



## 2018 Senior Summer Intensive Schedule

**Approximate Ages 11 & up (By Placement, Ballet 5, Ballet 6 & Ballet 7)**

*Instructors: Berea Flatness, Starr Needre, Brian Norris, Ashley Paige Romines*

**GUEST INSTRUCTORS: Ken Braso, Maria Hall, Richard Nebel – GUEST SPEAKERS: Cassie Dimmick, Carla Pellman Williams**

**July 29, 4:00 pm-7:00 pm; July 30-August 2, 9:00 am-6:00 pm; August 3, 10:00 am-8:00 pm with Performance at 7:00pm (Schedule subject to change)**

July 29	July 30		July 31		August 1		August 2		August 3	
Sunday ALL	Monday Yellow	Monday Green	Tuesday Yellow	Tuesday Green	Wednesday Yellow	Wednesday Green	Thursday Yellow	Thursday Green	Thursday Yellow	Thursday Green
4:00-6:00 Ballet Technique with Pointe <i>Ashley Paige</i>	9:00-10:30 Modern Technique & Repertoire <i>Maria</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:30 Modern Technique & Repertoire <i>Maria</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:30 Modern Technique & Repertoire <i>Maria</i>	9:00-10:30 Jazz Technique & Repertoire <i>Starr</i>	9:00-10:15 Modern Technique & Repertoire <i>Maria</i>	9:00-10:15 Jazz Technique & Repertoire <i>Starr</i>	10:00-11:15 Modern Technique & Repertoire <i>Maria</i>	10:00-11:15 Jazz Technique & Repertoire <i>Starr</i>
6:00-7:00 TBD-Mystery Class <i>Richard</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Maria</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Maria</i>	10:30-12:00 Jazz Technique & Repertoire <i>Starr</i>	10:30-12:00 Modern Technique & Repertoire <i>Maria</i>	10:15-11:30 Jazz Technique & Repertoire <i>Starr</i>	10:15-11:30 Modern Technique & Repertoire <i>Maria</i>	11:15-12:30 Jazz Technique & Repertoire <i>Starr</i>	11:15-12:30 Modern Technique & Repertoire <i>Maria</i>
	12:00-12:35 Lunch/Nutrition in the Park		12:00-12:35 Lunch/Nutrition in the Park		(12:00-12:20—Break/Snack) 12:20-1:25 Drama <i>Berea</i>		11:30-12:25 Drama <i>Berea</i>		12:30-1:00 Lunch/Nutrition in the Park	
	12:35-1:35 TBD-Mystery Class <i>Richard</i>		12:35-1:35 Drama <i>Berea</i>		1:30-2:30 Lunch/Nutrition with Achieving Your Best <i>GUEST: Cassie Dimmick</i>		12:25-1:00 Lunch/Nutrition in the Park		1:00-2:30 Ballet Technique <i>Ken</i>	1:00-2:30 Ballet Technique <i>Ashley Paige</i>
	1:40-3:30 Ballet Technique with Pointe <i>Ken</i>	1:40-3:30 Ballet Technique w/Pre-pointe <i>Maria</i>	1:40-3:30 Ballet Technique <i>Richard</i>	1:40-3:30 Ballet Technique <i>Ken</i>	2:30-4:00 Ballet Technique <i>Ken</i>	2:30-4:00 Ballet Technique <i>Maria</i>	1:00-1:30 Q&A with Guest Instructors <i>Ken, Maria, Richard</i>		2:30-3:00 Transition to Art Museum	
	3:30-4:30 Ballet Repertoire <i>Ken, Brian, AP</i>		3:30-5:00 Ballet Repertoire <i>Ken, Brian, AP</i>		4:00-5:00 Ballet Repertoire <i>Ken, Brian, AP</i>		1:30-3:00 Ballet Technique <i>Richard</i>	1:30-3:00 Ballet Technique <i>Ken</i>	3:00-3:45 Drama <i>Berea</i>	
	4:30-6:00 Injury Prevention <i>GUEST: Carla Williams</i>		5:00-6:00 Stretch & Strengthen <i>Ken</i>	5:00-6:00 Stretch & Strengthen <i>Brian</i>	5:05-6:00 Men's Class <i>Ken</i>	5:05-6:00 Pointe/ Pre-pointe <i>AP &amp; Maria</i>	3:00-4:30 Ballet Repertoire <i>Ken, Brian, AP</i>		3:45-5:00 Ballet Repertoire <i>Ken, Brian, AP</i>	
							4:30-6:00 Partnering <i>Ken</i>	4:30-6:00 Ballet History/ Stretch & Strengthen	5:00-5:30 Dinner/Break	
									5:30-7:00 Prepare for Performance	
									<b>7:00-7:45 Performance</b>	



**NOTE: Due to the short time period in organizing the performance, missing one day of the intensive may cause dismissal from performing in the demonstration. If dismissal does occur, the student will be encouraged to help with the demonstration in some capacity.**

Wondering what to bring each day...

Check list for summer camp:

- Be sure to eat a nourishing breakfast (including protein) prior to arriving
- Black leotard (no decorations, crisscross straps, mesh, lace, halters)
- YELLOW: Solid color leotard (any color, no decorations, etc.) can be worn on Tuesday, Wednesday and Thursday
- GREEN: Solid blue leotard (no decorations, etc.) can be worn on Tuesday, Wednesday and Thursday
- Pink tights (convertible style)
- Pink leather ballet slippers
- Pointe shoes and all necessary foot accessories (if student already trains *en pointe*)
- Black Jazz shoes (slip-on style, no laces, not sneakers)
- Black footless tights or black leggings
- Hair secured off face in a bun or similar style
- Extra leotard and tights (just in case!)
- Change of clothes to put on over leotard and tights for lunch time in the park (students will not be permitted to go into the park with only dance clothes)
- Old towel or blanket to use outside
- Sunscreen
- Healthy snacks & well-balanced lunch (include fruits and vegetables, lean proteins, whole grains)
- Water!!!

On Friday, August 3, please bring the following in addition to the regular list:

- Stage make-up, hair supplies, and all costume requirements (tights, shoes, leotards, etc.)—The costumes will consist of items that are already in our costume shop and items that the dancers already have. Please be sure that your participating dancer has the following ready:
  - Black, scoop-back leotard
  - Pink meshed seamed tights (Body Wrappers #A45 or #C45 in Ballet Pink)
  - Pink ballet slippers (leather, no holes, presentable pair)
  - Pointe shoes (if applicable, not all dancers will perform *en pointe*)
  - Black footless tights or black leggings
  - Black Jazz shoes (slip-on style, no laces, not sneakers)
  - Nude leotard (camisole style with either clear or nude straps)
- A healthy, well-balanced dinner

**Springfield Ballet Senior Intensive Demonstration/Performance**  
**At The Springfield Art Museum**  
**Friday, August 3, 7:00 pm (First Friday Art Walk)**