

JAMES SEWELL BALLET DANCE INTENSIVE

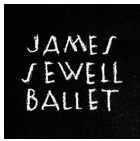
June 12 – July 1, 2023



**located at The Cowles Center
528 Hennepin Avenue, Studio 2B
Minneapolis, MN 55403**

**JSB contact info:
(612) 672-0480
deirdre@jsballet.org**

This JSB Dance Intensive is intended for pre-professional and young adult dancers with intermediate/advanced technique. The over-arching goal of this Intensive is for participants to accumulate a deep understanding and embodiment to **allow their artistry to more fully emerge.**



DANCE INTENSIVE

JUNE 2023

STUDENT HANDBOOK

SAMPLE SCHEDULE – classes subject to change, but 9am-4pm daily.

	M	Tu	W	Th	F	Sa
9:00	Welcome/ Goal-Setting	GYROKINESIS S™	Barre Fit	GYROKINESIS ™	Barre Fit	<i>Late start morning</i>
9:15						
9:30						
9:45	Break					
10:00	Ballet Technique	Ballet Technique	Ballet Technique	Ballet Technique	Ballet Technique	Ballet Technique
10:15						
10:30						
10:45						
11:00						
11:15						
11:30	Pointe Technique	Partnering	Pointe Technique	Partnering	Pointe Technique	<i>Mixed use depending on the week: Cultural activities Showcases Takeaways, Farewells</i>
11:45						
12:00	Lunch					
12:15						
12:30						
12:45						
1:00	Choreography / Repertoire	Gaga	Choreography / Repertoire	Gaga	Choreography / Repertoire	
1:15						
1:30						
1:45		Choreography / Repertoire	Choreography / Repertoire	Choreography / Repertoire		
2:00						
2:15						
2:30	Improvisation Practice	Yoga	Improvisation Practice	Yoga		
2:45						
3:00						
3:15						
3:30						
3:45						
4:00	End of Day					



POLICIES

OVERVIEW

Students are expected to attend every class for which they are scheduled. Students may not be absent from any class and may not leave the studio during the day without prior communication. If a student is sick or running late they must immediately inform JSB at 612-672-0480.

This Intensive includes thoughtful goal-setting & mentorship. The dancers, choreographers and movement experts who you will train with during this Intensive value personal growth and agency. We combine rigor with playfulness to foster each student's best potential. We invite you to challenge yourself, be honest, and use this Intensive to hone your personal artistic goals.

The over-arching goal of this Intensive is for participants to accumulate a deep understanding and embodiment to allow their artistry to more fully emerge.

FOOD AND DRINKS

Students should bring a bag lunch. There are places close by to buy lunch if needed but students under 18 will need special permission from parents to leave the building. Open food and drink, other than water, are not allowed in the studios. There is access to a fridge and microwave. Water bottles are permitted and are essential; please bring a reusable water bottle. Students are expected to maintain the building's cleanliness. All waste is to be disposed of in the available appropriate containers. Please use recycling bins provided. Students are expected to take care of themselves during the program and eat well. To take full advantage of this program and all that it has to offer, students need to be well-nourished, well-rested, and hydrated.

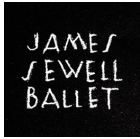
HEALTH AND SAFETY

Effective June 20th, 2022, the Cowles Center will require masks only when attending a performance in the theatres. Masks are no longer required in hallways and dance studios. JSB will adhere to this policy, making masks optional in our classes until further notice. JSB reserves the right to make changes to these policies at any time.

Injuries should be communicated immediately so a plan for best program interaction can be formed.

STUDIO POLICIES

Street shoes are not permitted on dance floor. If street shoes are required for choreography, please make sure the bottoms of sneakers are clean from dirt and debris. All liquids and lotions (i.e. Icy Hot, Tiger Balm, Baby Powder, Jet glue, Arnica, etc.) must be used outside of the studio. Rosin is not permitted to be used on any of the studio floors. Any trash (toe tape, Band-Aids, etc.) accumulated in the studios must be disposed of in the available trash containers.



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STUDENT HANDBOOK

ATTIRE

- Leotard, Fitted sport top or T-shirt;
- Tights, Biker shorts or Fitted athletic pants;
- Ballet slippers as well as danceable socks;
- Hair must be secured enough for turning.
- Please keep jewelry to a minimum.

TOUCHING STATEMENT

During the teaching process, in order to ensure correct placement and coordination, it may be beneficial for the instructor to touch the student in various places: arms, hands, chest, lower back, abdomen, neck, legs, feet, etc. If you do not wish to be touched, please inform Deirdre (deirdre@jsballet.org) and your wishes will be respected by all the instructors.

SMOKING/DRUGS/ALCOHOL AND ILLEGAL ACTIVITY

James Sewell Ballet practices a no-tolerance policy for drugs, alcohol, and illegal activity. All such activities are grounds for immediate dismissal. All costs incurred are the responsibility of the student and/or guardian.

RULES PERTAINING TO THE SUCCESS OF THE PROGRAM

- Always be supportive, humble, and respectful towards all participants and staff. Disrespectful attitudes of any kind will not be tolerated.
- Be on time, alert, and eager for all your classes. There will be breaks in between classes throughout the day. Be prompt but also mindful of assessing your needs during those moments.
- We recommend having a journal, pen, and water bottle with you during class.
- Please keep your cellphone on SILENT/OFF while in the studio. No cellphones may be used while in class.
- Please conduct yourself in a respectful manner as a representative of the James Sewell Ballet Intensive.

TEACHING ARTISTS will include:

Berit Ahlgren: Gaga

Jarod Boltjes: Barre Fit, Yoga

Leah Gallas: Ballet

Shohei Iwahama:
Choreography, Ballet

Deirdre Murnane: Ballet,
Yoga

Blake Nellis: Improvisation

Kerry Parker: Ballet,
GYROKINESIS™

Eve Schulte: Improvisation,
Ballet

James Sewell: Ballet, JSB
Repertoire

Yuki Tokuda: Ballet



MEDICAL RELEASE

Participant Name		

First

Middle

Last

Address	Date of Birth

Street Address

City

State

ZIP Code

Phone	Email

1. Attach any special medical and health notes on a separate page if you run out of room on the form.
2. Please let us know of any special health needs:
3. Please list any and all allergies here:
4. Prescription & Over-the-Counter Medications:
5. Blood Type:

Release: By enrolling myself/my child in the James Sewell Ballet Dance Intensive, I, the undersigned self/guardian of _____ does so at my/his/her/their own risk.

James Sewell Ballet or any Instructors shall not be liable for any damage incurred from personal injuries sustained by participant in or about the premises. Participant assumes full responsibility for all injuries and damages which may occur in or about the premises.

I, intending to be legally bound, do hereby waive, release and forever discharge any and all rights and claims against the Cowles Center and James Sewell Ballet, its directors, instructors, and/or any involved personnel, for any damages or injury sustained by my child while participating in, or attending any activity, training or practice directly or indirectly related to this James Sewell Ballet Dance Intensive,



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whether the incident occurs on the premises or traveling to and from the premises. In addition, I do hereby certify that I/my child has insurance through:

Insurance Company

Policy Number	Subscriber Number
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Please attach a photocopy of your family's insurance card (both sides).

Physician's Name/Clinic	Physician/Clinic Phone Number
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Consent to Medical Care: I, the undersigned parent/guardian of _____ do hereby grant authority to the staff of the James Sewell Ballet Dance Intensive to render judgment concerning medical assistance or hospital care in the event of an injury or illness during my absence or if I am unable to be contacted.

Parent/Guardian Signature _____ Date _____



PHOTO/VIDEO RELEASE

I, _____, **DO / DO NOT** (circle one) give permission for myself/my child, _____, to be photographed and/or filmed during the James Sewell Ballet Intensive for commercial use in all print and digital marketing forms in perpetuity.

Participant Signature _____ Date _____

If participant is younger than 18:

Parent/Guardian Signature _____ Date _____

OFF-CAMPUS PERMISSION

Please complete if participant is younger than 18.

I, _____, **DO / DO NOT** (circle one) give permission for my child, _____, to spend time off-campus during the James Sewell Ballet Dance Intensive. Off-campus is defined as any area outside of the Cowles Center 2nd floor.

Parent/Guardian Signature _____ Date _____