



EXPECTATIONS FOR DANCERS INTERESTED IN PURSUING A HIGH LEVEL OF ACHIEVEMENT OR PROFESSIONAL CAREER IN DANCE

TRAINING:

- Arrive at least 20 minutes early to class
 - Level 3 - 4/5 days a week minimum
 - Occasional Private Lesson
 - Level 4 - 5 days a week minimum
 - Monthly Private Lesson
 - Addition of other dance form
 - Level 5 - 5/6 days a week minimum - Monthly/Weekly Private Lesson (optional depending on student's work) - Weekly classes in classical modern technique or other style.
 - Summer study at intensive required out of studio (3 week minimum - approved by faculty) - Additional 70 hours of
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EDUCATION:

- Own and refer to Ballet Dictionary (know how to spell, describe, and pronounce terms)
 - Refer monthly to Dance and Pointe Magazines online or on paper
 - Research : Watch ABT, Royal Ballet, Paris Opera Ballet, Mariinski, New York City Ballet, San Francisco Ballet, Australian ballet, on youtube and film and other studio approved productions, professionals, and companies. Read up and coming stars' stories as well as veteran ballerinas, choreographers, directors, and pedagogues.
 - See performances whenever possible and especially by traveling professionals
 - Read ballet theory from Master Teachers
 - Take any Master Classes in town
 - Attend auditions
 - Take corrections given to other students
 - Keep a correction log and check your own progress
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MAINTENANCE:

- Consistently with deliberate goals to improve flexibility
- Check in with teacher monthly for areas to attend to and measure progress
- Cross-training in appropriate discipline (engage with faculty for suggestions)
- Monthly or bi-monthly massage/acupuncture/other muscle and tissue maintenance
- Physical therapy when appropriate

DANCE BAG CONTENTS:

- Theraband
- Golf, lacrosse, and/or tennis balls
- Toe Tape
- 2 pairs of shoes, flat and pointe
- Extra bobby pins, hairspray, hair ties, hair nets, brush, comb
- Extra tights and leotard
- Ballet dictionary
- Corrections log
- Socks
- Tissues
- Warmers

OTHER:

- Monthly check in with Faculty
- Bi-annual check in with Director