dancers should wear gym shoes (no street shoes or shoes that mark the floor) to practice unless otherwise instructed.
3. Besides being distracting at practice, it is not permissible to ride skateboards, roller blades or scooters on Church grounds due to issues of safety and liability. It is therefore requested that these items not be brought to Church.
4. Dancers should not chew gum during practices or performances.
5. Dancers are only permitted to leave practice with the permission of the instructor or parent advisor.
6. Once dancers commit to a performance they are expected to attend.
7. Dancers are responsible for anything that is damaged, broken, or vandalized during a practice or performance.
8. If a dancer cannot attend a practice, s/he must contact his/her instructor. If s/he cannot attend a performance, the dancer is expected to tell his/her instructor within a week from the announcement of the performance.

9. Punctuality is a must at all practices and performances.

### **FDF Information**

The nature of this Annual Event is for the sole and exclusive purpose of bringing our youth (and young adults) together in spirit of Christian Fellowship and love. *(Taken from the Preamble of the Greek Orthodox Folk Dance Festival)*

1. The aforementioned executions must be met in order for a group to be considered for FDF.
2. Each Group will have its instructor(s) in attendance at FDF, as well as at least 1 parent for every 4 dancers under 18 years of age.
3. Christian behavior is expected (no swearing, disrespectful behavior, drinking, smoking, etc.) on the Church grounds, at all performances, and at FDF. If this does not occur, it would lead to permanent suspension from the group and or disqualification for the entire group at FDF.