

LABORATORY



A Virtual Emerging Choreography Festival

2021 LABORATORY II PERFORMANCE GUIDE *for parents and students*

Welcome to 2021 Laboratory II! This packet has been created to guide us into a successful film production weekend. Parents and students will need to review this guide carefully, so you know what to expect at the theater. You will also find information on what items students need to bring to rehearsal and filming for this virtual performance.

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ABOUT LABORATORY II

Be moved by Ballet Co.Laboratory's virtual emerging choreographer festival, Laboratory II. Filmed at the Southern Theater, this showcase will feature original works of classical and contemporary ballet created by four local, BIPOC emerging choreographers. New works will be performed by the Company of Ballet Co.Laboratory and upper-level students of The School of Ballet Co.Laboratory.

FILMING WEEKEND SCHEDULE

TECH REHEARSAL - FRIDAY, MARCH 5			
Level	Call Time	Class Start Time	Rehearsal End Time
Level 6	10:00am	10:30am	4:45pm
Level 5	6:30pm	6:45pm	9:15pm
Level 4	5:00pm	5:15pm	7:30pm
Level 3	4:15pm	4:30pm	6:15pm
FILMING - SATURDAY, MARCH 6			
Level	Call Time	Class Start Time	End Time
Level 6	9:30am	10:00am	3:45pm
Level 4	5:45pm	6:00pm	9:15pm
Level 3	3:45pm	4:00pm	7:00PM
FILMING - SUNDAY, MARCH 7			
Level	Call Time	Class Start Time	End Time
Level 6	9:30am	10:00am	3:15pm
Level 5	3:15pm	3:30pm	8:15pm

SCHEDULE NOTES

- ★ Arrive as close to the call time as possible. Arriving early can impact check-in processes and volunteers/staff may not be on site yet. We also want to minimize interaction between each level.
- ★ **All dancers must arrive at the theater wearing their listed leotard/tights and all hair and makeup done BOTH DAYS.** There will not be time to change or do hair and makeup.
- ★ All rehearsals in the theater are closed. Parents and guests are not permitted beyond the lobby.
- ★ We will do our best to start and end all rehearsals on time. However, please note that it is possible for a rehearsal to go over slightly or end early. Thank you for your patience and flexibility by supporting your student during production week!
- ★ There will be no regular level classes for Levels 3-6 at the BCL studios on Saturday, March 6 as students will be filming. All warm up classes will take place at the theater.
- ★ There will be no regular level classes for Levels 3-6 at the BCL studio Monday, March 8 to allow dancers time to rest after filming.

SIGN IN/SIGN OUT PROCEDURES

All students in Level 3 through Level 5 must sign in and out with a BCL parent volunteer. Level 6 dancers will check-in and out with the company.

Check-in/out instructions: Students will check-in/out at the main entrance to the Southern Theater with a BCL parent volunteer. Students may be dropped off at the entrance, or families can park nearby and walk their student to the entrance.

LOCATION & CONTACT INFORMATION

LOCATION

Filming weekend rehearsals will be held at The Southern Theater. [Parking information can be found on their website.](#)

The Southern Theater

1420 S Washington Ave, Minneapolis, MN 55454

CONTACT

Day-of-Performance Emergencies For day-of emergencies during production week, such as an illness, email the volunteer coordinator, Emily Schmall, at volunteercoordinatorBCL@gmail.com AND contact a BCL staff member (try in the following order if you reach a voicemail).

Rachel Koep: (651) 963-8663

Zoé Henrot: (303) 249-1039

Rachel Seeholzer: (818) 605-5717

Anna Roehr: (303) 808-0441

Ballet Co.Laboratory For general questions, contact us at info@balletcolaboratory.org or 651.313.5967.

THEATER ETIQUETTE & EXPECTATIONS

STUDENT EXPECTATIONS

Professional behavior is expected of all students at all times. Students must conduct themselves in a kind, respectful, and responsible manner during all rehearsals and performances. All students should follow the below guidelines at the theater:

- ★ Work together and help one another backstage.
- ★ Be respectful towards ballet staff, directors, stage crew, chaperones, volunteers, fellow students, etc.
- ★ No running, horseplay, pushing, shoving, or negative language.
- ★ No talking is allowed backstage during dress rehearsals and performances.
- ★ 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!)
- ★ Parents and guests are not permitted in the theater or backstage.

FOOD AT THE THEATER

Students should eat prior to arriving at the theater. Students will have one snack break on their filming day (Saturday/Sunday).. Please bring a non-messy snack and 2 filled water bottles to the theater (there is not a drinking fountain on site).

PHOTOS & VIDEO

Photography and video of all rehearsals and performances is prohibited (except when organized by Ballet Co.Laboratory). Copyright of this production is owned by Ballet Co.Laboratory.

COVID PROTOCOLS & PRECAUTIONS

Masks and Temperature Checks

All production staff and volunteers will wear a mask at all times in the Southern Theater and temperature checks will be administered to all who enter the building. Students will be required to wear masks the majority of the time they are in the space as well. We encourage dancers to wear disposable masks for filming weekend and bring a few extra with them as makeup will get on their mask. Performance transparent masks will be provided by BCL.

Level “Pods”

Each level has already been made into a 'pod'. While we are at the theater, Levels will be kept separate from one another with the staggered schedule and not in the studio or theater together at the same time.

Community Wellness Pledge

Please remember that all students and Company have already signed a Community Wellness Pledge stating that they promise to practice safe, CDC encouraged COVID protocols inside and outside of the studio.

- ★ Wearing a mask in public spaces or when in groups including when inside the BCL studio/theater
- ★ Washing my hands often including when I enter and before I leave the BCL studio/theater
- ★ Maintaining 6-foot social distancing inside and outside of the studio
- ★ Checking in with myself and staying home if I feel unwell
- ★ Participating in temperature checks when entering the BCL studio/theater
- ★ Communicating with a BCL Staff member should I be exposed or contract COVID-19
- ★ Self-quarantining away after being out of town and traveling until tested negative for COVID-19

Covid-19 Quarentine & Testing Encouraged

Health professionals know that the best way to protect yourself and others from COVID-19 before an event, such as this filming weekend, is to limit your exposure to others and self-quarantine for two weeks. We ask students and families take precautions especially during the two weeks before filming. During these two weeks, we ask that dancers only physically go to their home, the BCL studio and essential businesses. We understand that parents and family members may not be able to do the same. Additionally, if it is possible for students to virtually attend school for these two weeks, we ask that they do so. The School of BCL is happy to provide students with a letter for their school explaining the need

to self-quarantine between the dates of February 19 – March 5, 2021. Together as a community we can work to limit our exposure to COVID-19 in the two weeks leading up to the filming of *Laboratory II*.

The week before the filming weekend (February 28 - March 4), we encourage and highly recommend students to get tested for COVID as a precaution. The entire Company and BCL Staff will be tested at this time as well. Please consider checking the [COMMUNITY TESTING](#) site events on the MN Department of Health website to find a free, drive-up testing site near you. Please remember to make an appointment early on and to allow time for your results as they can take up to 24-48 hours.

COSTUMES, MAKEUP & HAIR

COSTUME HANDLING RULES

What you need to know

- ★ Students do not keep their costumes or bring them home. Costumes are property of BCL. Costumes will be at the theater upon student arrival.
- ★ Absolutely no eating or drinking anything other than water in your costume.
- ★ All costumes must be hung after use.
- ★ Please hang all costumes on the rack so that the front faces left. Make sure the nametag remains on the hanger of each student's costume
- ★ Be gentle while pulling up your costumes. Start pulling at the waist until it is over your hips. Then, pull by the straps.
- ★ If your costume has a tutu, do not sit in a chair or lie down while wearing your tutu. Do not pull the sides of your tutu up into a "taco" while going through doorways - doing so rips out the tacking in the tutu and causes wrinkles. Instead, tilt your skirt to clear the frame.
- ★ Costumes do not leave the studio or theater without expressed permission from the Costume Manager or Artistic Director.

Additional costume, makeup, and hair notes

- ★ **Arrive at the theater in your warm ups, tights, and leotard (as applicable) with hair and makeup done. You will not be able to change at the theater!**
- ★ All students should bring supplies to the theater to fix hair if necessary (hairbrush, hairspray, bobby pins, binders, etc.).
- ★ Students are encouraged to not share hair brushes, combs, makeup, etc.
- ★ Performance ready hair means no wisps. Use hairspray or gel.
- ★ Boys do not need to wear mascara or lipstick. Light stage makeup is encouraged based on your class level.
- ★ Ballet briefs (if required for your role) are to be worn over the leotard/tights.
- ★ Do not wear any jewelry (unless required for your costume). Personal jewelry is best left at home.
- ★ Remove any nail polish before arriving at the theater.

COSTUME SUPPLEMENTS TO BE PROVIDED BY STUDENT				
Level	Leotard	Tights	Other	Shoes
Level 3	Class leotard for warmups	Pink/Skintone footed tights. Please match shoe and tight color.	n/a	Pink/Skintone ballet shoes. Please match shoe and tight color.
Level 4	Nude camisole leotard	No tights	n/a	Bare feet (may bring ballet shoes for warmups)
Level 5	Nude camisole leotard	No tights	n/a	n/a Socks provided with costume (may bring ballet shoes for warmups)
Level 6	Nude undergarments or nude leotard	No tights	n/a	n/a Socks provided with costume (may bring ballet shoes for warmups)

MAKEUP TO BE PROVIDED BY STUDENT		
Level	Makeup List	Instructions
Level 3	<p>From the choreographer: Light stage makeup.</p> <p>Foundation (to match skin tone) Powder (to match skin tone) Black liquid or pencil eyeliner Black Mascara Nude eyeshadow palette Pink blush (warm tone) Pink Lipstick (warm tone, natural looking, not bold) Make-up remover</p>	Apply all makeup before arriving. Bring makeup along for touch ups if needed. Label all items with student's name.
Level 4	<p>From the choreographer: <i>A basic stage face that allows the face to be seen under stage lights but does not include bright or ostentatious colors.</i></p> <p>Foundation (to match skin tone) Powder (to match skin tone) Eyelashes and glue Black liquid or pencil eyeliner White Kohl pencil Black Mascara Nude eyeshadow palette Eyebrow pencil (to match your natural color) Soft blush (nude/warm tone) Nude/Soft lipstick Make-up remover</p>	Apply all makeup before arriving. Bring makeup along for touch ups if needed.

Level 5	<p>From the choreographer: <i>Makeup and hair will be pretty simple for my piece. Dancers should have a soft, neutral face (maybe a nude-ish lip).</i></p> <p>Foundation (to match skin tone) Powder (to match skin tone) Eyelashes and glue Black liquid or pencil eyeliner White Kohl pencil Black Mascara Nude eyeshadow palette Eyebrow pencil (to match your natural color) Soft blush (nude/warm tone) Nude/Soft lipstick Make-up remover</p> <p>Mime character: white/mime stage makeup</p>	Apply all makeup before arriving. Bring makeup along for touch ups if needed.
Level 6	<p>Foundation (to match skin tone) Powder (to match skin tone) Eyelashes and glue Black liquid or pencil eyeliner White Kohl pencil Black Mascara Nude eyeshadow palette Eyebrow pencil (to match your natural color) Pink blush (warm tone) Nude/Soft lipstick Make-up remover</p>	Apply all makeup before arriving. Bring makeup along for touch ups if needed.

HAIRSTYLES	
All Levels	Hair Instructions
Level 3	Middle part with two braids into a low bun.
Level 4	Any style that is off of the face and preferably no half up/half down. Examples: ponytails (high or low), different braided styles, buns, etc.
Level 5	Low ponytail with a middle part.
Level 6	Hair half-up/half-down in different styles.

PARENT VOLUNTEERING

At Ballet Co.Laboratory collaboration is at the heart of everything we do - and that includes family engagement during productions. We are in need of volunteers to assist with costumes, load-in/load-out, and student sign-in/sign-out at the theater.

For all volunteer roles, please sign up early and no later than February 27.

View roles and sign up online at:

<https://www.balletcolaboratory.org/volunteering>

TICKET INFORMATION

Order tickets for Laboratory II performance [online](#). Your link purchase is good for both days of the festival - March 20 and 21.