



Workshop Application Form

Level 1 Workshop for Dancer Teachers & Health Professionals

This document outlines all requirements and answers common questions in regards to hosting one of our workshops.

If you are able to meet all of these requirements 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
- 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

Please attach 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?

We offer 2 free places to the hosts at the workshop in return for the studio hire, valued at \$1500 internationally and \$1200 within Australia. Any additional teachers may be 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 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 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 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 a lot out of the day! The following are guidelines of who would be suitable for each day:

Day 1 - Day One starts with a big focus on postural control, and then an exploration of warm up vs flexibility training, safe ways of improving flexibility and some work on functional core control. Ideally, we would like to have 3 students aged over 12 for this day. Models are required from 11am, however they are more than welcome to attend from 9am.

Day 2 - 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. In the afternoon we do a detailed analysis of how to assess dancer's hips. It is good to have one that has nice open hips, as well as one who struggles in at least one direction. We do recommend 3 students ranging from 12-16.

Day 3 - Is focused on specifically improving turnout control in different directions, retraining jumps and dealing with foot injuries, before moving onto safe ways of improving spinal stability and arabesque. We also go over some of the higher level hip control exercises. For the final day we do require 2-3 older elite level students with good range of motion in the hips and hamstrings over the age of 14 and comfortable to work with their legs above 90 degrees, excellent control standing on one leg and a good understanding of their own body.

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. We also welcome you to join us for coffee after day two of the course, but people pay for this themselves. Please advise us of any local coffee shops 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 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 there 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 relevant night's 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. If there was someone who could only come for 2 days would that be possible?

Unfortunately, due to difficulties 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.

9. How much will the workshop cost each participant?

The cost for the Level 1 - 3 day Teacher and Health Professional Training workshop is \$750 AUD internationally and \$600 within Australia.

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 Yoga Mats & 30 Chairs

Minimum one wall of mirrors

Minimum 10m of barre space

Minimum 2m x 2m of flooring for pointe work

30 x Yoga Mats

5 x Large Swiss Balls (approx. 65cm)

5 x Foam Rollers

Portable Massage Table

Small Table

Coffee & Tea making facilities

Easy access to bathrooms

Space outside the studio for breaks/food

Transport to and from the studio

Projector / Large tv screen (optional)

Airconditioning

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