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# Advanced Ballet Intensive 2018

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**July 9- 20, 2018**

Welcome to the intensive! We are excited that you have chosen to improve your skills at the BYU Advanced Ballet Summer Intensive! Parents and participants: Please carefully read the following information regarding the intensive. For questions, call BYU Conferences and Workshops at 801-422-8713.

**\*\*IMPORTANT NOTE\*\*** Participants and parents: For updates, including check-in time and location, please check the information packet again online one week before the ballet intensive begins.

## **CHECK-IN**

## **ALL PARTICIPANTS MUST CHECK IN**

**Monday, July 9, 2018**      **11:30 a.m.–12:30 p.m.**    **Heritage Halls, Central Building (126 HRCN)**  
(Parking in any “B”=Purple or “G”=Red or “V”=Visitor Lots—see [map.byu.edu](http://map.byu.edu))

- **Lunch will NOT be provided on Monday at check-in.**
- Parents and participants may park at Heritage Halls during check-in.
- Intensive agendas, meal tickets, T-shirts, and room assignments will be given out during check-in.
- Participants staying on campus should check into the residence halls before orientation.
- **Late arrivals should go to the Heritage Halls Central building to check in.**

We are sorry for any inconvenience but there will *not* be any early bird check-in.

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## **ORIENTATION**

Orientation begins at **1:00 p.m.** in room 283 Richards Building (RB). If you are staying in campus housing, be sure to take your belongings to your room before orientation. Come dressed for the placement class that immediately follows orientation, with dance attire underneath your street clothes. At this time, dancers will be placed into two different levels for technique and pointe classes throughout the workshop.

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## **GENERAL SCHEDULE**

Here is the general agenda for the week, except the first day (a detailed agenda will be handed out at check-in):

9:00 a.m.	Breakfast ends
9:30 a.m.	Technique classes
11:00 a.m.	Pointe/Men’s conditioning
Noon	Lunch
1:30 p.m.	Choreography rehearsals
3:00 p.m.	Supplemental Classes
5:15 p.m.	Dinner and free time with counselors

7:30 p.m. Counselor activities  
 10:00 p.m. Counselor devotional, head count, and bed check  
 10:30–11:00 p.m. Lights out!

## NON-HOUSING PARTICIPANTS

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Non-housing participants may be dropped off (at 9:00 a.m., to do own warm-up and be ready for class at 9:30 a.m.) and picked up (at 5:00 p.m.) each day at the Richards Building NW doors, with the following exceptions:

<b>Monday, July 9</b>	<b>Drop-off:</b>	11:30 a.m.HRCN 126—Check-in (Pickup at 5:00 p.m., RB)
<b>Tuesday, July 10</b>	<b>Drop-off:</b>	<b>Level 3 Students:</b> 8:15 a.m., Richards Building, NW doors— Earlier class <b>Level 4 Students:</b> 9:00 a.m., Richards Building, NW doors— Regular class
<b>Friday, July 13</b>	<b>Pickup:</b>	10:00 p.m. Heritage Halls, Bldg 14—Pizza Party (dinner provided)
<b>Saturday, July 14</b>	<b>Drop-off:</b>	10:15 a.m., Heritage Halls, Bldg 14—Rec Center (lunch provided)
	<b>Pickup:</b>	5:00 p.m., Heritage Halls, Bldg 14
<b>Sunday, July 15</b>	<b>Drop-off:</b>	7:30 a.m., Heritage Halls, Bldg 14—Temple Square (NO lunch provided)
	<b>Pickup:</b>	1:00 p.m., Heritage Halls, Bldg 14
<b>Wednesday, July 18</b>	<b>Drop-off:</b>	<b>Level 3 Students:</b> 9:00 a.m., Richards Building, NW doors— Regular class <b>Level 4 Students:</b> 9:00 a.m., Richards Building, NW doors— Regular class
<b>Thursday, July 19</b>	<b>Pickup:</b>	8:00 p.m., Heritage Halls, Bldg 14 —Closing Banquet (dinner provided)
<b>Friday, July 20</b>	<b>Drop-off:</b>	7:30 a.m., Richards Building, NW doors
	<b>Pickup:</b>	12:00 p.m., Richards Building, NW doors—Conclusion of showcase

**\*Note: Unfortunately, non-housing participants will not be invited to attend evening dances or counselor activities other than those listed above. Parents should make arrangements to promptly pick up their dancers after class each day as they may not be supervised after that time.**

## CHECK-OUT

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The last day of the intensive housing participants will check out of their residence hall that morning before rehearsals begin. They will then take their things and store them in a secured room in the Richards Building. Counselors will help with all checking out to avoid being charged for linens, keys, etc. Housing for Friday night is not included in the intensive package so make arrangements as needed. **Parents:** After the final showcase please watch and enjoy a camp slideshow while you're child gathers their things in the hall. Participants will not be required to have special permission to leave campus. Make arrangements as needed to pick up your young dancers on time if not attending this final performance.

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***BYU Campus Accommodations will bill you \$30 if you lose your key. Please keep track of your key!***

## **FINAL SHOWCASE**

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### **Friday, July 20, 11:00 a.m.–12:00 p.m., 169 RB**

Families of all ballet intensive students are invited to attend a final informal dance showcase. Parking will be available in the residence hall parking lots labelled with a B or in lot 37Y, north of the football practice field (IPF) and east of Zions Bank (see the BYU Map link under “Campus Maps” on the General Information portion of our website). Youth may leave with their families following the showcase.

## **FOOD**

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Cannon Center meal cards for campus housing participants during the intensive cover all meals from dinner on Monday to breakfast on the last Friday of the intensive. Please keep track of your meal card, which must be presented at each meal. For non-housing participants, included meals are lunches on weekdays (except for the first Monday) plus dinner on the first Friday and last Thursday of the intensive. Additional meals may be purchased at the Cannon Center for \$7.25 to \$14.00 per meal.

## **HOUSING**

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Campus housing runs Monday at check-in through the second Friday afternoon. Your residence hall room is furnished with linen, bedding, towels, and a lockable pullout drawer for valuables (padlock must be provided by the participant). It is possible that the height of your bed may be three to four feet above the floor. Since we cannot change the setup of the room, alternate accommodations should be made if this poses a problem. You may wish to bring a light blanket since air conditioning in the residence halls is on and extra bedding is not provided. Messages can be left for those staying in campus housing by calling the Heritage Halls front desk at (801) 422-4421.

***BYU Campus Accommodations charges \$30 for lost keys! Lanyards will be provided.***

Roommates are assigned two to a room by preference or by age. Overnight counselors are provided on each floor. Each evening will end with a head count, short inspirational thought, and prayer (lights out at 11:00 p.m.). Please be aware that overnight counselors are authorized to enter a youth participant's residence hall room when deemed necessary. For your safety, buildings are locked each night at 11 p.m. and are reopened the next morning at 8 a.m.

There will **not** be any early bird check-in.

## **CHECKLIST OF ITEMS TO BRING**

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### **All Dancers**

- Proper support foundation clothing
- Long pants
- Socks
- Tennis shoes
- Swimsuit—make sure swimsuits are modest in fabric, fit, and style; boys, no Speedos; girls, modest one-piece suits (no cut outs). Tankinis will only be allowed if they function as a one-piece (plenty of overlap between the top and bottom pieces so that even during activity the stomach will not be exposed). If your suit is cut too high on the bottom or too low at the top, you may be asked to wear a shirt or shorts over it.
- T-shirts
- Knee-length shorts
- Sweats or knee-length skirts (to wear over dance clothes around campus)
- Sunscreen
- Beach towel (for Seven Peaks)
- Dress pants
- Sweater or jacket
- Money for emergencies such as prescriptions, or for optional snacks, souvenirs, and additional activities
- Padlock (optional)
- Personal items
- Alarm clock

### **Boys**

- White or black ballet shoes with matching socks
- Jazz pants (black)
- Character Shoes with non-rubber soles with 1"-2" heels
- Black tights
- Fitted white T-shirts
- Warm-ups
- Dress shirt, pants, and tie for Sunday services, youth dances (if 14 or older), closing banquet, and performance

### **Girls**

- Modest black leotard that can be used as a basic for the final performance
- Solid-colored leotards—straps should be at least one inch wide. No low backs, spaghetti straps, halters, see-through mesh or lace, or sports-style bras (that can be seen) are allowed. NOTE: Please make sure the backs of your leotards are high enough to cover a normal bra, and that the straps on leotards are one inch wide. Please be sure fronts are appropriately modest in height.
- Convertible black tights for modern classes
- Pink tights (convertible)
- Black ballet skirt—upper thigh, ties around waist
- Pink ballet shoes
- Pointe shoes (enough to last the two weeks) **only if you are currently on pointe**
- Character shoes- hard soled and with 1'-2' heels
- Character skirt - length should be to the bottom of the knee
- Warm-ups

- Thera-band
- Hairnets, bobby pins, hairspray \***Hair must** be worn off face and in bun, pinned and sprayed!
- Any other first-aid necessities you may need for feet/blisters/pointe work (Band-Aids, corn pads, Neosporin, toe tape, small scissors, toenail clippers, Epsom salts, jet glue for pointe shoes, etc.)
- Dress, or nice blouse and skirt (knee-length or longer) for Sunday services, youth dances (if 14 or older), closing banquet, and performance

**Note: Tank tops, sleeveless or spaghetti-strap tops, and shorts/skirts above the middle of the knee are not allowed in the cafeteria or around campus. Outside the studios, dancers should wear sweats or other clothing over their dance clothes when in the cafeteria and walking to and from class. When selecting your wardrobe for the intensive, please make sure your clothing allows you to raise your arms above your head without showing your stomach. Please see the Honor Code link under the “General information” tab on our website.**

**Items to leave at home:** Short shorts/skirts/dresses/shirts, low-rise pants, tank tops, low-back or spaghetti-strap leotards, rollerblades, skateboards, water pistols and squirters, water balloons, fireworks, firearms, and knives. These items are inappropriate to bring to campus and will be confiscated upon your arrival. We also discourage you from bringing expensive items, and excessive cash.

## **SOCIAL DANCES**

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We will be combining with sports camps and have social dances throughout the camp. These dances are for participants age 14 and older—**no exceptions**. Dancers must be 14 by the day of the dance to be allowed to participate. Alternate activities are provided those evenings for participants 13 and younger. Tuesday dances are informal dress, and Thursday dances are formal (Sunday dress).

**Shorts, midriff tops, sleeveless shirts, low-cut blouses and tank tops are NOT allowed at dances. Participants who are dressed inappropriately according to the BYU Honor Code will not be permitted attend the dances. Please see the Honor Code link under the “General Information” tab on our website.**

## **WATER PARK EXCURSION**

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Bring your swimsuit, your own towel, and sunscreen for an exciting and relaxing trip to Seven Peaks Water Park on Saturday. Please be generous with sunscreen to avoid burns. The towels provided for housing participants may not leave the residence halls. Please make sure swimsuits are modest in fabric, fit, and style; boys, no Speedos; girls, modest one-piece suits (no cut outs). Tankinis will only be allowed if they function as a one-piece (plenty of overlap between the top and bottom pieces so that even during activity the stomach will not be exposed). If your suit is cut too high on the bottom or too low at the top, you may be asked to wear a shirt or shorts over it.

## **STANDARDS**

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Youth attending the BYU Ballet Summer Intensive must maintain BYU standards. Included in these high standards are integrity; respectful language; morality; abstinence from tobacco, alcohol, coffee, tea, and harmful drugs; and modesty in dress. Females are allowed only one piercing per ear. Males may not have any piercings. All hairstyles should be clean and neat. Extreme hairstyles are unacceptable. Athletic shorts are acceptable only in the PE and housing areas; shorts worn in other areas must be knee-length. No midriff tops, sleeveless shirts, or tank tops are permitted. Dress and grooming standards are strictly enforced on campus. Failure to comply

with these standards may result in a request to make appropriate changes and/or dismissal from the workshop. Due to safety and liability concerns, any participant found in or entering campus construction areas will be subject to immediate dismissal (see the Honor Code link under “General Information” tab on our website).

**Involvement in any of the Big Five will result in your being sent home immediately:**

1. Participating in or encouraging sexual relations, or immoral behavior of any kind, viewing or sharing pornography in any form, sexting, or using vulgar or inappropriate or suggestive language, verbally or in text is not allowed.
2. Shoplifting, theft, or vandalism of any kind.
3. Possession or use of tobacco, alcohol, coffee or tea or any illegal drugs or substances is prohibited. Prescription medicines cannot be shared with anyone.
4. Possession of weapons or firearms of any kind.
5. Doing anything harmful to yourself or others physically, spiritually, or emotionally, including bullying.

## **SUPERVISION**

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ALL participants will be assigned a counselor. Counselors supervise all housing and recreational activities. Students are responsible to the intensive counselors during sessions and during free times. Participants should never leave their group or counselor. Students who leave their group and go off on their own are subject to dismissal from the intensive. While attending the dancing sessions, participants in this intensive will be supervised by the instructors. However, there may be some situations in which the participants are unsupervised—for example, when they are walking to the eating areas and during limited free time, although participants are usually in groups during these times. This should be taken into consideration when evaluating the participant’s eligibility to attend this intensive.

## **SECURITY RULES**

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- ▶ Do not bring a large sum of money or expensive items to the intensive.
- ▶ Do not leave equipment and luggage unattended.
- ▶ Do not walk alone on campus or leave campus without an instructor, counselor, or staff member.
- ▶ Non-housing participants: Be sure to coordinate an exact time and place to be picked up by your ride each evening. Please make sure your ride is prompt.
- ▶ Always keep your room and valuables drawer locked (bring your own padlock).
- ▶ Bed check and lights out are at 11:00 p.m. Never leave your room after head count.
- ▶ **Clearly label all personal items you bring to the intensive, including dance shoes.**

*Brigham Young University is not responsible for lost or stolen items.*

## **PERSONAL VEHICLES AND PARKING**

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Participants staying off campus who drive to the workshop may park their personal vehicles in the residence hall parking lots labelled with a B (20B, 22B), Lot 26G, Lot 2V, or in any lot labelled with a Y for the daytime only. The lot closest to the Richards Building is lot 37Y, found north of the football indoor practice field (IPF) and east of Zions Direct (see the BYU Campus Map on the General Information portion of our website).

Although farther away, Helaman Halls parking lots labelled 41C are also available for daily and overnight parking.

Those staying on campus who plan to drive their own car or motorcycle to the intensive should be prepared to lock their vehicle and leave it parked. Vehicles may be parked in Lot 20B or Lot 45U overnight ([map.byu.edu](http://map.byu.edu)). Personal vehicles may not be used during the intensive, and participants must never transport others. Violation of this rule may result in dismissal from the intensive.

To help you enjoy your stay as a guest of BYU, please remember that disability stalls, dean and official stalls, service stalls, red curbs, etc., require special permits. Parking in any of these stalls without the proper permit will result in a parking citation. Please remember that timed stalls are enforced for the time posted.

## **SHUTTLE TO AND FROM SALT LAKE CITY INTERNATIONAL AIRPORT**

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Commercial shuttle services are available between the Salt Lake International Airport and BYU. For reservations and pricing, contact Express Shuttle at 1-800-397-0773. For those traveling from the airport directly to the BYU dorms, Express Shuttle offers a small discount.

## **RISK MANAGEMENT WAIVERS**

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Risk Management forms will be emailed to participant emails before the camp begins. Please bring these filled out in blue or black ink to check in. If you have questions please contact our office at 801-422-8713.

## **INSURANCE**

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Adult participants and parents/guardians of minor participants are solely responsible for personal insurance coverage during this program.

## **ILLNESSES AND INJURIES**

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For minor illnesses, participants may choose to remain in their residence hall rooms or at home. Counselors must be notified in such cases. Parents of participants incurring a serious illness will be contacted to discuss the course of action. If parents or guardians cannot be reached, the sick participant may be taken to the hospital for treatment.

Unfortunately, the dance training facility will not be available to participants. Students will have access to ice and a basic first-aid kit should any minor injuries occur. Major injuries will be handled by the office staff by contacting a parent or legal guardian to determine a course of action. With permission from a guardian, dancers may be transported to a local hospital, emergency room, or clinic, but should not plan on using the dance training facility as they may have done in previous years. Dancers are encouraged to begin strength, flexibility, and nutritional training prior to the intensive to minimize the risk of injury during their stay. Our office must have on file a medical release form that should have been completed at the time of registration. For questions or to update the release form, please contact 801-422-8713.

## **REFUNDS**

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Only a participant and his or her parents have the authority to request a refund. A refund (minus \$25 nonrefundable) will be granted for all cancellations requested by 4:00 p.m. 30 days before the camp begins. No

refunds will be given after this deadline. If the program is canceled, a full refund will be given. The simplest way to cancel an intensive registration is to log into the participant's account online and process the withdrawal. You may also call 801-422-8925 to cancel an intensive registration. BYU cannot be held responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions in the event of program cancellation.

**For questions about the material discussed above, please call BYU Conferences and Workshops at 801-422-8713. We look forward to seeing you soon at the Advanced Ballet Summer Intensive!**