

CORE TRAINING TECHNIQUES BREAKDOWN SUMMER INTENSIVE 2023

Ages 14 +

Zero Tolerance Policy for alcohol, illegal/controlled substances, and tobacco products

No outside guests of the dancers are permitted on the property, or to join in classes

Students must stay on schedule with the intensive, we will provide extra activities, trainings, and excursions. We will provide all transportation for these, as students are not allowed to call for separate rides, or Uber/Lyft.

During optional activities, students may stay at the property with a chaperone.

Shall extra private(s), physical therapy, body work/biomechanics privates, class, or training opportunities be available they are an additional, optional expense.

Assistants/Additional Chaperones/Interns/Drivers are college students, professionals in dance, or carefully selected individuals with proper qualifications.

ALL INCLUSIVE - \$3,400

**We know this is a small rate increase from last year, and not what we wanted. However, with inflation and the rising cost of things we had adjust the total cost to maintain the integrity of the intensive.*

This includes the following...

Tuition: 6 days of training - small class size, with some classes/sessions in groups of 6
Some classes have 2-3 teachers, giving an amazing student/teacher ratio.
6-8 hours a day of training in dance, cross training, injury prevention, & specialty classes
A positive, inspirational environment to achieve maximum, well-rounded growth
Mentorship, Q & A's, lectures & seminars with specialists, professionals, and other guests
Additional "How To" moments and lessons - vary with each program
Private classes are held at local dance studios, Pilates studios, & other training facilities, then some specialty classes, and outings are in the local Scottsdale/Phoenix area.
*CTT reserves the right to adjust the schedules. Faculty, master trainers, physical therapists, specialists, and guest speakers can vary based on availability.

Housing: 7 nights
Private luxury property, out door amenities, hot tub, pool, social areas
***Check in Sunday 5-7pm, check out Sunday 8-10am**
*For the August intensive especially, we understand if you opt to check out Saturday evening, or earlier on Sunday since school starts for some students.
Parent/guardians are invited for check in/check out.
If you need additional help or arrangements please contact us.
Welcome dinner for students, Sunday 7:30pm

Meal Plan: balanced meals, healthy food & snacks for the entire intensive, including water & drinks
Special needs and dietary restrictions will be addressed upon acceptance/commitment.

Local Transportation - Chaperones - Local Fees/Taxes - Experience/"Field trip"

Swag Bag & Training Tools: Included and yours to keep!

Dinner/Night Out

TBA: an outing or experience for the group, giving them time to relax & have fun

NOT INCLUDED, BUT RECOMMENDED OR OPTIONAL ADD-ONS:

Additional spending money: any extras your dancer may want during the week...i.e. merchandise, souvenirs & extra drinks, treats, food while out & about, etc.

In the past we know students have wanted little extras while out like ice cream, smoothies, juices, or their favorite Postmates or Uber Eats cravings.

Airport Transportation: ***Airport transportation is **NOT** included. If interested, please inquire for further assistance and options for Phoenix Sky Harbor (PHX) or JSX (formerly Jet Suite).

Additional fee of \$30-175 per student

Rates are based on arrangements-pick up/drop off, escort at airport to security, to gate through take off, etc. We will do our best to accommodate all requests.

emily@CoreTrainingTechniques.com

Privates: **\$50 for 30 min, or \$100 for 60 min**
physical therapy, body work, biomechanics, or session to work specific goals, needs, address injuries, pains, or concerns.

Additional Notes:

Core Training Techniques is set up to be an all around unique experience! Staying in a private home with plenty of amenities for all. This is a private property, with a pool, hot tub, BBQ, and more! Due to this unique structure, it will be a different arrangement than a dorm room set up. Students will have roommates/suite mates and shared bathrooms. For some (siblings, friends, those traveling together) there are some shared queen/king size beds. With a home of this size we have lots of bedrooms and bathrooms, plus great common areas/living spaces, etc. So plenty of space to get ready, relax, and have fun!

Extra precautions and steps will be taken to accommodate COVID-19 protocols for health and safety measures.

Please let us know if you are applying with a sibling or friend, and hoping to travel, and/or room with them. Once acceptance letters go out, we will try to accommodate all requests!

Roommates and bathroom assignments will be done accordingly. We will take in to consideration roommate requests, the age of the dancers, and potentially the order in which commitments/deposits were received securing their spot. Shall we have both female and male dancers, proper placement of the students will be taken care of.

We will also utilize the property for special classes and events such as: nutrition/meal prep tips, "family dinners," BBQ, pool party, game night, and more! This will be a welcoming space for these dancers to not only learn great material, but to bond and create memories of a lifetime!

For dancers interested in booking choreography for solos, duo, trios, or additional private training this would need to be booked for before or after the intensive, or a different time during the year. There is not additional time available during the intensive. Please inquire via phone or email for scheduling options.

***Be sure to review the audition breakdown in application link. If you have any questions regarding the audition process and the payment plans please don't hesitate to contact us.

Thank you!

Emily & Josh, and your Core Training Techniques Team