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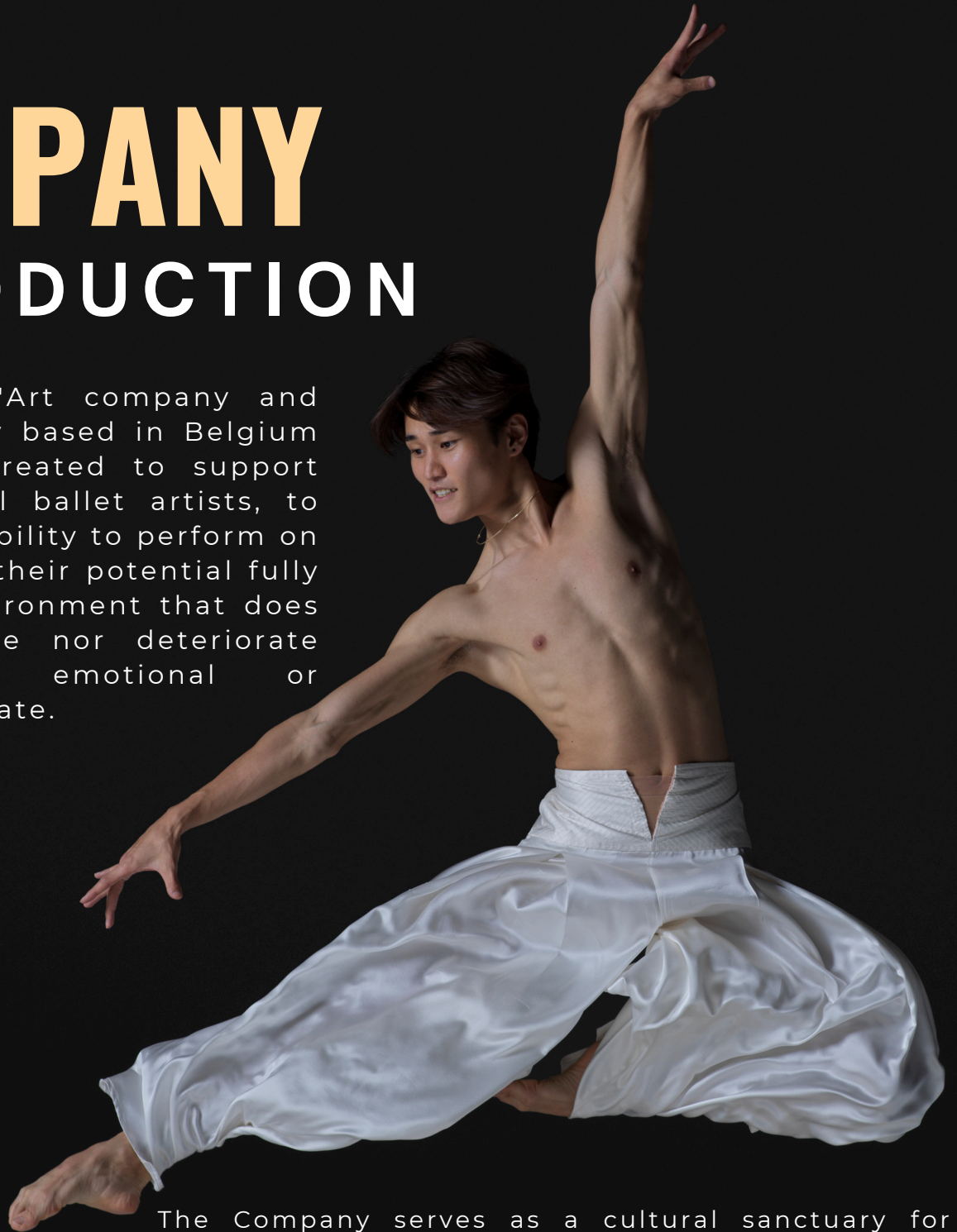
**DANCER**  
**HANDBOOK**



# COMPANY

## INTRODUCTION

The Ballet Del'Art company and school currently based in Belgium Antwerp was created to support the professional ballet artists, to give them the ability to perform on stage reaching their potential fully in a caring environment that does not discriminate nor deteriorate the dancers emotional or psychological state.



The Company serves as a cultural sanctuary for education, technical and artistic growth, development and performance.

Ballet Del'Art was created after the war started in Ukraine in 2022.

To this day artists all over the world continue to struggle; in survival mode of attempt to pursue their passion and career. We hope our company can bring opportunities to artists worldwide through various projects of collaboration and new choreographies while reaching out with performances that will bring a new light and inspiration on stage for the audience as well as the dancers!



## Lara Paraschiv

Aristic Director

Lara Paraschiv is a professional ballerina, pedagogue, and choreographer that has graduated from the Bolshoi Ballet Academy in Moscow.

Her career commenced in Russia and further developed in Ukraine, NYC, Romania, and England.

She has been performing worldwide on renowned stages in England, USA, Australia, Singapore, China, France, Italy, Switzerland and Netherlands.

Her repertoire developed progressively from dancing corps de ballet to principle roles.

Her experience was well rounded in learning various styles and versions of choreography including; Danish, English, Russian, Ukranian, French, and Romanian. She was humbly grateful to be invited as a guest artist at the Royal Opera House in London to take classes and rehearse.

During this time she also became certified by the Royal Ballet School Teachers Program. Her aim now is to bring her expertise to develop technically adequate future artists, and lastly create opportunities for dancers worldwide to be able to pursue their passion and love of ballet as Lara did.



# VISION

Our vision is to expand the love of art to the world. Through connecting dancers to their artistic potential they will have the power to give performances full of emotion, passion and feeling.


We envision a world that connects to their souls through the feeling of dance.

We want our audiences to feel and connect with our performances and dancers, so that when they leave they have an imprint of inspiration, passion and hope.

# MISSION

Ballet Del'Art is dedicated to nurturing the art of ballet through a supportive and non-discriminatory environment that fosters the emotional and psychological well being of artists, students, apprentices and dancers.

Our mission is to provide a platform for global artistic collaboration, offering opportunities to dancers to excel technically and artistically as well as for audiences to experience transformative performances that inspire and enlighten the soul.





# OUR PROGRAM

## TRAINING AND PERFORMANCE

Our training program is led by professional ballet artists who have danced on stages world wide. The program consists of Royal Ballet School, Vaganova and Cecchetti methodology. The program aims to lead dancers to reach their true potential as artists without having to stress or worry about the technique.

Our dancers will become confident and stable in their ballet technique so that when they perform on stage, all that is left is to dance from the soul.



In addition to daily intensive training, we offer our dancers a full immersive experience in performing as professional dancers.

They will not only train and rehearse alongside professionals but also perform on stage as one! Each season will consist of several performances revolving around classical repertoire that is demanded by all professional ballet companies today.

Being a dancer with Ballet Del'Art will give you opportunities in performances all around the world in classical works such as Swan Lake, Nutcracker, Giselle, Don Quixote and more.

The dancers will also get upfront experience with professional choreographers and répétiteurs from renowned companies and theatres.

# COMPANY VALUES



## Honesty and Integrity

Being honest with yourself and others will keep a progressive state of our school and company. Always be true and honest to yourself first in order to be true and honest to those around you.

Being honest with your peers and staff is a necessity when being a part of Ballet Del'Art. Personal accountability is also essential for a successful season. As an artist it is so important you connect to your true self; having honesty and integrity as a core value, speeds up that connection and aids you to becoming the best artist you can be.

## Professionalism, Dedication and Perseverance

At Ballet Del'Art we are preparing you for the work force in the arts industry, therefore we hold our core values in professionalism, competence, dedication and perseverance.

The road to becoming a professional involves a certain level of maturity, competence and reliability. Understanding the right attitude towards your training and life, will give you the best chance for your career in the future, and also separate you from the rest.

It also involves treating and respecting others the way you would want to be treated/respected. And lastly putting your full efforts to never give up! Already being a member of Ballet Del'Art ensures that we see full potential in you, therefore you must give your full dedication and perseverance in order to reach that full potential

## Unity

Being a member of a ballet company is a team effort. Just as sports teams require all players to attend practices and work together as a team, ballet companies require their dancers train and perform as a team as well. The quality of a production relies heavily on the team effort of the dancers. Just as they say that the corps de ballet must dance as one, the entire company must become one. Corps de ballet must be aware of all dancers on stage just as a soloist is expected to. No matter your role or place in the production or process, the company must become one artistic entity. Only then can true artistic creation be produced and evolve.

# TRAINING SCHEDULE



Our schedule will be 5 days a week, 4 hours a day.  
An example of the schedule will look like:

## Mondays/Thursdays

12:00-12:30 Stretch and strengthening

12:30-2:00 Ballet Class

2:00-4:00 Repertoire class

## Tuesday

12:00-12:30 Stretch and strengthening

12:30-2:00 Ballet Class

2:00-3:00 Pointe Work and Male Technique

3:00-4:00 Contemporary

## Wednesday

12:00-12:30 Stretch and strengthening

12:30-2:00 Ballet Class

2:00-3:00 Character class

3:00-4:00 Alignment and Placement

## Friday

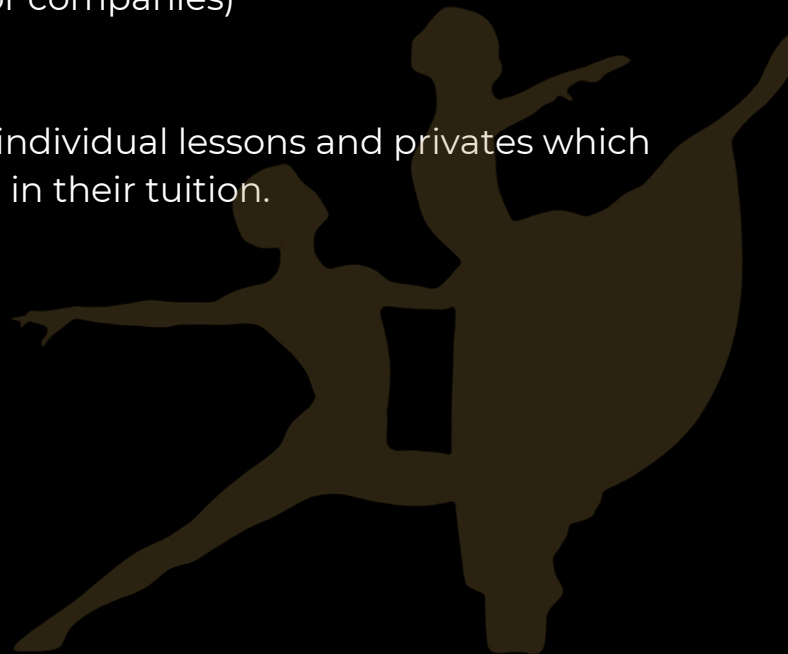
12:00-12:30 Stretch and strengthening

12:30-2:00 Ballet Class

2:00-3:00 Pointe Work and Male Technique

3:00-4:00 Career Development (involves emotional, psychological and mental preparation for companies)

Saturdays and Sundays are dedicated to individual lessons and privates which PTP get access to for free as it is included in their tuition.





# COMPANY SEASON

Each season will have different opportunities for performances based on the demand and request.

For this season we have planned several performances. These performances include a brand new productions of To Your Eternity, Swan Lake, Nutcracker and more that will be performed in Europe.

In the future we plan to expand our performances to USA, Canada, Japan, Korea, Singapore, and Australia.

During performance season, Ballet Del'Art will hold accountability for the travel and accommodation of all dancers.

For each performance dancers will receive a salary for their work and dedication given.



# WHAT WE EXPECT FROM YOU



## THE RIGHTS AND OBLIGATIONS OF THE DANCER

- Punctuality is just as important as attendance, please be on time and prepared for class. Students should not miss more than five (5) of any one class per dance season: after which, the dancer may be dismissed from the program. Dance requires consistent ongoing training, and dancers who excessively miss classes will not be able to perform at the same level as those who have been in attendance regularly. Dancers must be present in ALL their classes and rehearsals the week prior to every performance and tour
- Communicating negatively about anyone in or outside our studio will not be tolerated. Dancers are expected to show courtesy and respect to all instructors and other students. Any Student or teacher who exhibits repeated negative or disrespectful behavior will have to mediate actions, or their contract will be terminated. Everyone is expected to be always respectful, supportive, encouraging, and constructive in spirit, attitude, and behavior. Our company has 0 tolerance to discrimination and abuse.
- In order for Trainees and PTP to be a part of performances with professional dancers, they are expected to be technically competent, physically, mentally and emotionally mature.

In order to achieve this, dancers must be eating well, resting, hydrating and putting their intentions and focus on the progression and development of themselves in and outside the studio. They will have to display constructive communication and conflict resolutions skills
- Dancers are expected and required to report to class/rehearsals/performances on time and in appropriate mental and physical condition. It is our intent and obligation to provide a drug-free, healthful and safe environment. Our policy is to employ an environment free from alcohol abuse or the use of illégál drugs. This company takes drug and alcohol abuse as a serious matter and will not tolerate it. The company absolutely prohibits the use of alcohol or non-prescribed drugs before and during training hours, rehearsals performances and while on company premises.

# WHAT WILL YOU **ACHIEVE** AS A CERTIFIED TRAINEE OF BALLET DEL'ART



## TECHNICAL COMPETENCE

You will achieve the technical base and competence required for professional ballet meanwhile grow your confidence in order to expand artistically.



## EXPERIENCE

First hand experience as a professional performing on professional stages worldwide. Classically demanded repertoire that is required by National Theatres worldwide that will give you that experience to grow your resume.



## PROFESSIONAL PREPERATION

You will be psychologically, emotionally and physically prepared to handle the demands of the ballet industry. This includes being educated in injury prevention and recovery





**DANCER**

# **ACKNOWLEDGEMENT**

As a future dancer of Ballet Del'Art, I have read and acknowledged all that is expected of Ballet Del' Art. I understand that these policies are created to ensure the absolute best training and most positive and rewarding experience for everyone. I understand that failure to meet the conditions set forth in this contract could result in the dancer's dismissal from Ballet Del' Art.

Date,

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Artistic Director

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Signature of Dancer



# WHO TO TALK TO

Regarding	Contact
Training program, Company rehearsals and performances	Lara Paraschiv
Scheduling	Jimi Paraschiv
Medical Professional Advice/Help	Dariana Paraschiv
Costumes	Dafna Djerassi
Guest Teachers	Simon Kazantsev Yannick Boquin Viki Psihoyos Siner Gonenc Boquin Sara Knight



# CONTACTS

Name	Position	Contact
Lara Paraschiv	Artistic Director	larapara13@gmail.com
Jimi Paraschiv	Assistant to Artistic Director	kushtarbekjimi@gmail.com
Dariana Paraschiv	Medical Professional	dpara22@gmail.com
Guest Teachers	Repetiteurs	balletdela22@gmail.com

**ALWAYS CC  
BALLETDELARTPRODUCTIONS@GMAIL.COM TO  
ENSURE THAT YOUR CONCERNS ARE  
ADDRESSED**



# COMPANY CONTACT



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**LET'S GROW**  
**TOGETHER**