

Dear Summer Teen Dance Intensive Families,

We are thrilled your teen will be joining us this summer for a fabulous dance intensive. I hope the following information can be of help to you and your child as you prepare for the program.

The students will be working from Monday through Friday, June 3-14, from 9 am-5 pm. On the first day, guest artists Emily Gilfillan and Andrea Greene will lead a ballet placement audition to determine the more appropriate of two levels for your child. We have also invited Heather Herod Cole from P3: Precision Physical Therapy and Pilates to discuss injury prevention and nutrition to prepare the students to have a safe and fun intensive. She will give them tips on how to manage their energy and how to recognize fatigue and make adjustments as they move to dancing 8 hours a day/5 days a week. **PARENTS ARE INVITED TO ATTEND THE NUTRITION + INJURY PREVENTION WORKSHOP, MONDAY, JUNE 3, 1-2 pm.**

We have also invited dance professionals from different aspects of the field to discuss careers in dance to give the students insight into what it takes to be a performer, choreographer, teacher, studio owner, physical therapist, administrator, or dance/movement therapist. **PARENTS ARE INVITED TO ATTEND THE CAREERS IN DANCE PANEL, FRIDAY, JUNE 7, 3:45-5 pm.**

The intensive will end with a final showing on Friday evening, open to family and friends. We invite you all to come! **FINAL SHOWING: FRIDAY, JUNE 14, 5 PM, CENTENNIAL PERFORMING ARTS STUDIOS**

In preparation for your child's studies with us, please thoroughly read the following information. If you have any questions regarding any aspect of the workshop, please do not hesitate to contact me:

Kathryn Wilkening, Metro Parks Dance Division Supervisor

615.862.8439 or kathryn.wilkening@nashville.gov

Centennial Performing Arts Studios

211 27th Ave North at Poston, next to the playground in Centennial Park

ATTACHED FORMS: This letter includes the following forms and information:

- ***DAILY SCHEDULE:*** The building will open at 8:30 am each morning. Pick-up is at 5 pm. Please become acquainted with the daily schedule of activities and encourage your child to bring this schedule with them to all days of the intensive so that they can know what to expect. We will also have the daily schedule posted on the bulletin board outside Studio A.
- ***FACULTY:*** We have a wonderful and diverse faculty this year to offer a well-rounded and multi-faceted curriculum to the students. Faculty include guest artist Emily Gilfillan (Classical Ballet and Flamenco); Andrea Greene (Contemporary Ballet and Improvisation); Jennifer McNamara (Progressing Ballet Technique); Maggie Pelton (Modern and Theater Dance); Curtis Thomas (Contemporary and House/Hip-Hop); Meg Brooker (Isadora Duncan Technique); Jasmine Dominique (Afro-Brazilian); Heather Herod Cole (Injury Prevention and Nutrition); Jason Shelton (Music for Dancers); Tantsova Grupa (International Folk Dance)

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DRESS CODE

- **Afro-Brazilian** – close-fitting dancewear; skirt and head scarf optional; bare feet
- **Ballet** – *Ladies*: leotard (any color); convertible pink or skin-tone appropriate tights; ballet slippers; pointe shoes if already on pointe; hair in a bun. *Gentlemen*: White fitted t-shirt; black tights; black ballet slippers
- **Contemporary** – leotard (any color); Long-sleeve t-shirt, light sweater, or sweatshirt for floor work; footless/convertible tights or leggings; socks (50/50 poly blend work best); knee pads if desired for floor work.
- **Flamenco** – leotard, tights, long skirt*, character shoes* or clean sneakers.
- **Folk Dance** – leotard, tights, character skirt* and character shoes*. Jazz shoes work well, too.
- **House/Hip-Hop** – close-fitting dancewear; clean sneakers or jazz shoes
- **Modern / Isadora Duncan** – leotard (any color); footless/convertible tights or leggings; bare feet
- **Progressing Ballet Technique** - Ballet attire with warm-ups is fine. Pinky ball or tennis ball. Theraband and medium squishy ball if you already have one. We have supplies on hand.
- **Theater Jazz** - leotard (any color); footless/convertible tights or leggings; jazz shoes

*We have some character skirts and shoes students can borrow.

SUPPLY LIST

- Leotard
- Convertible pink or skin-tone appropriate tights
- Leggings (optional)
- Character skirt (if you own one or want to purchase for future use)
- Ballet slippers
- Pointe shoes
- Jazz shoes
- Character shoes (if you own them or want to purchase for future use)
- Clean sneakers
- Socks (50/50 poly blend work best)
- Long-sleeve shirt, light sweater or sweatshirt
- Knee pads (optional)
- Pinky ball or tennis ball
- Theraband (if you own one)
- Medium squishy ball (if you own one)

WHAT TO BRING

- Water bottle (we have water fountains), healthy lunch + snacks to eat during breaks throughout the day.
- Sweater or ballet warm-ups just in case a room/studio is too air conditioned. Layers are always a good idea.
- Notebook and pen to record any important or interesting information given to you during the workshop.
- Moleskin, band-aids, anti-bacterial ointment, Ace bandage or any supplies to tend to sore feet from pointe work or fatigued or strained muscles.

LUNCH

We will be breaking for 45 minutes during the day for lunch. A refrigerator is available for food storage. Students should label their food before putting in the refrigerator. As there will also be theater and music students in the building breaking for lunch at the same time, the microwave in the kitchen will not be available for student use. Students may eat in the lobby or on the lawn in the park but will not have time to leave the premises. Food is not allowed to be eaten in the studios.

ETIQUETTE

- Dancers should arrive at least 5-10 minutes before class begins, dressed appropriately and ready to work.
- Dancers should make sure to clean up thoroughly after lunch and at the end of each day taking care to pick up stray socks, band-aids, toe tape, trash, etc.

- Dancers should show respect to each teacher through active listening, relevant questions and an openness to new information.
- Parents interested in watching classes are asked to observe from outside the studio doors. We look forward to inviting you into the studio for our final showing.

We very much look forward to a wonderful intensive!

Warmly,

A handwritten signature in purple ink that reads "Kathryn Wilkening". The signature is fluid and cursive, with a small dot above the 'i' in "Wilkening".

Kathryn Wilkening
Supervisor, Metro Parks Dance Division
615.862.8439
kathryn.wilkening@nashville.gov