



Summer 2018 Plié Ballet Camp

Ages 7-14 (By Placement: Ballet 1 & Ballet 2)

July 16-20, 9:00 am-4:00 pm

Performance for family & friends on Friday, July 20, 3:30pm in Studio A

Instructors: Tami Franklin, Starr Needre, Ashley Paige Romines

Assistant: Hattie Geltemeyer

Monday, July 16	Tuesday, July 17	Wednesday, July 18	Thursday, July 19	Friday, July 20
9:00-10:00 Modern Technique <i>Starr/Hattie</i>	9:00-10:00 Modern Technique <i>Starr/Hattie</i>	9:00-10:00 Modern Technique <i>Starr/Hattie</i>	9:00-10:00 Modern Technique <i>Starr/Hattie</i>	9:00-10:00 Modern Technique <i>Starr/Hattie</i>
10:00-10:40 Anatomy & Physiology <i>Starr/Hattie</i>	10:00-10:40 Anatomy & Physiology <i>Starr/Hattie</i>	10:00-10:40 Anatomy & Physiology <i>Starr/Hattie</i>	10:00-10:40 Anatomy & Physiology <i>Starr/Hattie</i>	10:00-10:30 BONUS Topic <i>Starr/Hattie</i>
10:45-12:00 Musical Theatre & Repertoire <i>Starr/Hattie</i>	10:45-12:00 Musical Theatre & Repertoire <i>Starr/Hattie</i>	10:45-12:00 Musical Theatre & Repertoire <i>Starr/Hattie</i>	10:45-12:00 Musical Theatre & Repertoire <i>Starr/Hattie</i>	10:35-11:50 Musical Theatre & Repertoire <i>Starr/Hattie</i>
12:00-12:45 Lunch/Nutrition in the Park <i>Tami/Hattie</i>	12:00-12:45 Lunch/Nutrition in the Park <i>Tami/Hattie</i>	12:00-12:45 Lunch/Nutrition in the Park <i>Tami/Hattie</i>	12:00-12:45 Lunch/Nutrition in the Park <i>Tami/Hattie</i>	11:50-12:30 Lunch/Nutrition in the Park <i>Tami/Hattie</i>
12:45-1:45 Ballet History & Crafts <i>AP/Hattie</i>	12:45-1:45 Ballet History & Crafts <i>AP/Hattie</i>	12:45-1:45 Ballet History & Crafts <i>AP/Hattie</i>	12:45-1:45 Ballet History & Crafts <i>AP/Hattie</i>	12:30-1:10 Ballet History & Crafts <i>AP/Hattie</i>
1:45-3:30 Ballet Technique & Repertoire <i>AP/Hattie</i>	1:45-3:30 Ballet Technique & Repertoire <i>AP/Hattie</i>	1:45-3:30 Ballet Technique & Repertoire <i>AP/Hattie</i>	1:45-3:30 Ballet Technique & Repertoire <i>AP/Hattie</i>	1:10-2:40 Ballet Technique & Repertoire <i>AP/Hattie</i>
3:30-4:00 Choreography <i>AP/Hattie</i>	3:30-4:00 Choreography <i>AP/Hattie</i>	3:30-4:00 Choreography <i>AP/Hattie</i>	3:30-4:00 Stretch & Strengthen <i>AP/Hattie</i>	2:40-3:00 Choreography <i>AP/Hattie</i>
<i>Schedule subject to change, as needed</i>				3:05-3:30 Prepare for Performance
				3:30-4:00 Performance for Family & Friends

Wondering what to bring each day...

Check list for summer camp:

- Ladies—Black leotard (ONLY plain, scoop back leotards in camisole, tank, short-sleeve or long-sleeve. NO crisscross straps, mesh, lace, halters, decorations or attachments), pink convertible tights, pink leather ballet shoes, black convertible or footless tights (for modern and musical theatre)
- Gentlemen—black tights or pants, black ballet shoes, white socks, solid white t-shirt (for ballet), solid black t-shirt (for modern and musical theatre)
- Black Jazz shoes (optional—only bring if you already have them, no need to purchase for camp)
- Hair secured off face and in a bun for ladies
- Extra set of dance clothes—just in case!
- Change of clothes to put on over dance attire for time in the park (students will not be permitted to go into the park with only dance attire)
- Good outdoor shoes for time in the park
- Old towel or blanket to use outside
- Sunscreen
- Well-balanced lunch (please consider including fruits, vegetables, whole grains, and good proteins)
- Water

Before camp begins each day, please remember to have your child eat a healthy breakfast, put on sunscreen, and use the restroom. Thank you! ☺

If you have any further questions about the camp, please contact the Springfield Ballet business office at (417) 862-1343 or apromines@springfieldballet.org