



Pre-Professional Division Handbook 2018-2019

10TH ANNIVERSARY SEASON

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Welcome!

The Pre-Professional division enters BCA's 10th Anniversary Season with our outstanding core ballet faculty, Ballet Mistress, Nadia Iozzo; Gavin Larsen, and Director, Angela Lynn, whose impressive performing careers inspire their skillful teaching. We welcome some new faculty faces, include Jake Lowenstein, who expands our training team's experience in partnering, male technique and conditioning.

Our 10th "Nutcracker" production highlights our main-stage performance season, touring to Western Carolina University and adding performances at our home venue, Diana Wortham Theatre. Additional performances will enhance our three major main-stage productions including our 5th annual "Winter Works" as Pre-Pro dancers attack contemporary and classical premier works. Last season's Spring Ballet "Swan Lake," showcased the range and talent of our dancers, including numerous principal and soloist roles for many of our Pre-Pros alongside guest professionals from major dance companies, like Chris Costantini of Kansas City Ballet and Addul Maonzano of Charlotte Ballet and Ballet de Cuba National. Just this summer, our dancers earned wide-spread admission and scholarships to some of the finest U.S. Summer Intensive programs including School of American Ballet, Boston Ballet, and Pacific Northwest Ballet. They continue their training at outstanding programs and companies like Indiana University, North Carolina School of the Arts and the Royal Ballet in London and are recognized in Youth America Grand Prix finals events. Our Pre-Pros make exceptional progress, from their training at BCA.

On behalf of everyone in the Pre-Pro division, welcome to all new Pre-pros! We especially welcome our new Year 1 dancers as we take this big, new step forward together with them. Many just attended their first Summer Intensive at BCA and have earned a spot in BCA's flagship training program after years of Children's Classes, Summer Workshops and "Nutcracker" performances.

You are now set for the best ballet training possible – *in classes, private lessons, guest instructor's master classes, rehearsals and extensive stage performance opportunities* - to be fully prepared to launch a professional dance career following high school or college.

Please make sure to read this Handbook thoroughly. It's filled with lots of important information about the Pre-Pro program at BCA, including required classes, dress code, and much, much more.

See you in class!

Angie Lynn, Director
Nadia Iozzo, Ballet Master
Gavin Larsen, Pre-Pro Faculty

What We Expect From You

Dancers who audition and are accepted into the Pre-Professional division are required to take their level-specific classes, participate in BCA's productions -- including "Nutcracker", "Winter Works", and our Spring Ballet -- plus attend class throughout the summer, including BCA's summer intensive program or another accepted program. Other requirements include periodic progress conferences with the dancer and their parents, special rehearsals and activities, as needed. All Pre-Pro dancers and their parent/guardian are required to sign a Pre-Pro contract prior to enrollment.

Absences

Pre-Pro dancers are allowed one absence per month (nine per school year) from a BCA required class or activity during the school year. Absences due to illness do not count. Excessive absences are grounds for immediate dismissal. Dancers are required to notify BCA if they are going to miss a required class or activity. Email and phone calls are acceptable. Dancer agrees not to be absent or miss a rehearsal one month prior to a BCA performance.

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Ballet Outside of Class

- Watch ballet performances as much as possible.
- Participate in all BCA performance field trips.
- Get ballet books and DVDs from the library or the book store. Read & study them.
- Go online and check out the tons of information on ballet.
- Watch YouTube dance videos.
- On your own, stretch to increase flexibility, and practice.

Calendar 2018-2019

Below is BCA's major event calendar. For a more detailed calendar, visit BalletConservatoryofAsheville.com/calendar. All calendars are subject to change without notice.

Sun, Aug 12, 18	and Sat, Aug 18, 18	Auditions for BCA Pre-Pro Division & Nutcracker
Fri, Aug 17, 18		Summer Classes End
Mon, Aug 20, 18		Fall 2018 Classes Begin
Wed, Nov 21, 18	to Sat, Nov 24, 18	Thanksgiving Break
Fri, Dec 8, 17		Fall Classes End
Mon, Dec 3, 18		Nutcracker Rehearsal at Western Carolina Univ.
Tue, Dec 4, 18		Nutcracker Performance at Western Carolina Univ.
Mon, Dec 10, 18	to Fri, Dec 14, 18	Nutcracker Rehearsals at DWT
Thu, Dec 13, 18		Nutcracker Performances at DWT @ 4:30 & 7:30
Fri, Dec 14, 18		Nutcracker Performances at DWT @ 4:30 & 7:30
Sat, Dec 15, 18		Nutcracker Performances at DWT @ time TBD
Sun, Dec 16, 18	to Wed, Jan 2, 19	Christmas Break
Thu, Jan 3, 19		Winter/Spring 2019 Classes Resume
TBD		BCA Summer Intensive 2018 Auditions
Sat, Mar 2, 19		Winter Works Rehearsals at DWT
Sat, Mar 2, 19		Winter Works Performance at DWT
Mon, Apr 1, 19	to Sat, Apr 6, 19	Spring Break
Sun, May 19, 19		Recital 2019 at DWT
Sat, May 25, 19		Spring 2019 Classes End
Mon, May 27, 19	to Sat, Jun 1, 19	Spring Ballet Rehearsal at DWT
Fri, May 31, 19		Spring Ballet Performance at DWT
Sat, Jun 1, 19		Spring Ballet Performance at DWT
Wed, Jun 5, 19		Summer Classes Begin
TBD	(possibly 6/17-7/13)	BCA Summer Intensive 2019

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Classes & Rehearsals: Summer & Year-round

Staying at peak levels year-round, keeps students poised to gain maximum benefit from every training and performance opportunity. During the 2019 summer (June 10 to August 19, 2019), BCA dancers must attend a BCA approved summer intensive for a minimum of four weeks. This may be in combination with weeks at BCA's Summer Intensive. In addition, dancers are strongly encouraged to attend daily open summer classes at BCA when in town. Continuity of technique training, flexibility and fitness are crucial for dancers progress during the important summer training months.

Class Behavior

- Time permitting, arrive a minimum of 20 minutes early to warm up.
- When arriving for class, make sure your ballet attire and hair are properly done. Enter class quietly with a clear focus on ballet class.
- Don't talk in class. If you're waiting for your turn to dance, stand to the side of the room and study what your fellow students are doing. Don't lean on the barres or sit in class.
- Work hard in class. Don't allow yourself to get distracted. Focus on picking up the exercises quickly and don't allow mistakes to keep happening.
- We all have lots of questions. But most of the time if you're patient, your question will be answered without having to ask it.

Conferences

Pre-Pro dancers and their parent/ guardian must attend teacher conferences as requested.

Contract

Pre-Pro dancers and their parent/ guardian are bound by a Pre-Professional contract.

Curriculum, Program Levels, & Training

BCA's Pre-Professional division prepares dancers ages 10 (5th graders) and up for careers in the dance profession, post-secondary dance programs and universities, conservatories, and other top pre-professional programs.

Students learn and master a progression of basic exercises and steps, building progressively to greater skill and complexity each year. BCA's faculty presents a blended technique curriculum, combining essential basics of their extensive training and certifications from Royal Academy of Dance, School of American Ballet and Russian and Italian methods.

Each accepted student is placed into a specific level for their basic technique classes for the dance year. BCA takes great care to ensure level placement is best for each student's optimal progress. We base placement upon year in the program, development, talent, experience, maturity, academic grade and age, among other factors. For dancers in 5-7th grade or higher who may not choose or yet be ready for the pre-pro program, BCA offers a parallel Ballet 6 and Teen Program option.

It typically takes a dancer eight years to finish their fundamental schooling in ballet. As a result, a dancer who begins with BCA in the fifth grade can expect to accomplish all their lessons and achieve a professional skill-set by the twelfth grade of high school.

As a key part of BCA training, we perform classical ballet, contemporary ballet and innovative new choreography. Classical ballets, like those from the Russian tradition -- such as Swan Lake, Nutcracker, and Coppelia -- provide crucial performing and training opportunities for our talented young dancers. By dancing in these ballets, students will bring to life the ballet technique practiced each day in class. This classical connection between the classroom and the stage offers our dancers an unparalleled insight into why they are doing what they are doing.

In addition, they experience some of the most beautiful and moving classical ballets and music ever produced for the stage. BCA pre-professionals are routinely cast in soloist and corps de ballet roles in our productions.

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Dismissal & Resignation

BCA may dismiss the dancer at anytime, for any reason, without cause or notice. Dancer may resign from the BCA Pre-Pro program with 30 days written notice to BCA.

Dress Code

All Pre-Professionals are required to purchase the appropriate leotard, tights and shoes for their class. Hair must be pulled back in a bun for ballet and off of face when requested for other styles of dance.

- All Pink Tights: Body Wrappers A46 Mesh Classical Ballet Pink Tights
- PP1: Capezio TB1420 Royal Blue Cami Leotard with Adjustable Strap
- PP2: Eurotard 44819 Purple Adult Cami Leotard with Adjustable Strap
- PP4: Mirella Garnet (Red) Leotard
- PPA: Any Black Leotard
- Boys: MStevens Black Footed Tights, Capezio Full-Seated Dance Brief, Black Sansha Pro Ballet Shoes, Black Socks, White T-Shirt
- Modern: Black tights, level-specific leotard, and bare feet
- Ballet Shoes: Body Wrappers Angelo Luzio Canvas Ballet Shoe, Style Wendy or Maria
- Pointe Shoes: Freed Pointe shoes are recommended, but any shoe is permitted. Good fit is important.
- BCA Warm-ups: Available at the Front Desk.

For ballet and pointe shoes, Pre-Pros may substitute a brand of their choosing if the BCA recommended brand doesn't work. Younger students should have BCA faculty approve new point shoes before sewing on elastic and/or ribbons. Non-fitting shoes may only be exchanged at stores if no wear is evident. No sports bras, regular bras, or underwear. Dance bras with nude or clear straps are permissible. Only BCA approved warm-ups are allowed in class. Leg warmers, sweat pants, sweaters, skirts, and other extras are not permitted. BCA approved dancewear is available at The Sock Basket Asheville, 99 Edgewood Rd., Asheville, NC 28804, (828) 251-7072.

Faculty: Pre-Professional Division

Angie Lynn, Director

Ballet, Pointe, Repertory

Angie Lynn was born in England, enjoyed an extensive professional dance career, trained at The Arts Educational Schools, London, and earned a diploma in dance performance. As a certified associate member of the Royal Academy of Dance and the Imperial Society of Teachers of Dance, she earned certificates in classical ballet and modern dance education. First joining Vienna Festival Ballet, touring "Swan Lake" through England and Europe, she ventured into musical theatre, performing 6 years in Andrew Lloyd Webber's world-class productions of "Cats", as Victoria, the white cat; and "Phantom of the Opera", as Meg Giry.



Nadia Iozzo, Ballet Mistress

Ballet, Pointe, Variations, Repertory

Originally from Toronto, Ontario, Nadia received the prestigious Royal Academy of Dance Solo Seal Award, upon completing her R.A.D. training. She danced four years with Alberta Ballet, then seven years with Kansas City Ballet, performing leading roles in Balanchine's *Serenade*, and *Who Cares?*, Trey McIntyre's *The Naughty Boy* and Yuri Possokhov's *Firebird*; and soloist roles in Ib Anderson's *Romeo & Juliet*, Twyla Tharp's *Nine Sinatra Songs*, Paul Taylor's *Company B*, and Peasant Pas in *Giselle*. She can be seen in CBC TV special *The Secret of the Nutcracker*, as well as the Jean Grand-Maitre/Joni Mitchell production, *The Fiddle & the*



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Drum, which she performed as a guest artist at the Luminato Festival in Toronto. Ms. Iozzo has adjudicated dance competitions, and choreographed and taught for various dance schools across North America. She has also coached successful Solo Seal candidates, including dancers appearing on *So You Think You Can Dance Canada*. In July 2008, Ms. Iozzo hosted *Creating Dance For a Cure*, a dance performance in Toronto that raised funds for the Canadian Breast Cancer Foundation. She joined Ballet Conservatory of Asheville's faculty in Fall 2016, anchoring the acclaimed pre-professional program and teaming to set & choreograph performances.

Gavin Larsen, Pre-Professional Ballet Faculty

Ballet, Pointe, Variations, Repertory

Gavin, a native New Yorker, received her dance training at the School of American Ballet, the New York School of Ballet, and Pacific Northwest Ballet School. She began dancing professionally at age 17 with Pacific Northwest Ballet and went on to perform with the Alberta Ballet, the Suzanne Farrell Ballet, Oregon Ballet Theatre and as a guest artist with Ballet Victoria. Over the course of her 18-year professional career, she danced principal roles in ballets by George Balanchine, Jerome Robbins, James Kudelka, Helgi Tomasson, Yuri Possokhov, Christopher Wheeldon, Paul Taylor, Christopher Stowell and Kent Stowell, among many others. In May 2010, Ms. Larsen retired from full-time performing to focus on a career as a teacher, coach, freelance dancer and writer. She was most recently a faculty member at the School of Oregon Ballet Theatre and the children's ballet master for Oregon Ballet Theatre. She has taught for The Portland Ballet, BodyVox, Olympia Dance Center, Ballet Victoria, Ballet Hispanico and Sunking Dance, as well as coaching students privately. Her writings on dance have been published by *Dance Magazine*, *Pointe*, *Dance Teacher*, *Dance Spirit*, Dance/USA's journal *In the Green Room*, and the literary journal *The Threepenny Review*. Ms. Larsen joined Ballet Conservatory's faculty in January 2017, after guest teaching in BCA's 2016 Summer Intensive.



Performances & Activities

We produce at least three full-scale productions each year at Asheville's Diana Wortham Theatre, widely considered to be one of the finest dance venues in the U.S. Pre-Pro dancers gain experience performing for large audiences in classical, modern, and contemporary dance works, some of them world premieres. By dancing in these ballets, students will bring to life the ballet technique practiced each day in class. BCA pre-professionals are routinely cast in soloist and corps de ballet roles in our productions.

Pre-Pro dancers must participate in each performance as cast, all technical rehearsals, dress rehearsals, costume fittings and other related activities required by BCA, including "The Nutcracker", "Winter Works" and Spring ballet productions. Some of these activities may occur on school days or nights. Classes and rehearsal times are subject to change. A few other dance performance opportunities arise each year, and may be optional opportunities for some students.

Policies & Procedures

Pre-Pro dancers and their families must comply with BCA's Policies & Procedures. BCA maintains current Policy & Procedures at BalletConservatoryofAsheville.com. These may be updated as necessary to maintain clear and helpful guidelines for students, families and the studio.

Tuition & Fees

The BCA annual dance year runs mid-August through end of May and dance students enroll for the full dance year. Written withdrawal requests should be received by BCA 30 days before withdrawal date. Current Pre-Pro tuition and fees are listed on the form "Pre-Professional Schedule". You can download that form at BalletConservatoryofAsheville.com/prepro.

All BCA students -- including Pre-Pros -- are required to register, establish a payment schedule, pay registration fee and their initial tuition payment, and then maintain a paid balance in order to attend any BCA class, private lesson or workshop. Balances unpaid 30 days after due date should be settled before student continues to attend. Payments 7 days after due date will incur a \$10 late fee.