

BALLET
*CO.*LABORATORY

School Handbook

2023-
2024

Ballet Co.Laboratory -- A Home for Every Dancer

Ballet Co.Laboratory strives to be an artistic home for everyone. We encourage discovery over fear and foster originality over stereotypes. A diverse representation of cultural, racial, socioeconomic, and gender identities is essential to our art form. Ballet Co.Laboratory recognizes that it is our responsibility to create a community that embodies equity and inclusion through its behaviors, policies, and practices. In doing so, we foster awareness, acceptance, and accessibility throughout our organization and in the communities we serve. We stand together as artists, students, and staff to uphold these values every day as we continue learning and growing.

CO. **CREATE**

CO. **DEVELOP**

CO. **INSPIRE**

THE SCHOOL OF BALLET CO.LABORATORY

SCHOOL HANDBOOK

Welcome to Ballet Co.Laboratory's 2022/23 Season! We are so thrilled to dance with you this year. This handbook serves to clearly outline BCL policies, dates, and student/guardian responsibilities for the season so all classes, events, and productions run smoothly. Thank you for your time and attention in reading this handbook. Dancing requires commitment from both the student and the parent(s)/guardian(s), so it is important that both the dancer and the dancer's supporter(s) understand and agree to what is outlined in this School Handbook.

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I. ATTENDANCE & MAKE UP POLICIES

- a. Dance is a physical art form that requires several hours of training, repetition, and rehearsal. To continue to grow as dancers, **students must attend at least 90% of all classes and rehearsals mandatory for their level.**
- b. **Students should make up classes they have missed.** To do so they may attend any Drop-In class on our schedule free of charge during the semester or attend the class of the level directly under theirs. Please ask your Teaching Artist to determine what Drop-In class is most appropriate for the level of your student. Students have until the end of each semester to make up missed classes from the current semester. Students should email info@balletcolaboratory.org or their teacher to let them know which class(es) they plan to attend as a make up class so that we can prepare our staff accordingly. Please fill-out the make up form at the front desk upon completion of each make up class.
- c. It is imperative that students **prioritize class and repertoire/rehearsal time** throughout the season. Every level is a team that needs each dancer present in the studio to learn, refine, and blossom.
- d. Should a student miss more than 10% of classes, the student's Lead Teaching Artist will contact the student and guardian to request a meeting to support the student in attending class. **The student may be removed from upcoming performances if attendance does not improve as continual training is necessary for dancer safety in performance.**

II. CLASS POLICIES & SUPPORT

We are all here to dance, learn, and have fun! Please see policies and helpful advice below regarding what to do before, during, and after class.

Before Class

1. **Arrive 10-15 minutes before class** to do warm-up/physical therapy exercises.
2. **Be prepared:** be changed with hair up off the neck and out of the eyes, a filled water bottle, and use the bathroom before class.
3. **Fuel yourself!** Dancers are athletes and need nutrition and hydration before class.
4. **Please wear your level uniform** to class. Attire options can be found in V.
5. **Do not wear big jewelry** to class as it can get in the way of your dancing. Small earrings and rings are acceptable. No necklaces or bracelets.
6. Tight-fitting warm-ups are encouraged (no baggy sweatshirts, sweatpants, etc), but **must be removed when the Teaching Artist asks/after a few exercises at the barre.**
7. Please use the time before class to **warm up and prepare for the class mentally and physically.** Phones/electronics are to be left in dancer's bags (in the lobby) so dancers can focus completely on the class ahead of them.

II. CLASS POLICIES & SUPPORT continued

During Class

1. Bring your water bottle/shoes/any necessary items with you into the studio.
2. Please don't hang or lean on the barres; we want them to last for many years.
3. No gum in the studios.
4. **No phones in the studio;** give yourself a screen break and dance!
5. Focus on your dancing during class. Please no chatting or distracting behavior.
6. Mark through the combination as the Teaching Artist demonstrates.
7. Ask questions before a combination begins to ensure you're prepared.
8. If you need to leave the classroom, ask for permission from your Teaching Artist.
9. Refrain from correcting other dancers. Focus on your own dancing.
10. Please keep your hands to yourself and maintain your distance from other students so we can all enjoy the studio and stay healthy.
11. Be supportive. We're all here to work and grow together.
12. Encourage younger dancers and remember that someone is always looking up to you.
13. Don't give up if you make a mistake. Always finish the combination and learn from it.
14. Applaud your Teaching Artist, accompanist, and fellow dancers at the end of class.

After Class

1. Respect the studio space – pick up any trash/mess and gather all belongings.
2. After class you may take photos or videos for personal use. You may share these on social media, just remember to tag Ballet Co.Laboratory on Facebook and Instagram.
3. Wash your hands before you leave the studio to limit the spread of germs.
4. Check with Teaching Artist/front desk on upcoming events.
5. **Please wait in the lobby until your parent/guardian arrives to pick you up** rather than waiting outside in the parking lot so we can ensure the safety of our dancers.

III. LATE POLICY

Dancing is an art form that requires the physicality of a sport. Therefore, muscles should be warmed up through particular exercises. It is important that all students arrive to class on time. The studio will be open at least 30 minutes before every class to allow for students to arrive, warm up, stretch, do physical therapy exercises, and mentally prepare for class. **Should students be more than 10 minutes late to class they will have missed the foot warm up, pliés, and tendus. They will be asked to watch class and assist the Teaching Artist through notes. This is for the student's safety.**

Student may make up classes for which they arrive late. Please refer to make up class policies on Page 2.

IV. PERFORMANCE POLICIES & SUPPORT

Students should conduct themselves in a kind, respectful, and responsible manner during all rehearsals and performances. All students should follow these guidelines at the theater:

1. **Arrive on time** for Call at the theater.
2. **Work together** and help one another backstage.
3. If there is an **emergency**, please alert the Stage Manager, Assistant Stage Manager, and/or a Parent Volunteer immediately.
4. **Be respectful** towards ballet staff, directors, stage crew, chaperones, volunteers, fellow students, etc. 'Thank you' will always go a long way.
5. **No running**, horseplay, pushing, shoving, or negative language.
6. **No talking** is allowed backstage during dress rehearsals and performances.
7. **Clean up after yourselves** and keep all areas including restrooms, dressing rooms, and backstage areas in the manner in which you found them (or better).
8. Remain backstage until the end of each performance. **Students will not be permitted into the theater house or the lobby during the show.**
9. **Parents/Guardians and guests are not permitted backstage.** Students may visit with family and friends in the lobby after the performance.
10. After performances, change into **street clothes before going into the lobby.**

V. CLASS DRESS CODE

Students must wear their level leotard (available at Grand Jeté!) over pink or skin-toned tights and matching shoes with tights tucked inside, OR a fitted white shirt/matching level color shirt, black tights/leggings, and black shoes, OR any form-fitting athletic attire that coincides with the level colors that the student feels comfortable in (please consult your teacher if you have questions about gender-neutral attire options, they will be happy to help you). Skirts or tight-fitting dance shorts may be worn for pointe and repertoire class. This dress code creates level spirit and helps Volunteers during in-studio, tech, and dress rehearsals to know which dancers they are responsible for.

Level Leotard Colors:

- Beginning Ballet - Light Blue
- Level 1 - Seafoam Green
- Level 1.5 - Seafoam Green
- Level 2 - Burgundy
- Level 3 - Hunter Green
- Level 4 - Navy
- Level 5 - Black
- Level 6 - Black/Solid Color (no patterns)

*All students should also own a nude, camisole leotard in their skin tone for performances

For students with long hair, hair should be secured in a bun, twist, or braided updo of any type to remove hair from the face. For short hair, a small ponytail and/or a headband are acceptable. It is important that hair is kept back tightly enough to be secured and out of one's face in turns, jumps, and other movement.

VI. BEHAVIOR POLICY

Ballet Co.Laboratory is an organization that is a home for all dancers, all families, reflective of our community. **As a supportive, positive dance community, all dancers, staff, and parents/guardians are to be respectful of others and themselves.**

We believe in creating great artists, and even better humans. We focus on fostering an atmosphere that ensures **each dancer feels safe, encouraged, and empowered.**

BCL will not tolerate bullying, harassment, or discrimination of any kind. If you experience or witness someone else experience inappropriate behavior, please alert the Lead Teaching Artist and/or School Manager.

Ballet Co.Laboratory is a drama-free dance school. Negative communication, including, but not limited to gossip by students or parents/guardians, will not be tolerated. The exclusion of other students while inside the BCL studio or performance venues is also not welcomed.

Illegal behavior by dancers, including but not limited to drug or alcohol use while at the studio or performance venues will not be tolerated under any circumstances.

Upon receipt of a report, BCL will investigate all complaints as soon as practicable in a confidential and thorough manner. While complete confidentiality cannot be guaranteed, every attempt will be made to use confidential information in a discreet manner.

Dancers and/or parents/guardians who show no regard for this policy or the correction of behavior may be asked to leave the school.

Ballet Co.Laboratory Teaching Values



Every student is welcome



Every student's name is known



Every student receives feedback and hands-on corrections in every class



Every student experiences the joy of dance in every class

VII. PRE-PROFESSIONAL STUDENT SEASON PERFORMANCES

Pre-Professional students dance in professional productions throughout the Ballet Co.Laboratory season. These include:

- a. Holiday Production: all Pre-Professional Students
 1. November 26, 2023– Full Cast A Rehearsal for Holiday Production
 2. December 2, 2023 – Full Cast B Rehearsal for Holiday Production
 3. December 5-8, 2023 – Holiday Production Tech/Dress Rehearsals
 4. December 8-10, 2023 – Holiday Production Performances

- b. Laboratory II: only students in Level 3-6
 1. February 24, 2024 – Laboratory II Full Cast Rehearsal
 2. February 27, 2024 – Laboratory II Full Cast Rehearsal
 3. February 28-March 1, 2024 – Laboratory II Tech/Dress Rehearsals
 4. March 2-3, 2024 - Laboratory II Production Performance
 5. March 8, 2024 – Laboratory II Tech/Dress Rehearsals
 6. March 9-10, 2024 - Laboratory II Production Performance

- c. Spring Production: all Pre-Professional Students
 1. May 4, 2024 - Full Cast A Rehearsal for Spring Production
 2. May 11, 2024 - Full Cast B Rehearsal for Spring Production
 3. May 14-17, 2024 – Spring Production Tech/Dress Rehearsals
 4. May 17-19, 2024 – Spring Production Performances

Performance Agreements & Fees

All students will receive casting within their Performance Agreement at least three months before every production in the season. Performance Agreements should be returned to the office by the date listed on the top of the agreement with the Performance Fee check attached. See more about Performance Fees in 'Tuition, Performance Fees & Payment Policies.' There will be a \$10 late fee added to late submissions.

Full Scene & Full Cast Rehearsals

While building a production, Full Scene and Full Cast rehearsals will be held on select Saturdays (one Sunday) to allow for a smooth transition from Level Repertoire rehearsals to the stage. At times, regular Pre-Professional classes will be rearranged to provide warm up time before Full Cast rehearsals. Please see the online calendar for more specific dates. These rehearsals are also outlined in the Performance Agreements for each production.

Technical/Performance Week

All year long we work hard in the studio to have the opportunity to bring our work to the stage. Technical week in the theater is important to assure smooth performances. Students should be prepared to be at the theaters every night Tuesday - Sunday of Technical/Performance week. Some productions require less technical time. Please mark your calendar with the Technical/Performance weeks listed above.

Absences during Technical/Performance Weeks are not allowed. The only way our performances can be successful is if every member of our production and team is at all Technical/Performance week rehearsals and performances. Please keep the dates outlined above reserved for Technical/Performance Weeks and performances.

VII. PRE-PROFESSIONAL STUDENT SEASON PERFORMANCES *continued*

Hair and Makeup/Tights and Leotards for Performances

Dancers are responsible for their own hair and makeup, unless otherwise specified by a Teaching Artist or Costume Manager. Makeup and hair should be completed prior to arriving at the theater. Volunteers will be backstage to help students in Beginning Ballet/Level 1 and 1.5 with makeup and hair should help be needed.

All students are responsible for owning a nude leotard and a pair of performance tights (no holes, stains, etc.). All students will receive a Performance Guide available online that outlines their makeup and uniform requirements for their role at least three weeks prior to each performance.

VII. LEAD TEACHING ARTIST

All levels will have a Teaching Artist who is appointed the Level Leader. This Teaching Artist will be in charge of keeping the level on task within the monthly goals as laid out by the BCL syllabus. Your Lead Teaching Artist is also your main contact person at BCL for level-related inquiries.

Should you have a question for your Level Lead, please email info@balletcolaboratory.org and write "Lead Teaching Artist Level (write in number here)" in the subject line. Our Front Office will connect you to your Lead Teaching Artist over email.

Email of Lead Teaching Artist first initial followed by last name @balletcolaboratory.org

VIII. TUITION, PERFORMANCE FEES & PAYMENT POLICIES

Tuition for the 2023/24 season can be paid monthly or semesterly. Credit card must be kept up to date on your Mindbody Profile. Performance Fees are respectfully requested by cash or check only. For tuition paid 1-7 days late, there will be a \$25 late fee automatically added to tuition for that month/semester. For tuition paid 7-14 days late, there will be a \$50 late fee automatically added to tuition for that month/semester.

Monthly vs. Semesterly Tuition

Monthly Tuition should be paid according to the schedule laid out in your dancer's MindBody account. Once paid, monthly fees are non-refundable. A credit card must be saved on your MindBody account in order to pay tuition monthly. There is a 2% credit card processing fee and a 3% admin fee added to semester tuition for monthly payments. You may choose at the beginning of the school year to have your autopay on the 1st or 15th of the month, credit card must be saved to MindBody account.

Semesterly Tuition must be paid by check on the first day of each semester - September 7, 2023 and January 4, 2024. Once paid, semesterly tuition is non-refundable; only if injury or sickness occurs will tuition be pro-rated onto your Mindbody account to be used at a later date toward another BCL class, tuition, or intensive. Semesterly tuition paid by check does not include the 2% credit card fee that Monthly Tuition includes.

IX. TUITION, PERFORMANCE FEES & PAYMENT POLICY continued

Performance Fees

At Ballet Co.Laboratory we believe in giving students multiple performance opportunities throughout the year to share their hard work with friends, family, and the community. Building productions can be costly. To cover these costs, students pay a mandatory Performance Fee for each production. The base Performance Fee is \$50.00 for students cast in one role per production. An additional fee is added to the base fee for those students performing more than one role to help cover costume building, tailoring, and repair costs. The exact fee due per production is outlined in your Performance Agreement administered approximately 3 months prior to productions. There will be a \$10 late fee if not submitted on time.

Discontinuing Classes in the Pre-Professional Program

Monthly tuition contracts must be terminated with a written notice 30 days prior to the next scheduled monthly payment. Semesterly tuition contracts can only be terminated at the end of each semester. There are no refunds on tuition, only pro-rates to your Mindbody account for future programs at BCL.

X. PRIVATE LESSONS

Many BCL Teaching Artists offer private lessons in addition to BCL level classes. All private lessons should be arranged with the individual Teaching Artist directly. Studio rental for private lessons ranges between \$15-\$25/hour depending on the studio used for the lesson. Studio rentals should be paid directly to the BCL office with your card on file, separate from Teaching Artist compensation for that lesson. BCL Teaching Artist will be in charge of requesting studio time through the BCL office. Teaching Artist teaching fees are to be discussed with the Teaching Artist individually and paid directly to that Teaching Artist at the time of the class, not BCL. Late cancellations of less than four hours before the lesson will still be charged the studio fee.

XI. INJURY AND ILLNESS POLICY

a. Ballet Co.Laboratory is not responsible for injuries sustained on or near the studio premises or during events/performances. All students sign a Liability Release with BCL when registering for their first class. If a dancer is injured inside the studio, the parent/guardian will be informed immediately. If a dancer is injured outside of the studio, please inform your Lead Teaching Artist immediately. Performing dancers may still attend rehearsals while they are healing to assist their fellow students with choreography and continue to be part of the performance process.

b. If a student is injured to the point of being unable to continue taking class, tuition fees may be pro-rated to the student's MindBody account. Tuition fees cannot be refunded to a credit card, check, or cash.

c. If a student feels sick for any reason, they should participate virtually until they are well. Virtual participation will not be considered an absence. Nevertheless, there is no substitute for-in person class or rehearsal. Students will be encouraged to take a supplemental Drop-In class(es) once they are well to continue to hone their artistry.

d. In the event that a student feels sick on a rehearsal day, the student should refer to their Lead Teaching Artist or the Artistic Director. A virtual portal will be sent to the student so they can take notes and learn the necessary choreography as to not be behind the next week in rehearsals.

XII. COMMUNICATION POLICY

Our staff at BCL will communicate with parents and students in person at the studio, over email, through our monthly student/parent newsletter, and over the phone when necessary. Clear communication is of utmost importance to us. Should you need to get in touch with your Lead Teaching Artist or other BCL staff member, please call the studio or email us at info@balletcolaboratory.org.

At the studio

Before every class, please connect with the front desk to check-in and ask any questions you may have. Should someone not be at the front desk to take a question, please do not hesitate to send an email to info@balletcolaboratory.org or ask a Teaching Artist before or after class. In addition, there are bulletin boards in the lobby and both dressing rooms which will always be updated with schedules, performance information, upcoming classes, and more!

Email

Please use the info@balletcolaboratory.org email to inform us about any absences, questions, or concerns. This email is checked daily. Announcements and schedule changes will be sent via email to the email associated with your MindBody account. Please verify that the email on your account is correct before the season begins so you receive all of the information you need.

XII. COMMUNICATION POLICY continued

Student/Parent Newsletter

Every month September 2023-May 2024, there will be a Student/Parent Newsletter emailed out. Please check your spam/promotions tab if you are not receiving these Newsletters as they contain important information.

Phone

The phone number of our studio is 651.313.5967. Please add our number to your contacts in case of an emergency. There will often be a BCL staff member/director in the office between the hours of 9:00am-4:00pm during weekdays to take your call. If your call is not answered, please leave us a voicemail. In the evenings from 4:00-7:00pm, a Work Exchange Student will be in the office and able to assist with any questions.

Social Media

Please follow us on Instagram and Facebook for updates on what's going on in the studio. In addition, join our Parent/Guardian Facebook Page for important school announcements.

XIII. SOCIAL MEDIA POLICY

- a. Upon registration, you signed BCL's Photo & Video Release which gave permission for BCL to use the image of your dancer, including photography and videography, for the purpose of promotion of BCL without payment or royalties provided to the student/family.
- b. Parents/guardians will be given the opportunity to purchase any photography captured of their dancer for personal use after the promotional period has passed. When posting these photos on social media, please make sure to credit the photographer.
- c. Students are allowed to take photos or videos while at the studio. These photos or videos may be posted to student's personal social media accounts including but not limited to Facebook, Snapchat, Instagram, Tik Tok, Twitter, and/or YouTube. However, the dancer must ask for permission from their respective Teaching Artist, Director, or Choreographer before doing so if it contains choreography that is not their own.
- d. Students must also get consent from their fellow dancers before they share the video or photo online. Please remember that social media platforms are an extension of one's self. All persons associated with BCL act as ambassadors for the school and by extension, any action, whether positive or negative, reflects on the entirety of BCL. Once an action is done, it can not be taken back and there may be consequences.

Please post responsibly.

XIV. SUBSTITUTE & GUEST TEACHING ARTISTS

In the event that a Teaching Artist is unable to teach class, a substitute will be called in. All our substitutes are thoroughly vetted and trusted to teach a high-caliber class for every student. In addition, upper-level students will have the opportunity to take classes with some Guest Teaching Artists over the course of the season. Students and parents/guardians are asked to be respectful and welcoming to all Substitute and Guest Teaching Artists at BCL as they share their experience and passion for the art form with our community.

XV. STUDIO HOLIDAYS NO PRE-PROFESSIONAL CLASSES

- November 22-25, 2023: Thanksgiving Break
- December 22-January 2, 2024: Winter Break
- January 15, 2024: Martin Luther King Jr. Day
- April 6-12, 2024: Spring Break
- May 25-27, 2024: Memorial Day Weekend

XVI. SNOW DAYS

Ballet Co.Laboratory will follow the Saint Paul Public School District's decision on snow days. Should Saint Paul Public Schools decide to cancel only after-school activities, Ballet Co.Laboratory will inform all families/students by 3:00pm that day if classes are canceled. In the event of extreme cold weather, Ballet Co.Laboratory may choose to cancel evening classes for the safety of our dancers. This will also be communicated by 3:00pm via email.

XVII. VIEWING DAYS

After productions, BCL often hosts a video viewing day at our studio so students can enjoy watching the performance they were a part of. Students are encouraged to bring snacks to share, pillows, and blankets to enjoy the viewing event. Dance attire is not required. All Pre-Professional classes are canceled on viewing days. Viewing Days this year are all TBD.

XVIII. PARENT/FAMILY OBSERVATION WEEKS

Twice a year BCL will open Pre-Professional classes to parents, friends, and family to observe class and repertoire time for all levels. There will be one observation week per semester. Further information will be sent out shortly before the observation week.

SEMESTER 1 OBSERVATION WEEK – November 6-11, 2023
SEMESTER 2 OBSERVATION WEEK – March 18-23, 2024

XIX. MID & END OF YEAR CHECK-INS

For both dance students and parents/guardians, it is important to understand the progress being made throughout the semester and season. At Ballet Co.Laboratory, we hold mandatory Check-Ins with students, parents/guardians, and Lead Teaching Artists twice a season. During these Check-Ins, Lead Teaching Artists will discuss areas of strength and areas of opportunity within the technique and artistry of the student. At the end of every Check-In, students and Teaching Artists will set goals for the next semester. In most cases, Check-Ins will be held in place of class times.

Check-In Dates for 2022/23 Season

SEMESTER 1 CHECK-IN WEEK – December 18-21, 2023

SEMESTER 2 CHECK-IN WEEK – May 20-23, 2024

XX. TICKETS TO PERFORMANCES

Tickets for all Ballet Co.Laboratory productions are available on our website under the 'Season' tab. Tickets must be purchased independently of tuition/performance fees. We encourage families to purchase tickets early - we do sell out!

XXI. PARENT/GUARDIAN VOLUNTEERING DURING PRODUCTIONS

At BCL, collaboration is at the heart of everything we do and that includes family engagement during production weeks. We ask each family to give what they can with their time and talents during production weeks. This may vary with each family, but it is our hope to grow a community that values family involvement. Volunteer jobs range from costume and prop transportation to chaperoning dancers backstage during technical rehearsals and performances. All volunteer sign-ups will be made available on our website at least four weeks before production week.

Should a family member be interested in joining our group of Sewing Volunteers, please send an email to our Costume Manager costumes@balletcolaboratory.org. Sewing Volunteers help when able throughout the season with fittings, alterations, stitching, and costume repair.

XXII. VOLUNTEER FEE

A \$100 volunteer fee will be added to your registration. Should family/parent/guardian complete 8 hours of volunteering at performances and events between September 2022 and May 2023, this fee will be reimbursed through May 2023 tuition.

XXIII. TRACK JACKET AND APPAREL

Track Jackets

Ballet Co.Laboratory Track Jackets are ordered twice a year - October and January - to allow all students, families, and community members to submit orders. Order forms will be available on our website on the 'School' page. Track Jackets are \$65.00.

BCL Apparel

Every fall and spring there is a chance to order BCL apparel to show your studio spirit. Orders can only be submitted within a certain window of time, so please watch for information to come in our monthly newsletters.

Cast Apparel

For every Holiday Show and Spring Production, Ballet Co.Laboratory will create a cast shirt. The production's promotional artwork is on the front of all cast apparel and a full list of cast and production members is on the back. This apparel is available to order online two months before every performance. Orders must be completed three weeks before each production to ensure that students can proudly wear their apparel during technical week at the theater. Cast apparel ranges between \$30-40 per item.

XXIV. PROGRESSING BALLET TECHNIQUE©

Progressing Ballet Technique© (PBT) is an innovative body-conditioning and strengthening program that has been designed to enhance students' technique. Dancers focus on training the muscle memory required for all forms of dance. It is a unique training system using ballet-technique-specific exercises to train skill acquisition in a progressive manner from beginning to advanced levels. PBT helps teachers prepare their students to build the strength needed to achieve their personal best by focusing on core strength, weight placement, and alignment of the body with a gradual approach of carefully designed exercises and repetitions of these exercises that trigger their muscle memory. The program is designed with a safe dance methodology to promote a long, healthy career.

This conditioning system uses a variety of equipment including a large exercise ball, small fusion ball, and a 9 ft. medium-weight resistance band. BCL owns this equipment, but we are encouraging dancers to get their own exercise ball, fusion ball, and theraband in order to practice the exercises that are learned in classes at home.

In order to choose the correct size of exercise ball, please refer to this height guide:

Under 4'8" – 45 cm ball
4'8" to 5'3" – 55 cm ball
5'4" to 5'10" – 65 cm ball
5'10 to 6'4 – 75cm ball

MOVE *BEYOND*
THE **MIRROR**