

Ballet 5:8 Summer Intensive

Student & Parent Handbook – 2017

WELCOME

Dear Students and Families,

It is our pleasure to welcome you to the Ballet 5:8 family! Ballet 5:8 is one of the few places in the country and the world where students can receive high-level classical ballet training in an encouraging, constructive environment shaped by our Christian faith, where students thrive. Our goal is to provide a place for intensive study where the entire dancer - mind, body and spirit - is valued and nourished. We are confident that this year's intensive will be an unforgettable experience that challenges students to pursue the heights and depths of their technique, artistry, and most importantly, faith. We are greatly looking forward to having you with us this summer.

The following pages contain information about the Ballet 5:8 Summer Intensives that will be important for all students and families to look over - new students and veterans alike!

If you still have questions after reading, please contact us.

Please make sure to read over this information PRIOR to completing your online primary registration form, which is due by March 24, 2017.

Sincerely,

Ballet 5:8 Directors and Staff

Summer Intensive Contact Information

Main Office - (708).329.8873

Main Email - schooloffice@ballet58.org

Physical and Mailing Address - 20517 S. LaGrange Rd., Frankfort, IL 60423

Housing Students - See separate housing packet for housing contact information and other details that pertain specifically to housing.

PAYMENT POLICIES

Payment Information

Participation in Ballet 5:8 Summer Intensive programs requires full payment of all tuition and other fees in full no later than May 15, 2017. *Full participation is encouraged for the best possible experience - we do not offer tuition discounts or pro-rated tuition for students unable to attend an entire program segment.*

Standard Payment Plan Schedule

With the Standard Payment Plan, you will need to pay your registration deposit only at the time of registration. Subsequent payments are due by the 15th of the month in April, and May respectively.

Deadline

All tuition and fees must be paid by May 15, 2017. Students with an unpaid balance after the deadline will be moved to the waiting list.

Payment & Refund Policies

All registration deposits, tuition payments and housing payments are considered non-refundable and non-transferable at the time of registration, no exceptions.

Returned checks are subject to a \$45 returned check fee.

Withdrawal from the program due to illness or injury is subject to the payment and refund policies outlined above. For withdrawal from the program due to extreme cases of illness or injury, students may apply to for a tuition credit, applicable to Ballet 5:8's year-round programs or Summer Intensive 2018. Applications for tuition credit may require written explanation of the extreme circumstance from a physician.

TUITION & FEES

SUMMER INTENSIVE 2017 TUITION RATES*

<u>Program</u>	<u>Full Tuition</u>	<u>Registration Deposit</u>	<u>April, May Payments</u>
Five-Week Program	\$1,500	\$300	\$600
Three-Week Program	\$925	\$275	\$325
Two-Week Program	\$625	\$175	\$225
Single Week	\$325	\$105	\$110

*All Summer Intensive tuition rates are subject to change.

SUMMER INTENSIVE ROOM & BOARD RATES

Housing registration comes in a bundle room and board package. Please see the separate Room & Board information packet for details.

<u>Program</u>	<u>Room & Board</u>	<u>Registration Deposit</u>	<u>April, May Payments</u>
Five-Week Program	\$2,960	\$960	\$1,000
Three-Week Program	\$1,785	\$785	\$500
Two-Week Program	\$1,200	\$400	\$400

MEALS REGISTRATION FOR LOCAL STUDENTS

Summer Intensive lunches, served at Ballet 5:8's studios, are available to local students with pre-registration - the cost is \$25/week.

GETTING READY

WHAT TO DO BEFORE SUMMER INTENSIVE

Physical Preparation

All students attending Ballet 5:8's Summer Intensive should make advance arrangements so that they can get the most possible benefit from the programs and be physically prepared to attend the programs safely. *Most importantly, students need to plan to attend ballet and other dance classes regularly leading up to the intensive.* Just like a marathon runner has to follow a careful training plan that stretches for months leading up to the day of the big race, student dancers need to keep their bodies used to dancing several hours per day in preparation for the physical demands of Summer Intensive! Students who attempt to participate in an intensive program immediately after taking too much time off from dancing place themselves at a high risk for developing one or more injuries during the Intensive.

For Ballet 5:8 Housing Students

Students staying in Ballet 5:8 housing at the hotel need to submit a completed Housing Forms packet no later than May 20. This includes several medical forms that require a physician to complete, as well as a form detailing your travel plans. Make sure to plan accordingly to get the forms filled out in time.

Completed forms can be:

- Mailed to Ballet 5:8, 20517 S. LaGrange Rd., Frankfort, IL 60423
- Emailed to schooloffice@ballet58.org
- Faxed to 312-725-4752

WHAT TO PACK FOR SUMMER INTENSIVE

Dress Code

- All female dancers wear a solid black leotard, and pink tights (footed please), with hair in a high bun and pink ballet shoes.
- All female dancers should bring plenty of pointe shoes (if applicable).
- All female dancers should bring a black wrap ballet skirt for pointe classes and performances.
- Male dancers should wear a solid white shirt, black tights (footed please), black shorts, and white or black ballet shoes to technique classes.
- All dancers should bring black shorts for modern/jazz classes.
- All dancers should bring t-shirts for use during stretching and conditioning classes (no sweaty skin on the dance floors please!).
- Items not listed in the dress code are not permitted during classes.

Additional Items

- A yoga or pilates mat with your name clearly marked on it.
- At least one water bottle with your name clearly marked on it, ideally 2-3.
- A Bible (not on your cell phone, please).
- A journal or notebook and pencils/pens.
- Non-perishable, non-messy snacks such as granola bars.

Local/Commuting Students

If you are not registering for meals, make sure to bring plenty of food! We have limited refrigerator space, so plan to bring your food in an insulated lunch bag with an ice pack. A microwave is available, but use is limited due to student volume; food that doesn't require heating is recommended.

Did You Know?

Local students can register for our sandwich and salad bar for lunches during the intensive! Lunches include make-your-own deli sandwiches, green salad, pasta salads, yogurt, fresh fruit, and the occasional snack or sweet. Lunches registration is \$25 per week.

PROGRAM OVERVIEW

ABOUT THE PROGRAM

The goal of Ballet 5:8's Summer Intensive is to facilitate a positive, uplifting, inspiring, and at the same time challenging space for dancers to make gains, expand artistry, and engage with many different styles of choreography along the way. To facilitate this, the program is structured with daily ballet technique, an rigorous schedule of rotating dance classes and seminars, and regular times such as morning devotions for fellowship, worship and digging into God's Word. Students are sometimes surprised by the intensity of the schedule – but it is a dance *intensive* after all! Dancers who come to the intensive physically and mentally prepared to work hard and “soak it all in” can gain the most from their time in the program.

SAMPLE DAILY SCHEDULE

The sample schedules below represent the general format of the Summer Intensive. An exact daily schedule will be released weekly during the intensive programs. Dancers can plan to typically begin the day with ballet technique class and go from there.

Sample Schedule

Studios open, 8:45am

Morning devotions, 9:15am

Ballet technique class, 10:00am

Pointe class, 11:45am

Lunch, 12:45pm

Rotating Classes, 1:30pm, such as variations, *pas de deux*, repertoire, jazz, modern, improv, character dance, Yoga, Pilates, acting/mime, *port de bras*, and choreography/rehearsal. Afternoon rotations may also include seminars on a variety of dance related topics such as nutrition, mental health, cross training and injury prevention.

Day ends, 5:30pm.

STUDENT REPERTORY PERFORMANCE

At the Student Repertory Performance, Summer Intensive students from the two, three and five-week programs will perform classical variations and other excerpts from classical ballets learned during the intensive, as well as original Ballet 5:8 repertoire and in some cases, original choreography set on students during the intensive. Showcase performances are typically held at the Ballet 5:8 studios in Frankfort. The showcase is free for students' family and friends; however, advance RSVP is required and seating is often limited to 2-3 guests per student.

Student Repertory Performance | Three Week Programs

Friday, July 21 at 7:00pm

Student Repertory Performance | Five & Two Week Programs

Friday, August 4 at 7:00pm

INSTRUCTORS

Ballet 5:8's Summer Intensive faculty is made up of a specially-selected group of Ballet 5:8 Company Artists, Ballet 5:8 School of the Arts Senior Staff Members, and distinguished guest instructors including:

Julianna Slager, Ballet 5:8 Artistic Director

Lauren Ader-Cumpston, Ballet 5:8 Ballet Mistress

Brette Benedict, Ballet 5:8 Répétiteur and Trainee Program Ballet Mistress

Laura Schlatter, Ballet 5:8 School of the Arts Ballet Mistress

Visit <http://ballet58.org/company-artists>

PARTICIPATION POLICIES

TERMS OF PARTICIPATION FOR ALL STUDENTS

Attendance

Ballet 5:8's Summer Intensive is designed holistically, with the entire program in mind. We stand by our programs and the benefits they offer students, but these benefits are only available to those students who fully participate in the programs they attend!

- Students are required to attend the full program daily, including morning devotions. Optional activities, such as outreach projects, will be announced as optional.
- Students are encouraged to attend their full program segment (three weeks, five weeks, etc.).
- Students who must miss a day or portion of a day must notify Ballet 5:8 in writing by emailing schooloffice@ballet58.org at least 48 hours in advance of the absence. Missed classes may affect student placement and performance opportunities/casting in the Student Repertory Performance, if applicable.

*Note for students attending Ballet 5:8 School of the Arts year-round training programs: students with summer intensive multiple program absences may not receive their full Summer Intensive attendance credit toward participation Student Ensemble.

Conduct

We firmly believe that good conduct leads to healthy, productive student growth in the context of our programs! The following points of conduct are some of the most important for students to abide by during their time at Ballet 5:8.

Instructors and staff will hold students accountable to these standards during classes.

Honest Communication vs. Gossip: In the interest of maintaining clear lines of communication between families and Ballet 5:8 staff, as well as in interest of developing a strong and unified student body, we ask all students and families to join us in clear, honest and genuine communication. This replaces gossip, and helps us to maintain a godly, pleasant atmosphere for everyone. If you have a question, concern or issue to discuss, please bring this to the attention of a member of Ballet 5:8 staff. We truly appreciate the opportunity to hear your side of the story and to take steps to remedy your concern – anytime!

Encouragement: A truly unique aspect of our training programs is the aspect of encouragement. Though a little friendly competition between students can foster enthusiasm and growth, we do ask students to be encouraging toward one another in their thoughts, words and actions. Students will be held to this standard at all times; subsequently, gossip, bullying and other destructive student conduct will be addressed with the students involved.

Work Ethic: Perhaps one of the most difficult, but also most rewarding aspects of ballet training is the required work ethic. Students who succeed in their training must persevere in hard work, day in and day out. A healthy work ethic, where students can enjoy getting a little sweaty, focusing and working hard, is crucial. Instructors will be working with students and encouraging them toward a good work ethic throughout the Summer Intensive.

Discipline

Ballet 5:8 reserves the right to impose disciplinary measures on students who do not comply with the terms listed here in the Participation Policies. Students will be notified of any infractions promptly by Ballet 5:8 staff; failure to discontinue or correct any inappropriate or distracting behavior as requested by Ballet 5:8 staff may result in disciplinary penalties (such as being required to sit out of certain classes or performances) and parent notification. In the event of a student engaging in repeated, serious and unresolved infractions, Ballet 5:8 may dismiss the student from the program completely. Students residing in Ballet 5:8

housing will be sent home immediately at the expense of the student, and no tuition or housing fees will be refunded.

Dress Code

Clothing items not listed in the dress code section are generally considered “warmups” and should be removed prior to the beginning of class. Students may wear warmups during class in some cases, such as in the case of a legwarmer over a chronic injury; however, these special cases are subject to instructor approval. Students should also avoid wearing jewelry to class, especially necklaces, bracelets, watches, and large earrings.

Etiquette

The basic components of ballet etiquette, expected of all Summer Intensive students, include:

Respectfulness: this includes addressing instructors using “Ms.” or “Mrs.”, speaking politely, and trusting instructors when they provide advice or correction. Standing as the teacher enters the room, and curtsying at the end of class are also ways of signifying respect.

Punctuality & Dress: One of the many disciplines that come along with the study of classical ballet is the discipline of arriving on time and wearing the proper dress code!

Quietness: Another one of the most difficult, but most rewarding aspects of ballet etiquette is remaining quiet and focused during class. Talking during class should be limited to asking questions.

The End of Class: At the end of each ballet class, students should curtsey and thank their instructor for class.

Food & Drink

- Food and drink is permitted in the lobby and dressing room areas only, not in the studios.
- Only water in an enclosed container is allowed in the studios.
- Dancers should plan to bring plenty of water to each of their classes.
- Plastic water bottles are available behind the front desk for \$0.50 each.
- Gatorade is often available behind the front desk for \$1 during Intensive.
- Keurig coffee is available behind the front desk for \$1.

Illness & Injuries

In the case of contagious illness (such as a high fever or vomiting), students should stay home, or, if residing in Ballet 5:8 housing, at the hotel with their counselor/chaperone. Students with mild illness (such as a head cold) are encouraged to participate in as much of the intensive as possible and observe inside their classroom when participation is not possible. In the case of mild illness, students should be careful to avoid sneezing or coughing into their hands and should wash or sanitize their hands frequently to avoid spreading germs.

All student injuries should be reported to Ballet 5:8 in writing. Students with pre-existing injuries should submit an Injury Form prior to the start of their program; otherwise, they will not be allowed to sit out of or modify exercises to accommodate the injury. Students who incur an injury during the program must fill out an Injury Form and submit to the office, otherwise they will not be allowed to sit out of or modify exercises to accommodate the injury. The student's primary contact will be notified whenever a student submits a new Injury Form. Ballet 5:8 staff will recommend modifications for student injuries on a case-by-case basis; in some cases, Ballet 5:8 staff may request that a student see a medical professional before continuing participation in our programs. In general, students with injuries are required to observe their classes inside the classroom and are not allowed in the hallways during classes.

Leaving the Building

In general, students are not permitted to leave the Ballet 5:8 premises during program hours for safety reasons. If leaving for a short time (such as to visit one of the nearby restaurants for a snack or coffee) students are required to travel in groups of two or more and to request permission from Ballet 5:8 staff prior to leaving the premises. Ballet 5:8 reserves the right to deny student requests for permission to leave the building.

Medicine & First Aid

Ballet 5:8 will supply summer intensive students with first aid supplies such as bandages on an as-needed basis, in the case of a minor injury. However, Ballet 5:8 cannot administer supplements, pain-relievers/anti-inflammatory drugs, or other medications to students under any circumstances. Students staying in Ballet 5:8 housing should refer to the Housing Handbook for instructions on handling approved medications. In general, students can only take their own

medications (as allowed and supplied by a parent) and are prohibited from sharing their medications with anyone else at any time during the programs. This applies to both local students and those staying in Ballet 5:8 housing.

Students must also supply their own bandages and tape for toes used in pointe shoes; first aid supplies are not available for regular use in shoes.

Modesty

Students are expected to keep modesty in mind in what they wear to and from the studios during Summer Intensive! Students should make sure to wear something over their leotard and tights when walking to and from the studios. Ballet 5:8 staff reserves the right to ask students wearing inappropriate clothing to put on additional clothes.

No-Tolerance

Ballet 5:8 has a strict no-tolerance policy for the following behaviors:

- Any form of gossip, slander, foul language, or other related speech or actions leading to disunity.
- Ongoing, untreated personal abuse or addiction issues of ANY KIND: these include but are not limited to alcohol and illegal drugs.
- Ongoing, untreated nutrition/eating issues due to wrongful intent.
- The use or possession of weapons of any type.
- Smoking of any kind.

Personal Electronic Devices

As you know, cell phones and other personal electronic devices are now a part of our everyday lives! However, during Ballet 5:8's Summer Intensive, the use of personal electronic devices is discouraged. Devices are absolutely not allowed at any time in classrooms, including ballet technique, other classes, morning devotions, or Bible study (students should plan to bring a physical Bible for use during Bible study sessions; phones are not allowed). Students are also asked to refrain from using devices during lunch and other breaks, instead focusing on interacting with other students and processing the events of the day. Ballet 5:8 staff may ask students seen with electronic devices to put those devices away, in "silent" mode or completely off, until the end of each day.

Personal Property and Valuables

Students are asked to be prudent with the storage of their personal property and valuables during the Summer Intensive programs. Ballet 5:8 is not responsible for lost or stolen items.