May 16th – May 20th
Cecchetti Ballet Australia
- WA Branch

DANCE EDUCATION WORKSHOPS
STUDENT FORM
Workshops:

Perfect Form Physiotherapy is very excited to be presenting a range of workshops at WA Cecchetti Ballet Society from 16th May – 20th May 2014

Owner of Perfect Form Physiotherapy and Physiotherapists for Dancers, Lisa Howell, will be presenting the following unique workshops during this time:

- The Perfect Pointe System Teacher’s Dance Assessment Course
- Advanced Foot Control Workshop
- Front Splits Fast Flexibility Workshop
- Core Stability Course Workshop
- Training Turnout Workshop
- Dance Conditioning 1
- Dance Conditioning 2
- Flexibility for 10yrs and Over
- Private Consultations

About Perfect Form Physio:

At Perfect Form Physiotherapy we are experts in the field of Dance Physiotherapy. All of our skilled therapists have a strong and varied background in dance to truly understand your needs as a dancer. Education and empowerment of dancers is our top priority. With an understanding of your own body, you will get the results you desire and help prevent injury.

www.perfectformphysio.com.au
Workshop Descriptions:

The Perfect Pointe System:
Friday 16th May 9:00am – 1:00pm (teachers only)
The ultimate guide to assessing students for pointe, or to fine tune any dancers technique. Essential for any serious Dance Teacher, this four-hour workshop is an excellent way for Dance Teachers and Health Professionals to learn the detailed process of a structured Dance Assessment, with special focus on preparing for pointe. All of the tests and exercises discussed in The System are demonstrated and the focus is solely on hands-on learning.

Advanced Foot Control:
Friday 16th May 2:00pm - 4:00pm (13 years+)
This unique course is specifically designed for more advanced students and teachers. It's the ultimate guide to getting the best out of your most valuable tool as a dancer – your feet! Learn the anatomy of the dancers’ foot in a fun and easy ways, enabling you to not only understand how the muscles in your feet work, but also exactly how to make them work better for you. You’ll also learn strengthening and massage techniques for each of the muscles, teaching you how to treat yourself and prevent unnecessary injury.

Front Splits Fast Flexibility:
Saturday 17th May 9:00am – 11:00am (13 years+)
This class works through the unique program that we have designed to get maximum flexibility in record time! Learn how to mobilize the ‘Fascial’ and ‘Neural’ systems that have been holding you back, and learn how to stretch without being sore the next day! Designed for students thirteen and older this workshop will change your life!
Workshop Descriptions:

**Dance Conditioning 1:**
**Saturday 17th May 12:00pm – 2:00pm (10 years+)**
An all over conditioning program including Pilates based exercises as well as integration into class work. This workshop focuses on the correct stabilisation of the core, turnout control, flexibility and some foot work. Get an all over fine tuning of your strength and technique!

**Dance Conditioning 2:**
**Saturday 17th May 3:00pm – 5:00pm (14 years+)**
This program is a wonderful collection of more advanced exercises to take your training to the next level. This program is designed for older students and expands on the underlying knowledge gained in The Perfect Pointe Book and Core Stability Courses to provide a comprehensive training program suited for high level dancers.

**Flexibility for 10 years and Over:**
**Sunday 18th May 9:00am – 11:00am (10 years+) – priority will go to 10, 11 and 12 year olds.**
This class is a flexibility program customised to the younger student. It focuses on ways for you to stretch your hips, feet and back in the safest possible way. There is no book for this class, but you are welcome to purchase the Fronts Splits Fast Manual.
Workshop Descriptions:

Core Stability Course:
Sunday 18th May 12:00pm – 2:00pm (13 years+)
Most core training addresses the big, global movement muscles. While these are important for any dancer, true core strength is more subtle and comes from much deeper within. Designed for students thirteen years and older, this course uncovers the details of true core control, how to train the right muscles and how to apply this in class. The aim is to achieve dynamic and fluid control of the spine, helping achieve higher extensions, better turns and relieving any back pain.

Training Turnout:
Sunday 18th May 3:00pm – 5:00pm (13 years+)
Our unique Training Turnout program covers the anatomy of the dancers’ hip in an easy to understand way. In this course you will learn many different releases to improve your range of motion, as well as how to work out exactly where you are restricted. Additionally, there are progressive exercises to train all of the important muscles involved in great hip control. This is an essential course for any dancer and will help to increase your extensions and functional turnout range.

Private Consultations
Monday 19th May and Tuesday 20th May – By Appointment only and MUST be enrolled in 2 workshops – Subject to Availability.
Have a dance or pre-pointe assessment with renowned physiotherapist for dancers, Lisa Howell. This consultation will assess any areas of your dancing which you believe may need work, including your;

◆ Flexibility
◆ Turnout
◆ Core and Postural Control
◆ Foot and ankle strength and mobility
◆ Technique
Personal Details Form:

First name: ___________________________ Surname: ________________________________

Date of Birth: ____/____/_______ Current Age:______________________________

Postal Address: ________________________________

Home Number: _______________ Mobile: ________________________________

Email Address ________________________________

Parent or Guardian Name (If under 16): ________________________________

Main Dance Teacher: ________________________________

Name of Dance School / Studio: ________________________________

Years of Dancing: ________________________________

Current Dance Styles (ie Ballet, Tap etc):

- [ ] Ballet
- [ ] Jazz
- [ ] Contemporary
- [ ] Lyrical
- [ ] Private Lessons
- [ ] Character
- [ ] Musical Theatre
- [ ] Hip Hop

Please tick one of the following that best describes you:

- [ ] Dance Student
- [ ] Dance Teacher
- [ ] Health Professional
- [ ] Professional Dancer
- [ ] Parent

Please Specify Any Medical Conditions: ____________________________________________

______________________________________________________________________________

______________________________________________________________________________
Workshop Enrolment Form:

Workshop Selection:

Please tick the ‘Attending’ column of the workshops you would like to attend.

<table>
<thead>
<tr>
<th>Workshop</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Attending</th>
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<tbody>
<tr>
<td>The Perfect Pointe System</td>
<td>Friday 16th May</td>
<td>9:00am – 1:00pm</td>
<td>$400</td>
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<tr>
<td>Advanced Foot Control</td>
<td>Friday 16th May</td>
<td>2:00pm – 4:00pm</td>
<td>$100</td>
<td></td>
</tr>
<tr>
<td>Front Splits Fast</td>
<td>Saturday 17th May</td>
<td>9:00am – 11:00am</td>
<td>$100</td>
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<tr>
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<td>Saturday 17th May</td>
<td>12:00pm – 2:00pm</td>
<td>$100</td>
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<tr>
<td>Dance Conditioning 2</td>
<td>Saturday 17th May</td>
<td>3:00pm – 5:00pm</td>
<td>$100</td>
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<tr>
<td>Flexibility for 10 and Over</td>
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<td>$100</td>
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Sub Total =

Private Consultations:

If you would like a private consultation with Lisa Howell to assess you individually please tick all times you are available. You will be notified which time you have been allocated at least two weeks prior to the workshops commencement. Please note you must be enrolled in a workshop to be eligible for a private consultation. Each private consultation runs for one hour and is claimable under your Private Health Insurance.

Monday 19th May
- ☐ 9:00am
- ☐ 10:00am
- ☐ 11:00am
- ☐ 12:00pm
- ☐ 2:00pm
- ☐ 3:00pm
- ☐ 4:00pm
- ☐ 5:00pm

Tuesday 20th May
- ☐ 9:00am
- ☐ 10:00am
- ☐ 11:00am
- ☐ 12:00pm
- ☐ 2:00pm
- ☐ 3:00pm
- ☐ 4:00pm
- ☐ 5:00pm

Each Consultation is $150.00 per hour.
Extra Products Required:

Please note down here if you would like any extra products.

<table>
<thead>
<tr>
<th>Items</th>
<th>Cost</th>
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**Product Total =**

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**Final Total**

<table>
<thead>
<tr>
<th>Items</th>
<th>Cost</th>
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<tbody>
<tr>
<td>Workshop Total</td>
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<tr>
<td>Private Consult Total</td>
<td></td>
</tr>
<tr>
<td>Product Total</td>
<td></td>
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</tbody>
</table>

**Total Cost =**
Model Release Form:

Workshop sessions are often videotaped and/or photographed for future product development and marketing purposes. The following information is a legal document allowing Perfect Form Physiotherapy to use video footage and/or photographs captured during a workshop session.

Please name, date and sign the following agreement if you understand the terms set out below.

I, ____________________ agree to the terms and conditions set out below by Perfect Form Physiotherapy.

TERMS and CONDITIONS:

Perfect Form Physiotherapy reserves the right to use video footage and/or photographs taken during any workshop session for future development, advertising and other marketing materials that may contain my image.

I understand that I reserve the right to have any still images depicting myself removed from advertising and marketing materials at any time by making written contact with management at Perfect Form Physiotherapy.

I understand the terms and conditions above as set out by Perfect Form Physiotherapy.

Full Name: ________________________________________________________________

Contact Number: ____________________________________________________________

Date: __________________

Sign: ___________________
Cecchetti Ballet Australia WA Branch – Student Workshop Form

Liability Release Form:

Due to the nature of movement workshop sessions it is imperative that you have read and agreed to the terms and conditions set out below.

I, __________________ agree to the terms and conditions set out below by Perfect Form Physiotherapy.

TERMS and CONDITIONS:

- I appreciate that with any movement based workshop sessions that there are some risks involved.
- I agree to give details of all related physical issues including illnesses and injuries to the workshop coordinator prior to the commencement of the workshop session/s that I will be attending.
- I accept responsibility to raise any questions I have in regard to the content of the workshop session that I will be attending.
- I accept responsibility for my own body and will inform the workshop coordinator if I am uncomfortable with any movement and/or practice within a workshop session.
- I assume full responsibility for any consequences of providing false information regarding any injury or illness.

I understand the terms and conditions above set out by Perfect Form Physiotherapy.

Full Name: ____________________________

Contact Number: ____________________________

Date: ____________________________

Sign: ____________________________
What you need to bring!

- Yoga mat or similar (if not provided by the studio)
- Bath towel
- Pillow
- Tennis Ball (Training Turnout and Front Splits Fast Workshops only)
- Students are to wear appropriate dance attire or something very easy to move in. E.g. Singlet, shorts, leotards, leggings, tights.
- It is also advised that students bring their own resistance band (at least 1 meter in length) which they can purchase from Perfect Form Physiotherapy beforehand. Just visit www.myphysioshop.com.au and type in the special code to get a cheaper price – HXTM7M2
- Please ensure that each student is ready to commence workshops on time!