

Hello, dancers and parents; dancers, please read this email WITH your parents and translate for them if necessary. It is your responsibility and privilege to do so! PLEASE read all of this. It has a lot of information, but it is important for your success!

(Some of your guest teachers are also copied on this email!) Your teachers come to you with a wealth of experience and expect you to come ready to work. Come to class on August 7th with a humble heart that is prepared to sweat and give all you have. That is what I expect! I also expect you to have fun!

I hope that you have been keeping up with CHECKING our website, BalletHaven.com where I have been posting updates to our BalletHaven Instagram which you can see in the GALLERY on the BalletHaven site EVEN IF YOU DON'T HAVE AN INSTAGRAM ACCOUNT. I've said this before so I really appreciate those of you who have been listening! :0) There is a link to that place on our site [here](#).

I will continue to post some minor reminders on our Instagram. BUT you'll also notice that on our site there is a tab marked SUMMER INTENSIVE 2017. That is where you should be checking regularly (every day or every other day if possible) for any updates or changes EVEN DURING the Intensive. The link to that tab is [here](#).

Did you know that your reputation as BalletHaven dancers is so well-respected in our city that someone heard about our Intensive and BOUGHT us another ballet barre! What an honor to be a part of this dance family! <3

I know you're wondering, so here is a quick look at our daily tentative schedule for the week. It might change slightly.

Daily Schedule

9:30am Arrival

9:45am-11am Ballet

15minute Fruit and Water break

11:15am-12pm African-Caribbean Technique

12-2pm Repertoire (BalletHaven Choreography); Friday will be a **PARENT AND FRIEND OBSERVATION DAY DURING THE AFTERNOON!**

Here are some things you need to know as we are just over 1 week away from our Intensive together!

1. Be sure you have paid your fee or contacted Ms. Whitaker with your payment plan! You cannot dance without it. Keep in mind that most dance intensives are hundreds of thousands of dollars. I encourage you to look them up. This program is LARGELY a scholarship program—even with your \$10 fee. This comes with expectations. Those expectations include:
 1. Being on time. AND being picked up on time.
 2. Being respectful of your space.
 3. Continually trying—even when it's hard (and it WILL get hard as you dance for over 4 hours a day.) Do it anyway—with discipline and dedication.
 4. Complete your homework in your dance journals. As with all BalletHaven events, this is about MORE than just dance. This is about YOU. So, yes, you will be provided brand new journals and will be expected to record your corrections, thoughts and reflections DURING the day/break time AND each night. These should be thoughtful and not just scribbled together before you run in before class. Do it with purpose. That is the only way to grow.
 5. Show respect towards our dance sisters. Your only competition is yourself. REFUSE to compare yourself to anyone else. Fight the voices in your head that tell you otherwise.
 6. Show respect towards your dance teachers. Ms. Whitaker has been dancing and teaching longer than you have been alive. :) So you must trust that the people who are coming into our space are the RIGHT people. Those are the ONLY people I allow near you—my dancers. No hands on hips or arms crossed which says to your teacher that you are bored or uninterested; watch your body language.
 7. PRACTICE.
2. Get your dance dress code ready: black leotards, pink tights, AND FLESH COLORED tights (MAKE SURE TIGHTS ARE CONVERTIBLE), ballet shoes (You can get all of this at DiscountDanceSupply.com for very cheap!) If you cannot use Discount Dance, call Tom at the Dancers Shoppe in Hamden. It is across the street from

Hamden Middle school. CALL HIM FOR DIRECTIONS BECAUSE THEY ARE WRONG ONLINE. Tell him "Kesa from BalletHaven sent you and that he said he would match the prices on Discount Dance if I sent my dancers there. Here is his number: 203.645.9741.

3. The dress code is as follows:
 1. black leotard (any style, preferably 3/4 length or camisole)
 2. pink tights OR YOUR flesh color tights underneath your leo for morning class
 3. You may wear black tights OVER your leotard (change tights) for afternoon class
 4. Ballet shoes for ballet—if you have flesh colored tights, please DYE your shoes your skin color; you can do this using make-up foundation (There are TONS of YouTube videos about this; you may also contact Ms. Whitaker if you need help.)
 5. Make sure your tights are CONVERTIBLE, that means you can roll them up.
 6. Bring a wrap or scarf that can fit around your waist for our Afro-Caribbean technique class.
4. Please bring water with you EVERY day.
5. If you can, bring an extra leotard.
6. The address of our space is not located far from Fair Haven School. It is very very close. I will be sending another email in 1-3 days with the address.
7. You will also receive some paperwork that MUST be signed by your parent. It will be mailed out and must be brought with you (ALONG WITH YOUR PAYMENT FOR THE INTENSIVE, IF YOU HAVE NOT DONE SO) on the first day.
8. We will have a small performance for family and friends at the end of the week to show off what we've learned!
August 11th at 1pm. Tell your family now!

Your Next Step:

Here is what you must do IMMEDIATELY so that we are prepared to welcome you for a week of dance!

1. Reply to this email with your DANCER NAME and ADDRESS.
2. Please reply no later than Tuesday, August 1st.
3. Keep stretching, and watching the BalletHaven site for any updates!

Be expecting to hear from us again soon!

Love,

Ms. Whitaker (and Ms. Bunton!)



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