



PERFORMANCE BOOT CAMP 2025

Live out your passion all day every day in NECCA's most intensive performance-centered program! You'll spend your days developing your individual act with guidance in circus, theater and dance technique with additional professional development classes, movement research, ensemble work, performance refinement, and holistic exercise sessions to round out a full body training and creation experience. Train and create in our incredible custom built facility including an in-ground foam pit, trampoline, 40' and 24' rigging points, and air conditioning. All this while surrounded by the natural beauty of a Vermont summer.

What is included:

- One-on-one instruction for act creation
- Group classes to create an ensemble show including physical theater, dance and partner acrobatics
- Guidance on stage presence & performance quality
- Act creation support including how to pick music, how to structure an act, etc
- Photos & video of the final performance

Who?

This program is for pre-professional circus students who want to strengthen their performance skills and make an act that will be performed at the end of the program. (Age 16 and 17, please inquire about participation in this adult-focused workshop by emailing esmith@necenterforcircusarts.org.)

When?

Sun July 13 (orientation) – Sat Aug 2

Mon - Fri 9 am - 4:30 pm or 5 pm, with a final performance on Sat Aug 2 at 7 pm

The exact schedule will be shared by June 15.

There will be a virtual pre-workshop meeting on Monday June 16, at 7 pm.

What?

Your days include group training, private focus time with a coach in your skill area, and open training times for you to practice and rehearse. Group classes will focus on movement qualities and research, stage presence, act composition, ensemble work, career guidance classes, flexibility and conditioning, dance choreography and technique, and restorative exercise sessions to refine movement patterns and create clean lines. Each student will have four hours of one-on-one coaching time per week to train skills and devise and act in their chosen focus area, bringing the total hours of training to 30 plus per week. There will also be open training time included every day.

The program culminates in a performance that showcases individual acts as well as fully devised vignettes and transitions. Photos and video of the show are included.

Circus focus areas include:

- Hand Balancing
- Partner Acrobatics
- Trampoline, Mini Tramp & Tramp Wall
- Trapeze (single point, double point, duo, swinging)
- Fabric
- Rope
- Chinese Pole
- Straps
- Lyra & Tippy Lyra
- German & Cyr wheels
- Wire
- Juggling & Manipulation
- Aerial Sling or Hammock
- Cloud Swing
- Bungee
- Aerial Pole
- Invented Apparatus

Who are my coaches?

The program is directed by Leah Lear, and assisted by Levi Helton. A variety of other coaches from the NECCA team also coach, and you can see their details [HERE](#).

How much?

\$2500 - deposit of \$1250 due two weeks after acceptance, balance due July 1.

*There is a 5% discount off the Performance Boot Camp for students who also participate in [Summer Intensive A](#).

Are there any financial aid?

We have a few financial aid options available. Please check [HERE](#) under "adults" for the application form.

How do I apply?

Please fill out the [online application](#) with your video submission of your most recent work or performance on the discipline that you will use in Boot Camp. Some exceptions can be made for experienced performers wishing to use Boot Camp as a place to create on a new discipline. Applicants are selected based on technical development and creativity. There is a limited amount of space for each discipline/apparatus.

Please also demonstrate as many of these core skills as possible:

1. Forward roll and dive roll
2. Cartwheel: (both sides)
3. Handstand: against a wall or free-standing
4. Back bridge: push up from laying on ground
5. Splits: left, to straddle (center), to right
6. Pull-ups: please show that your feet are not on the ground at the start/end of the skill

There is no deadline for applying - we have rolling admissions until the program is full. However, we have limited spots for each apparatus so applying early will assure you the spot you are dreaming of and we highly recommend completing your application before March 1.

What does a typical day look like?

9-10 am	group warm up
10 - 11 am	group creation time
11:30 am - 1:30 pm	one-on-one lessons & open training
LUNCH	
2:30 - 4 pm	group class including partner acrobatics, dance, etc
4 -4:30 or 5 pm	group physical preparation & cool down

About Brattleboro, VT

Get the best out of your circus training while enjoying the fun and beauty that summer in Vermont has to offer. Enjoy swimming, hiking, biking, and kayaking—practically from NECCA's front door. The West River is steps away and includes a miles-long riverfront trail, water access for boats and swimmers, and a waterfront restaurant to end your day with good food and company. The vibrant downtown is just one mile away—with cafes, restaurants, galleries, movie theaters, and performance venues for music and entertainment.

There are many summer sublets and homestay options in Brattleboro, many of which can be found through our facebook page "Destination NECCA". Check [HERE](#) for general information and more details will be available before the program begins.