

Dear Technique Intensive Families,

Welcome to the Technique Intensive! Whether your dancer will join us for one week or two, the entire focus of this program will be on improving your dancers' ballet technique. Complimentary skills will be offered to enhance their personal knowledge and confidence. At this stage in a young dancer's training the focus will be on building a strong technical foundation. For some young students it may feel like they are not dancing very much in ballet, because the focus at this stage is on correct alignment, positions, initiation, and line. However, it is crucial to really take the time to make sure those foundational elements are engrained and strong. As they mature, excellence will be easily attainable due to this strong foundation. Though the work can be rigorous, we will work to make their experience joyful and rewarding.

Typical Schedule:

- 9:00-9:45 Conditioning and Journal
- 10:00-12:00 Ballet Technique
- 12:00-12:30 Technique Clinic
- 12:30-1:15 Lunch
- 1:15-2:00 Pre-Pointe or Pointe
- 2:00-3:00 Repertory/Personal Effects/Dance History, Character (depending on group and day dancer may not be offered all of these)

Journal: French Ballet Terminology, corrections, inspiration. Dancers who already have a journal from Dance Camp 101 should bring that in and continue working in it. Journals will be provided for all other dancers.

Technique Clinic: Following ballet class a clinic to work on specific aspects of technique including port de bras, adagio, turns, jumps.

Personal Effects: Dancers in the oldest group will learn how to make the perfect ballet bun, stage make-up for beginners, and proper hygiene. Make-up: [Here](#) is the Ben Nye complete kit, or if you already have these items then just bring those.

Repertory: A variation or piece of choreography taught from the classical ballet. Week 1 will learn the Waltz of the Hours from Coppelia. Week 2 we will learn some of the Swan Lake

Dance History: The study of ballet's rich and varied history from the French and Italian courts through today. Week 1 will highlight Coppelia and Harlequinade. Week 2 will highlight Swan Lake and

Handwork: Basic sewing skills introduced to make sewing shoes in the future with skill and ease.

Dress Code

- Dancers are expected to arrive in dress code.
- Girls: pink or flesh tone tights, shoes must match tights, a solid color leotard (no particular color required in the summer) hair in a neat bun, only small earrings or necklace permitted.

Boys: black tights or shorts, white fitted t-shirt, white socks and black shoes

Groups

Dancers will not be grouped strictly by school grade or year level. We ask that everyone come with an open mind and avoid making assumptions or expectations about who they will be in class with.

Each dancer will be placed in the group that best supports their individual growth, learning, and development. Placements are made thoughtfully based on what will help each dancer progress, and may not always include friends or classmates.

Our priority is to keep class sizes small so every dancer receives the attention and instruction they need to thrive. There will also be dedicated social times throughout the day, giving dancers plenty of opportunities to connect with friends across all groups.

We encourage dancers to view their placement not as a reflection of their ability or "level," but as an opportunity to focus on their own personal growth, build confidence, and get the most out of their experience.

Dancers will be working in large groups in the afternoon and there will be time for socialization at lunch.

- **Studio C:** Sapphires
 - **Studio B:** Rubies
 - **Studio A:** Emeralds
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What to bring:

- Pack healthy snacks, lunch, and a water bottle.
- Please label all belongings.
- Foot care for dancers who are on pointe. In the summer it is typical to get more blisters from the heat and feet swelling.
- No need to bring yoga mats
- Dancers in Emeralds should purchase pink ballet slippers, if they do not have and we will be sewing ribbons on shoes the first day of each week.

Please remember PDT has a no cell phone policy. Please remind your dancers that this time is dedicated to their growth and enrichment as a dancer and that phones should not be used during the day.

End of Week Showing

Parents are welcome to join us Friday afternoon at 2:30 for a demonstration of classwork and classical repertory each week.

Faculty:

- [Maggie Bucko](#)
- [Hannah Cherry](#)
- [Rachel Collins](#)
- [Anna Varta \(Character week 2 only\)](#)
- [Joy Delaney Capponi](#)

All faculty will be in the studio teaching and may not get back to you right away. We will get back to you during lunch or at the end of the day. Please text any messages to 215.247.4272.