



## **Workshop Application Form**

Level 2 – One Day Dancer Teacher & Health Professional Intensives

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](mailto:workshops@theballetblog.com).

## **Studio & Equipment Requirements**

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

- Space for 20 mats so everyone can lie down to try exercises
- Space for 20 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
- 20 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 1 free place to the hosts at the workshop in return for the studio hire, valued at \$300.00 internationally and \$330 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 workshop from 9 - 5pm. 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 one day intensive workshop.

#### **LEVEL 2 Pointe Intensive**

This course is specifically designed for the teacher to increase their knowledge in Pointe work. For this course we will require 3 models, all whom of which have been on pointe for at least a year.

#### **LEVEL 2 Flexibility Intensive**

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 A New Approach to Core Stability**

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 Understanding & Managing Hip injuries in dancers**

I feel it is very beneficial to have some students who have varying issues with 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 for but doing it all in one day is likely to flare anyone in acute pain.

## **LEVEL 2 Understanding & Managing Foot and Ankle injuries in dancers**

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 them just give me an outline of the student and we can decide if it will be good for them to attend or not.

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 may be

### **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](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. How much will the workshop cost each participant?**

The cost for our One day intensives are is \$300 AUD internationally and \$330 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 20 Yoga Mats & 30 Chairs

Minimum one wall of mirrors

Minimum 10m of barre space

Minimum 2m x 2m of flooring for pointe work

20 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](mailto:workshops@theballetblog.com)