The Ballet Blog

Teacher Training WORKSHOP Application Form 2016

Thanks for your interest in hosting a Teacher Training Workshop at your studio!

This document outlines all requirements and answers common questions from hosts in regards to running one of our workshops. If you are able to meet all of the requirements then please complete the application form on the final page and send to us at info@perfectformphysio.com

Studio Requirements:

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

Essentials:

- 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)
- Easy access to bathrooms
- At least 2m x 2m of flooring suitable for pointe work
- A small table
- Space outside the studio for breaks/food
- Tea & Coffee making facilities

Please attach photos of the studio space to your application.

Preferable:

During the workshop we need access to some exercise equipment. The more that can be provided by the studio the better, as some participants will be travelling via plane to get there.

- 30x Yoga Mats or similar
- 5x Large Swiss Balls (approx 65 cm diameter)
- 5x Foam Rollers
- A portable massage table

Content of the Workshop:

Details of the Level 1 workshop can be found here:
http://www.theballetblog.com/workshops-2/level-1-teacher-training/

Details of the Level 2 workshops can be found here:
http://www.theballetblog.com/level-2-teacher-training/

Common Questions

1. Will you be charging the Studio anything to use our space or do we charge you? Normally the host is given 2 free spaces at the workshop in return for the studio hire. *(Full fee for the 3 day course is $750)*

2. What is the timetable for the workshop? Ideally we run the workshops from 9 - 4pm over the 3 days, as we have discovered that some Teachers are not great early in the morning! If there are timetabling issues with the studios then this needs to be arranged before confirming the workshop.

3. Would you need some children 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 some student models (aged 13 - 20) to demonstrate some of the exercises, and no, they do not pay. It's good to have some reasonably high level students as there is a lot of information, and its 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 just 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 alot out of the day!

The following are guidelines of who would be suitable for each day:

Day 1 - It is best to have 3 students ranging from about 12 - 16. This day focuses on the correction of basic ballet technique when things are not perfectly placed or the student does not have wonderful natural facility. It's good to have a variety of body types to see the differences.

Day 2 - We work a lot on warm up, flexibility & core control in the morning, and then do a deep exploration of the hip in the afternoon. The morning is fine to do with just the teachers, however in the afternoon we need at least 2- 3 students. It's good to have one model that has nice open hips, as well as one who struggles in at least one direction. It would be best to have slightly older students on this day, definitely aged over 14yrs.

Day 3 - The final day is focused on specifically improving turnout control in different directions, retraining jumps and dealing with foot injuries, before moving on to safe ways of improving spinal mobility and arabesque. We also go over some higher level hip control exercises. This requires older, elite level students with a good range of motion in the hips and hamstrings.

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 commute with long days of teaching are not fun! Please also provide any advice or ideas you have on good places to stay.

5. Are there any food costs associated? It is nice if we can organise for some light refreshments in the morning tea break (tea, coffee, fruit and biscuits if possible). Lunch is variable and dependant on the local set up. If possible, we order in to the studio to save time, but if there are a selection of good local places within walking distance then we are open to suggestions. We also organise a dinner for participants on the second night, but people pay for this themselves. Please advise us of any local restaurants that are suitable for a big group.

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 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, but if we are already there it is a great chance for you to do this more cheaply. If you do choose to add on a student workshop you would pay for any relevant nights accommodation.

7. Who would be advertising the event? You or us? We will definitely be advertising the workshop to our lists, 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.

8. At our studio there are several people who want to attend. In return for the studio hire how many faculty members would you allow a free spot? We give two free places for the host in return for the studio hire. Any additional teachers may get a 20% discount from the full price of the workshop.

9. If there was someone who could only come for 2 days would that be possible? Unfortunately, due to difficuilties in the past with people missing days, and due to the continuity of the content in the course we now only allow bookings for all three days. Participants are able to book for the full course and choose to not attend, however will only receive a certificate for the days that they attend.

10. How much will the workshop cost each participant? The cost for the Level 1 3 day Teacher Training workshop is $750 AUD internationally and $600 within Australia.

Application Form 2016

Contact Name:

Email:

Contact Number:

Studio Name:

Studio Address:

City: State:

Country: Zip Code:

Website:

Closest airport & approximate distance to studio:

Reccomended dates and times to conduct workshops:

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

- Space for 30 Yoga Mats & 30 Chairs
- Space outside the studio for breaks/food
- At least one wall of mirrors
- At least 10m of barre space
- Easy access to bathrooms
- At least 2m x 2m of flooring for pointe work
- Portable Massage Table
- Coffee & Tea making facilities
- A Small Table
- 30x Yoga Mats
- 30x Chairs
- 5x Large Swiss Balls (approx 65cm)
- 5x Foam Rollers
- Transport to and from the studio

Please submit your application form along with a few photos of your studio space to info@perfectformphysio.com