Engagement & Outreach Guide

A guide for presenters and education coordinators

AXIS Dance Company
1428 Alice Street, Suite. 200
Oakland, CA 94612
www.axisdance.org
MarkTravis@axisdance.org
510 625 0110 (p)
510 625 0321 (f)
Introduction

Dear Presenter and/or Education Coordinator,

Thank you for booking AXIS Dance Company. In addition to creating and performing contemporary dance that is developed through the collaboration of dancers with and without disabilities, AXIS teaches dance and educates about collaboration and disability through community engagement and outreach programs. As part of our residency, AXIS Dance Company offers a wide array of education and engagement activities.

In order to help you to pick activities that best fit your needs we developed this Engagement & Outreach Guide to help you when deciding what to program. Here you can find an overview of our different programs from assemblies and school performances to workshops and master classes, and residencies! Including information on target groups and ideal number of participants. If you have ideas for activities that best serve your community, please make sure to contact us.

I am looking forward to working with you on organizing a great and unforgettable experience. If you have any questions, please don’t hesitate to contact me.

Best wishes,

Mark Travis Rivera
Community Engagement Manager
510 625 0110 | MarkTravis@axisdance.org
**WHO WE SERVE**

- Dancers and non-dancers of all ages and abilities
- Elementary-High Schools (Educators and Students)
- Colleges & Universities (Students, Staff & Faculty)
- Health Care Professionals, Hospitals, Rehabilitation Centers
- Disability Organizations, Community Organizations and Senior Centers
- Corporations and Government
- Performing Arts Venues and Service Organizations

**CONDITIONS**

AXIS Dance Company requests the following conditions be referred to when outreaching to community members for Engagement Activities.

**K-12 (Elementary through High School)**

- Building community is important, we want to make sure everyone who attends our activities is there by their own free will and isn’t being forced to participate.
- Educators are asked to remain in the space where the activity is taking place throughout the duration of the engagement.
- Educators are asked to manage any disruptive behavior or distractions that may occur during the activity.
- Our activities are open to all abilities and experiences. If someone needs one-on-one assistance from a paraprofessional or aide, we ask that they be available and present for the duration of the activity.

**College/Universities**

- We love working at the College/University level with students, faculty, and staff. Whenever possible, we ask that faculty and staff are encouraged to engage in the activities.
- We know that college students have a lot of options of how to spend their time, we suggest offering extra credit or other incentives that will help make the engagement a success.
AXIS Dance Company has a wide range of activities. To help you decide which engagement offering would best fit your residency and education program, here’s a list of our activities. If you have a specific request or want more information don’t hesitate to contact Mark Travis Rivera, Community Engagement Manager at 510 625 0110 or MarkTravis@axisdance.org

**IN SCHOOL ACTIVITIES**

**Assemblies K-12 (45 min)**
AXIS in-school assemblies provide students K-12 with the exciting experience of participating as an audience member of a live AXIS performance within a familiar setting. AXIS dancers showcase artistic repertory, provide educational information on disability, personal dance history, and include the audience in a physically integrated dance experience. Programs typically last 45 minutes and include a 5-minute Q&A session. This program can be done in a theater setting with full production at the venues request. AXIS offers an Engagement Guide for teachers to use with their students prior to and after the performance experience.

**Creative Dance Workshops (45-90 min)**
AXIS will teach creative dance classes to kids with and without physical disabilities. A maximum of 20 students for class size. Students have the opportunity to explore their own dance vocabulary, build confidence, practice cooperation, and develop appreciation of each other’s creative expression.

**Classroom Visits (30 min)**
AXIS dancers visit individual classrooms to provide opportunities to meet our dancers and learn about dance, working artists, and disability. Visit last approximately 30 minutes and includes a video presentation, a movement activity and a Question and Answer session.

**Teaching Creative Dance in the Classroom (90 mins)**
AXIS offers this opportunity for school educators to explore methods for teaching dance to students in a classroom setting. Sample a bit of the "AXIS model" through video presentation, discussion, and movement exercises. This training is a great way for teachers to prepare themselves and their students to make the most out of an AXIS assembly or in-theater performance.
IN-THEATER

Performances for Youth K-12 (45-50 min)
AXIS youth performances provide students grades k-12 with the exciting experience of participating as an audience member of a live AXIS performance in a theater setting. AXIS dancers showcase artistic repertoire, provide educational information on disability, personal dance history, and include the audience in a physically integrated dance experience. This interactive performance lasts approximately 50 minutes and includes a 5-minute Q&A session.

Cross Generational Performance (45-50 min)
AXIS dancers showcase artistic repertoire and provide information on disability and personal dance history. This performance lasts approximately 50 minutes and includes a 5-minute Q&A session. This is an opportunity to bring audience members from different generations to experience AXIS’ work. Great for families!

Online/Virtual

Please note that AXIS offers the following online/virtual programming for our engagement activities.

Redefining Dance & Disability- Lecture and Discussion (60 minutes)
AXIS Dance Company presents an hour-long program that includes showing video of current material, lecture, and question and answer session. AXIS Dancers will showcase work and give information on company history as well as on personal dance and disability history.

Improvisation Master Class (60 minutes)
AXIS will introduce elements of physically integrated dance for people with and without physical disabilities. Using creative movement and improvisation, we will explore solo material and various movement exploration; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

Contemporary Master Class (60 minutes)
AXIS will introduce elements of contemporary dance through the lens of physically integrated dance for people with and without physical disabilities. Using creative movement, improvisation, and modern technique, we will explore material and various movement exploration that is inclusive; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

AXIS
dance company
Engagement & Outreach Programs
**Hip Hop Master Class (60 minutes)**
AXIS will introduce elements of hip hop dance through the lens of physically integrated dance for people with and without physical disabilities. Using creative movement, improvisation, and hip hop technique, we will explore material and various movement exploration that is inclusive; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

**Ballet Barre Master Class (60 minutes)**
AXIS will introduce elements of ballet dance through the lens of physically integrated dance for people with and without physical disabilities. Using creative movement, improvisation, and ballet technique, we will explore material and various movement exploration that is inclusive; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

**Workshop - Integrated Yoga (60 minutes)**
AXIS will introduce elements of yoga through the lens of physically integrated dance for people with and without physical disabilities. Using yoga poses, we will explore material and various pose exploration that is inclusive; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

**Workshop - Cardio Fitness & Improvisation (60 minutes)**
AXIS will introduce elements of fitness and improvisation through the lens of physically integrated dance for people with and without physical disabilities. Using creative movement, improvisation, and fitness technique, we will explore material and various movement exploration that is inclusive; the target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

**Workshop - Technique Translation (90 minutes)**
AXIS Dancers will teach an experiential movement workshop; they will guide participants through explorations of movement translations with specific applications for ballet and contemporary modern techniques. The core of the explorations will be driven by defining technique practice and valuing embodiment vs. aesthetic.

**Workshop - AXIS Repertoire (90 minutes)**
Learn choreographic sections from the beloved AXIS Repertoire. The workshop will start with a short warm up and then go straight into learning phrases of material from AXIS’ current repertoire. Instructions will be given for both disabled and non-disabled dancers.
Workshop - Deepening Your Yoga Practice (90 minutes)
This workshop is for people with and without disabilities who are interested in physically integrated yoga and want to explore translations of yoga poses that work for all bodies. In the workshop we break down the Yoga sequence, and discover how to achieve the intention of postures. We will try to find a flow to each yoga pose, which is called a transition.

Workshop - Moving With The Elements (90 minutes)
Through different somatic and physical tasks, participants will experience and research pathways to awaken the systems in the body. Drawing from the natural elements of Fire, Water, Earth, Wind, and Either, we will build a dynamic movement score that will offer thoughtful possibilities and an overall deeper mind-body connection.

WORKSHOPS/MASTERCLASSES

Physically Integrated Dance Master Class (90 minutes)
AXIS will introduce elements of physically integrated dance for people with and without physical disabilities. Using creative movement, improvisation, and modern dance technique, we will explore solo, duet, and ensemble material. A maximum of 25 participants for each workshop and masterclass; target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

Fundamentals of Physically Integrated Dance (90 minutes)
AXIS will introduce the fundamentals of Physically Integrated Dance using creative movement, improvisation, and modern dance technique. The emphasis of this class will be on investigation and exploration. This workshop is open to all adults with and without physical disabilities who have any level of dance experience. A maximum of 25 participants allowed; target audience are adults with and without physical disabilities who have any level of dance experience.

Fundamentals of Inclusive Teaching and Working with Diverse Students (90 minutes)
With the goal of introducing inclusive dance practices and sensitivity, AXIS Dance Company offers this exciting, movement-based workshop geared toward teachers and faculty working with diverse populations. The session includes learning and experiencing participatory exercises and activities for use in classrooms as well as discussion about disability, language, and the development of AXIS’ extraordinary inclusive community education program. A maximum of 25 participants allowed; target audience are teachers and faculty working with diverse populations.

Accessibility Trainings (60 minutes)
This AXIS & Accessibility training is developed for government, corporations or performing arts venue staff, volunteers and board members to participate in an interactive training on accessibility. The session includes video as well as information about AXIS philosophy, disability awareness, and an experiential component using adaptive equipment. AXIS dancers will share their experience and views on the importance of inclusive and accessible arts opportunities for people with and without disabilities. A maximum of 25 participants allowed; target audience are theater staff, volunteers and board members.

Redefining Dance & Disability - Lecture Demonstration (60 minutes)
AXIS Dance Company presents an hour-long program that includes dancers showing excerpts of current material, lecture, and question and answer session. AXIS Dancers will showcase work and give information on company history as well as on personal dance and disability history.

Redefining Dance & Disability - Video lecture (60 minutes)
AXIS Dance Company presents an hour-long presentation about the company’s history and philosophy, as well as on personal dance and disability history. The presentation includes video, lecture, and question and answer session led by AXIS Artistic Director Marc Brew.

Repertory Masterclass (90 minutes)
AXIS will introduce elements of physically integrated dance for people with and without physical disabilities while exposing them to AXIS’ diverse repertory. Using repertory movement, translation, and modern dance technique, we will explore solo, duet, and ensemble material. A maximum of 25 participants for each workshop and masterclass; target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.

Composition Masterclass (90 minutes)
AXIS will introduce elements of composition through the lens of physically integrated dance for people with and without physical disabilities. Using improvisation, translation, and modern dance technique, we will explore how to best create a piece of choreography that is inclusive. A maximum of 25 participants for each workshop and masterclass; target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience.
**RESIDENCIES**

These residency offerings span over a period of time, meant to allow for a creative process and exchange to take place between participants and AXIS facilitators. Building skills, creative tools, confidence and exploration in a supportive environment.

*Choreographic Residency (5 to 7 Days)*
AXIS’ Artistic Director will choreograph a new work that can be presented after the creative process takes place. A minimum of 5 days to 7 days for the work to be created, please note that this doesn’t include travel days. The size of the cast will need to be agreed upon with the Artistic Director ahead of the residency.

*Improvisation and Site Specific Residency (3 Days)*
Based on AXIS’ Summer Intensive module, Improvisation and Site Specific, dancers will be led through the fundamentals of improvisation and site specific performance through the lens of physically integrated dance. A maximum of 30 participants for this residency; target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience. Please note that the site specific location must be fully wheelchair accessible.

*Choreography and Performance Residency (3 Days)*
Based on AXIS’ Summer Intensive module, Choreography and Performance, dancers will be led through the fundamentals of choreography and performance through the lens of physically integrated dance. A maximum of 30 participants for this residency; target audience are adults and/or youth with and without disabilities with some level of dance, athletic, or movement experience. Please note that the residency will conclude with a sharing of the choreographic works that were created during the 3 days that can be done informally in the studio or on stage. Please note that the studio and/or stage must be fully wheelchair accessible.

*Teacher Training in Physically Integrated Dance (3 hours or 3 days)*
AXIS Dance Company offers this opportunity for dance educators to explore methods for teaching dance to people of all abilities. Sample a bit of the "AXIS model" through discussion and movement exercises. Participants will have the opportunity to adapt some of their favorite exercises with the help of AXIS dancers. A maximum of 30 participants allowed; target audience are dance educators. Please note that we offer
various forms of this training that can take place over 3 days or a condensed version that can be done in 3 hours.

Considerations to take into account when booking AXIS:

**REQUIREMENTS**
AXIS Dance Company has some specific technical requirements that need to be taken into account when booking us. Please review these requirements below and feel free to contact us with any questions at MarkTravis@axisdance.org.

*For Assemblies & Lecture Demonstrations*  
*(For in-theater performances please refer to AXIS tech rider)*

**Space:** Performance space **must be completely clear and clean** upon arrival of dancers. Please **no carpet or concrete.** Minimum space requirements for performance are 28ft depth x 34ft width. If space does not meet these specifications please contact us. Performance space, audience and bathrooms **must also be completely wheelchair accessible** in order to ensure access and safety for our dancers. This means that the performance space must either be ground level or have a working lift or ramp to the stage.

**Sound:** 1 cordless, handheld mic, and sound system that can connect to an iPod or iPad

**Lighting:** General lighting is fine. If it is possible to distinguish between performers and audience with lighting, great! If the assembly takes place on an actual stage and if time permits a student or school rep may be interested in bringing the lights up and down between segments. A script will be provided.

**Props:** An accessible table and/or chairs if possible, would be great for dancers to use for personal belongings. We bring some props and are self sufficient with usage of them.

**Seating:** Please leave at least 4 feet of space between performers and first row of audience. Please keep the seating arrangement in front of the stage area and not surrounding it. Floor seating is best for sightlines as we do have interaction with the audience. Please create a center aisle between the students seated on the floor.

**Arrival/Set up:** We will arrive 1 hour before scheduled performance time and ask that the space be ready and accessible to the AXIS team. In order to ensure the most out of our program, it’s imperative that we start on time. Please note that if the assembly start
time is later than contracted, we will need to shorten the performance to fit into the time frame. We also ask that a school representative be present upon arrival of the company to assist.

**Strike**: We tend to strike our props rather quickly but would need at least 15 minutes to clear out of space after the program.

*For Workshops & Master Classes*

Studio space **must** be **completely clear and clean** upon arrival of teachers. Please **no carpet or concrete**. Space must be large enough for 20 people to move around. Space, and bathrooms **must** also be completely wheelchair accessible in order to ensure access and safety for our dancers. Please make sure there is a sound system available that can support playing music from an iPod or iPad.

**PLANNING & SCHEDULING**

When planning outreach activities there are a couple of things we need to take into account with regard to the dancers schedules. Here are some rules of thumb:

- Please no activities on travel days
- Activities on a performance day, if schedule permits, with Artistic & Rehearsal Directors only
- Only one (1) activity that doesn’t exceed 90 minutes on a tech day, please check time with Community Engagement Manager
- 2-3 activities on any other day
- If AXIS flies to a different time zone, no activities before noon on the next day
- Preferably no activities before 10 am, please be aware of tech and performance schedule as the dancers can not work more than (8) hours in the day.

Example of a 7-day residency:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Travel Day</td>
</tr>
<tr>
<td>2</td>
<td>Late morning or early afternoon activity (at a school e.g. assembly or teacher training), possible evening (lecture)</td>
</tr>
<tr>
<td>3</td>
<td>Late morning workshop, evening workshop or lecture</td>
</tr>
<tr>
<td>4</td>
<td>Load in and Tech for school performance</td>
</tr>
<tr>
<td>5</td>
<td>School performance in the theater &amp; tech for next evening public performance</td>
</tr>
<tr>
<td>6</td>
<td>Tech 2 + Evening public performance</td>
</tr>
<tr>
<td>7</td>
<td>Travel back</td>
</tr>
</tbody>
</table>
Example of a 4-day residency:

<table>
<thead>
<tr>
<th>Day</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Travel Day</td>
</tr>
<tr>
<td>2</td>
<td>Late morning and afternoon activity (at a school e.g. assembly or teacher training) &amp; tech for evening performance</td>
</tr>
<tr>
<td>3</td>
<td>Tech 2 + Evening public performance</td>
</tr>
<tr>
<td>4</td>
<td>Travel back</td>
</tr>
</tbody>
</table>

**Outreach Ideas**

Of course, we want to reach as many people as possible with our engagement & outreach programs. Reaching out to the right organizations is essential and you may know who to contact in your area. Here are some types of organizations to keep in mind if you do outreach: Centers for Independent Living; Disability Departments at Universities; Multiple Sclerosis Societies; Spina Bifida Societies; Disabled Sports Organizations, and Rehabilitation Centers.

**Helpful links of resources:**

National Arts and Disability Center  
[http://nadc.ucla.edu](http://nadc.ucla.edu)

Move United  
[https://www.moveunitedsport.org/](https://www.moveunitedsport.org/)

Kennedy Center, VSA and Accessibility Department  

If you need help to find specific organizations in your area, don’t hesitate to contact us.