



Workshop Application Form

Level 2 – Dancer Teacher & Health Professional Intensives

Hi, and thanks for your interest in hosting one of our Level 2 Teacher Training Workshops. These workshops dive even deeper into exploring how we can assist dancer to train better to prevent and recover from injury, and we are delighted to share this information with your part of the world.

This document outlines the requirements for running a workshop and answers several common questions in regards to hosting one of our workshops.

If you are able to meet all of these requirements and are happy to host a workshop, please complete the application form on the final page and email it to us at workshops@theballetblog.com.

Studio & Equipment Requirements

For effective running of the workshops the studio should have the following available:

- Space for 30 mats so everyone can lie down to try exercises
- Space for 30 chairs for theory component (usually have chairs set up at one end, and mats for 2/3 of the room)
- At least one wall of mirrors
- At least 10m of barre space (may be free standing or wall mounted)
- At least 2m x 2m of flooring suitable for pointe work (for pointe intensive)
- 30 x Yoga Mats or similar
- 5 x Large Swiss Balls (approx. 65 cm diameter)
- 5 x Foam Rollers
- A portable massage table (preferable)
- A small table
- Easy access to bathrooms
- Space outside the studio for breaks/food
- Tea & coffee making facilities
- Provide Morning Tea, for example. Tea & Coffee, Fruit, Biscuit or Crackers & Dip.
- Note: Requirements may vary for the specific Level 2 Workshops

Please attach accurate measurements and photos of the studio space to your application.

Common Questions:

1. Will you be charging the Studio anything to use our space or do we charge you?

- For all 2 Day Intensives we offer 2 free places to the hosts at the workshop in return for the studio hire, valued at \$1000.00 (2 x \$500) internationally and \$900 within Australia. Any additional teachers are offered a 20% discount off the full price of the workshop.
- For all 1 Day Intensives we offer 2 free places to the hosts at the workshop in return for the studio hire, valued at \$600.00 internationally and \$500 within Australia. Any additional teachers are offered a 20% discount off the full price of the workshop

2. What is the timetable for the workshop?

- Ideally, we run the workshops from 9am - 5pm, however occasionally this is shifted to 8am – 4pm. If there are timetabling issues with the studio space, then this needs to be arranged before confirming the workshop.

3. Would you need some dance students for demonstration purposes? If so, would they need to pay?

- While we encourage teachers to experience each of the exercises on themselves, it is very helpful if we have student models (aged 13 - 20) to demonstrate some of the exercises, and no, they don't pay.
- It's good to have some reasonably high-level students as there is a lot of information, and it's good to be able to demonstrate the effect of very subtle training. If you don't have any students who you think will be suitable for each stage, then please let us know and we can put a call out to the other teachers attending the workshop.
- All students should be mature in nature and good at taking corrections. They don't need to be the most amazing dancers, but they must be able to listen to instructions and be interested in learning. This is a fantastic opportunity for each child and they usually get a lot out of the day! The following are guidelines of who would be suitable for each intensive workshop.
- Please note that any student models who will be participating in the workshop need to fill out a Model Release and Liability release form, including a brief medical history. For any students with significant history of injury, an additional document outlining a chronological progression of their injury is very helpful.

LEVEL 2 – Pointe Intensive- Two Day

- This course is specifically designed for the teacher to increase their knowledge in the correct preparation and progression of dancers onto pointe. For this course we will require 3 models, all whom of which have been on pointe for at least a year.
- Day One focusses on the process of pre-pointe assessment, so is ideal for slightly younger dancers, but is also extremely beneficial for students that have been en pointe for some time, to revise the base level of control that they should have to maintain healthy feet and legs en pointe.
- Day Two explores more detail in regard to the fit of different pointe shoes and the customizations required for different feet. We look at how to carefully build up a beginner pointe program in order to establish correct pattering from a dancers' very first rise en pointe. All dancers should have had their shoes for at least a year to attend this day.

LEVEL 2- Flexibility Intensive- One Day

- This original One Day course is suitable for all levels of flexibility and fitness. The majority of the day will be self-exploration for the teachers, however having a couple of older students (around 15-17) with varying ranges of flexibility would be good. The techniques can definitely be applied to the little ones, but it's a long day so I would prefer not to have them too young.

LEVEL 2 Flexibility Intensive – Two Day – How to train extreme mobility safely

- Many teachers are concerned about how to train the levels of mobility demanded in today's world of dance in a safe way. This course takes the original Level 2 Flexibility intensive and explores the application of the techniques developed in Day One in order to train extreme mobility safely.
- **Day One** - The majority of the day will be self-exploration for the teachers, however having a couple of students with varying ranges of flexibility is good. Any models who are attending Day Two must also come to Day One in order to learn the principles. However, it is possible for a student to attend Day One and not Day Two. The techniques can definitely be applied to the little ones, but it's a long day so I would prefer not to have them too young.
- **Day Two** – This day will explore higher level and extreme mobility positions. It is therefore important that students have a good base level of flexibility and have no current major injuries on this day. Especially note that there will be work involving weight bearing through the hands, so students with any wrist or shoulder issues are not suitable. It is a fast-paced day so attention to detail is important. If you have any questions about a particular student's suitability, then please feel free to contact us.

LEVEL 2- One Day- A New Approach to Core Stability - One Day

- The majority of the day will be self-exploration for the teachers, however having a couple of older students (around 15-17) to demonstrate the higher level exercises is helpful. Lisa can demonstrate all of the exercises if this is not possible, but it is good for teachers to watch the facilitation of correct technique when she is working with students. The exercises can definitely be applied to younger dancers, but as for the flexibility course, it is a long day for little ones.

LEVEL 2 One Day- Understanding & Managing Hip injuries in dancers- One Day

- For this course it is very beneficial to have some students who have varying issues with range in their hips, and other students with totally fine hips for the higher level rehab, but no acutely painful hips please. Obviously, we need to work with these, and this is who the program is tailored, however doing it all in one day is likely to flare anyone in acute pain.

LEVEL 2 Understanding & Managing Foot and Ankle Injuries in Dancers - Two Day

- This course explores the most common foot and ankle injuries that occur in dancers and the reasons behind each one.
- **Day One** dives into the assessment of the foot and ankle, and the specific contributing factors for each condition. We then explore taping techniques and specific rehabilitation ideas for each injury.
- **Day Two** looks at the management of a dancer with a foot injury in class and explores how to integrate their rehabilitation in the studio. We look at the numerous progressions that are needed to go through to safely take a dancer from complete non weight bearing back to full class.
- It's good to have a couple of different foot types; ie. a rigid flat foot, floppy flat foot, and high arched foot. If you have any students that have persistent or recurrent foot issues it would be good to assess them, but we need to make sure they don't do too much during the day. If you are concerned then just give me an outline of the student and we can decide if it will be good for them to attend or not. Due to the taping component it is important to know if any students have an allergy to adhesive tape.

4. Would you need any transportation to and from hotel/airport?

- Yes, ideally the presenter needs to stay close to the venue, or the host, to make this easy. Long commutes combined with long days of teaching are not fun! Please also provide any suggestions you have on good places to stay.

5. Are there any food costs associated?

- The host is responsible for organising some light refreshments in the morning tea break (tea, coffee, fruit and biscuits if possible).
- Lunch is provided by The Ballet Blog, but how we do this is variable and dependent on the local set up. If possible, we order in to the studio to save time, and occasionally Lisa will choose to self-cater if there is facility to do so. However if there are a selection of good local places within walking distance then we are open to suggestions.

6. Can we add on a students course?

- There is the option to add on some of the student courses at your studio if time allows, but this needs to be organised early to fit into the schedule. You can download the student workshop PDF from the following link if this is something that you're interested in - http://pfp-site.s3.amazonaws.com/PFP_workshopdoc_v7.pdf
- Normally when we do the student workshops the host studio does pay for travel and accommodation. However, if we are already at your studio for the Teacher Training courses then it is a great chance for you to do this more cost effectively. If you do choose to add on a student workshop you would pay for any associated additional accommodation expenses.

7. Who would be advertising the event? You or us?

- We will definitely be advertising the workshop to our lists and on social media, but any assistance with local advertising would be wonderful. You will also be sent a Media Kit with various sizes of online and offline marketing materials to help spread the word in your local community.

8. How much will the workshop cost each participant?

- The cost for our Two Day intensives are \$500.00AUD internationally and \$450.00 + GST within Australia.
- Our One Day intensives are \$300.00AUD internationally and \$250.00 + GST within Australia.

9. I'm in! How do I proceed?

- Simply fill out the application form on the following pages and email through to April on workshops@theballetblog.com. We will be in touch in regards to the logistics and specific dates as coordinating multiple locations does take some time.

Application Form

Contact Name:

Email:

Contact Number:

Studio Name:

Website:

Studio Address:

City:

State:

Country:

Zip Code:

Closest airport & approximate distance to studio:

Available dates and times to conduct workshops:

Please tick the facilities and equipment your studio has access to:

Space for 30 mats so everyone can lie down to try exercises

Space for 30 chairs for theory component (chairs set up at one end, and mats at the other)

At least one wall of mirrors

At least 10m of barre space (may be free standing or wall mounted)

At least 2m x 2m of flooring suitable for pointe work (for pointe intensive)

30 x Yoga Mats or similar

5 x Large Swiss Balls (approx. 65 cm diameter)

5 x Foam Rollers

A portable massage table (preferable, not essential)

A small table

Easy access to bathrooms

Space outside the studio for breaks/lunch

Tea & coffee making facilities

Provide Morning Tea, ie. Tea & Coffee, Fruit, Biscuit or Crackers & Dip.

Transport to and from the Airport (Optional)

Transport to and from the Studio (Optional)

Large TV Screen or Projector (Optional) (Optional)

Please submit your application along with photos of your studio to workshops@theballetblog.com