

# CORE TRAINING TECHNIQUES SUMMER RETREAT APPLICATION

June 21-24, 2021 in Phoenix, AZ

## Contact Information/Personal Facts:

Name: \_\_\_\_\_ Age: \_\_\_\_\_ DOB: \_\_\_\_\_

Address: \_\_\_\_\_

Cell Phone: \_\_\_\_\_ Email Address: \_\_\_\_\_

Social Media (if they have it, NOT required!): \_\_\_\_\_

\_\_\_\_\_

Parent/Guardian Names: \_\_\_\_\_

Parent/Guardian Phone Numbers: \_\_\_\_\_

Parent/Guardian Emails: \_\_\_\_\_

Emergency Contact Name & Phone: \_\_\_\_\_

How many years have you been dancing? \_\_\_\_\_

Home Studio: \_\_\_\_\_

Additional Training Studio/Programs: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Primary Dance Teachers: \_\_\_\_\_

\_\_\_\_\_

Other Important Influencers/Mentors: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What grade will you be entering for the 2021-2022 school year? \_\_\_\_\_

When does your start school? \_\_\_\_\_

**Training - Some of this may not apply to you. If that's the case simply put N/A**

Help us get an understanding of your training and experience. It is not a negative if you do not do some of the skills below. This just gives us a better idea of what your physical demands are in your weekly training, so we can assist you better.

On average how many days a week do you dance? \_\_\_\_\_ How many hours per week? \_\_\_\_\_

Are you on pointe? If yes, for how long? How many hours a week and what level? \_\_\_\_\_

Do you have any partnering or pas de deus experience? If yes, is it part of your regular training or just at special events/training venues. \_\_\_\_\_

Do you have experience dancing in heels? \_\_\_\_\_ Do you feel confident in them? \_\_\_\_\_

If yes, what style of heel do you dance the most in? Please circle your preference below.

Ballroom

Musical Theater

Commercial

What styles of dance classes do you take? \_\_\_\_\_

Are you currently doing any cross training? If yes, please describe. \_\_\_\_\_

Are you taking any additional classes such as acro, aerial, voice, acting, etc...? \_\_\_\_\_

What are your favorite styles of dance, feel free to include any specialty genres too. \_\_\_\_\_

Are you a part of any performance, competition, or training companies/teams with your home studio or other programs during the year? \_\_\_\_\_

On average how many times a year do you participate in performances? \_\_\_\_\_

On average how many times a year do you compete? \_\_\_\_\_

**Personal Goals - can include a variety, including academics & non-dance related goals**

Short Term: \_\_\_\_\_  
\_\_\_\_\_

Long Term: \_\_\_\_\_  
\_\_\_\_\_

When you are older are you interested in College/University/Conservatory programs? \_\_\_\_\_

If yes, which schools/programs & major/studies: \_\_\_\_\_  
\_\_\_\_\_

Do you see yourself having a career in dance (performer/educator/choreographer)? \_\_\_\_\_  
\_\_\_\_\_

If chasing your dreams in what industry/genre of dance do you see yourself? \_\_\_\_\_  
\_\_\_\_\_

Which city, coast, or country do you hope to work one day? \_\_\_\_\_  
\_\_\_\_\_

Have you ever spent time away from home for training? \_\_\_\_\_

If so when and where? \_\_\_\_\_  
\_\_\_\_\_

Are you willing and able to act responsibly: \_\_\_\_\_

Do you and your parent/guardian agree to the program/etiquette guidelines? \_\_\_\_\_

If accepted to this program a student contract and parent waiver will be provided, plus a copy of the student's medical insurance card will be requested in case off emergency. We will also provide a more detailed questionnaire so you can provide us more specifics as we customize this program for the accepted students. Please note, these will all be standard protocols and policies for dancers attending a summer intensives.

\_\_\_\_\_  
Date: \_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date: \_\_\_\_\_  
Student Signature

\_\_\_\_\_  
Printed Name

\_\_\_\_\_  
Printed Name

**PARENTS - We can't wait to work with you too!**

Are you interested in participating in the included parent classes offered at this retreat? \_\_\_\_\_

Examples included: Pilates, Seminars to help you help your child prepare for important upcoming moments in their dance life (auditions, college, injury prevention, dance agents, how to teach them to be their own advocate, etc). Plus time to chat and have open Q & A.

\*\*\*Don't worry or stress about participating in classes - they will be geared to all, you can modify to what is right for you. All of us teaching these course are experienced in teaching and working with all ages. We won't make you do the same stuff the kids do! We just want to keep everyone moving, feeling strong, healthy, and connecting with your community within this retreat.

Are there any health or injury factors we should know and try to accommodate for? \_\_\_\_\_

Do you have any requests of topics you would like to learn more about in relation to the dance world, cross training, and any other relevant topics? \_\_\_\_\_

If your dancer is accepted to the CTT Summer Retreat would you like to receive more information and be included on a CTT 2021 roster to meet and coordinate travel plans, options, etc.?

Yes \_\_\_\_\_ No \_\_\_\_\_

If yes, which name, phone number, and email would you like listed? \_\_\_\_\_

Social Media Name/Platform (Facebook, Instagram, etc.)

If we were to add a second CTT Summer Retreat what would be ideal dates?

End of May \_\_\_\_\_ Early June \_\_\_\_\_ End of July \_\_\_\_\_ First half of August \_\_\_\_\_

Additional comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## **Final checklist before submitting your audition packet:**

**1. Enrollment Form** completed with signatures

**2. Optional Short Student Essay:** Please take a moment to tell us more about yourself. Is there anything important we should know? Any fun facts to share? Also, share with us why you are interested in a unique training program like this. We look forward to hearing from you!

\*\*\*This essay can be attached in an email.

Please name the file: "YOUR NAME" 2021 CTT SUMMER RETREAT ESSAY

**3. Pictures:** these do not need to be professionally done. A nice quality picture from your cell phone or personal camera are great. Be sure they are included in your application packet with your name, or add your name to the pictures.

Headshot

Tendu a la seconde - one side only

First arabesque

Plank (side view)

Full body profile shot

Full body dance shot - pic/pose of your choice

## **4. Videos:**

1 progression across the floor - 2-4 counts of 8 demonstrating technique & control, including an extension, turns/pirouettes, and a leap of your choice. This can be more balletic, lyrical, jazz, or contemporary as long as the previously mentioned skills are demonstrated.

-AND/OR-

1 combo/solo of your choice showcasing yourself and your technique, strength, performance, etc. Must be at least 30 seconds long, you may include competition video if that's what your prefer.

## **Deadline of February 15, 2021**

Please return your complete application and audition requirements via email:

[Emily@CoreTrainingTechniques.com](mailto:Emily@CoreTrainingTechniques.com)

Or mail to:

Core Training Techniques

7281 W Camino De Oro

Peoria, AZ 85383

## **Timeline:**

Application/Audition Requirements received by February 15, 2021.

Acceptance letters going out late February 2021.

Upon receiving an acceptance letter, a **\$300 nonrefundable deposit is due by March 15th.**

**A minimum of 50% of total cost is due May 1 (June program)**

**Final balance is due by May 31, 2021** NO refunds after June 1, 2021.

3.5% application & processing fee, excluded if paid by check

\$50 penalty for any returned checks.