



# NATIONAL BALLET FORUM Orientation Booklet

THE CHICAGO NATIONAL ASSOCIATION WELCOMES YOU TO THE NATIONAL BALLET FORUM! The four days you will spend in class and rehearsal will give you a chance to work with world-renowned teachers and choreographers. At the end of the four days you will dance in a piece set by one of our four distinguished choreographers in a Ballet Gala performance!

In order to make this an enjoyable and beneficial experience, please read through these materials with your teacher and your parents. It will give you all the information you will need to be prepared.

## Getting Ready

Look over the Syllabus Guidelines. These cover the spectrum from the basic to the advanced levels. Take time before you arrive to refresh your memory on the Cecchetti body positions, arabesque positions and basic terminology.

Supplies you will need include:

- Ladies: a black scoop long or 3/4 sleeve leotard to be worn at the Ballet Gala Performance and for Forum photos. A black camisole leotard. Other color leos optional. Black and pink convertible tights, black jazz pants. Pink ballet slippers, pointe shoes (if you are on pointe) black jazz shoes.
- Men: White solid t-shirt, black thick tights, black jazz pants, black ballet slippers, black jazz pants and black jazz shoes
- Make-up kit (see enclosed supply list) and mirror
- A Gail Grant Dictionary of Classical Ballet (helpful but not required)

**A Student Orientation Session** will be held at the beginning of the session on Monday (check the schedule for exact times). The orientation will apprise students of what will be expected of them throughout the week and reinforce some of the guidelines found in this booklet. Parents are strongly encouraged to attend this session with their children so that they will have a better understanding of what will occur during the session.

## The Placement Class

The purpose of the Placement Classes on Monday allows the Choreographers to observe the students they will be working with during the week. Some students may be placed in different age groups to even out class sizes, as we try and keep an even number of dancers in each group. If you know that your technique is below the age level you have registered for, please let the director know before the class placement starts. Refer to the Syllabus.



CHICAGO NATIONAL ASSOCIATION OF DANCE MASTERS

CHICAGO NATIONAL ASSOCIATION OF DANCE MASTERS

For more information visit [cnadm.com](http://cnadm.com) | 220 E. State St., Ste. G | Rockford, IL 61104

Ph: 815.397.6052 | Fax: 815.397.6799 | Email: [cnadm@megsinet.net](mailto:cnadm@megsinet.net)

## Character or Jazz Class

Make sure you bring your black jazz shoes, black jazz pants, full skirt; character shoes are optional.

## In the Classroom

- You **MUST** arrive on time for all classes, choreography sessions, and orientation sessions. Once class begins, you may not be allowed to enter.

- Sign in with the Room Monitor as soon as you arrive in the morning and immediately after lunch break. No one else may sign in for you! Arrive 15-30 minutes early each morning to sign in and warm up.

- Come to class dressed appropriately with your number pinned on the front of your shirt or leotard. Skirts may be allowed by some teachers, but no extra clothing (t-shirts for girls, shorts, etc.) will be allowed. Warmers and ballet sweaters will be allowed if the room is cold. Remember to pack solid color leotards only!

- Girls must have their hair tied securely in a bun or similar hairstyle. All hair should be tied away from the face.

- No food or soft drinks may be brought into the room. Water bottles are allowed and encouraged.

- Students must participate in all aspects of every class.

- No talking is allowed during class.

- If you need to be excused from the classroom to go to the washroom, please see the Room Monitor.

- If you are feeling ill or have special needs, please see the room monitor.

- Always wear cover-up clothing over your dance clothes in the hotel.

## Etiquette

- Show respect to your teachers by not talking in the classroom

- Yawns are a sign of disrespect. Get enough sleep!

- Enter the classroom on time and be sure to allow yourself time to stretch.

- Never question a teacher's authority in class.

- Chewing gum, eating, drinking, smoking, talking, sitting down, wandering in and out of the room, or leaning against the wall are as unacceptable during a ballet class as they would be on stage in front of an audience.

- It is important for students to remain in their assigned places or formations—at the barre, in lines in the centre, and in groups

moving across the floor. In this way they do not crowd each other and can avoid accidental and potentially dangerous collisions. Keeping in line or formation is also excellent practice for the challenge of corps de ballet work.

- Students must understand that displays of temper and rudeness are self-destructive and unacceptable in the classroom.

- Show your respect for your teacher or choreographer through your applause at the end of class or rehearsal. And remember, a smile and a curtsey or a bow always brings pleasure.

## Your Choreography Sessions

- Students must attend all choreography session assigned to their group.

- Absolute quiet and attention is required at these sessions.

- Although not all students will dance in every section, everyone should learn each section of the ballet.

- Remember that it is the choreographer's right to make changes. And it is the dancer's obligation to remember all choreography taught from session to session.

- Bring a notebook and write down directions and combinations when you have the opportunity.

- You are required to attend any extra rehearsal sessions called by the choreographer.

## Stage Makeup

You may want to bring the following items with you to prepare for Ballet Gala:

### Women

Foundation

Eye shadow – gray, brown and white

Eyeliners

Mascara

Eyebrow pencil

Blush – “true” colors – no pinks or frosted colors

Lipstick – bright red, no frosted colors or pinks

Powder – pressed or loose

Tissues

Mirror

Makeup remover

### Men

Foundation

Mascara

Eyebrow pencil

Lipstick – more brownish colors

Blush

Makeup remover

## Supplies for Bun Making

You will need to bring the following items with you:

Brush  
Elastic bands  
Hair spray  
Hair net  
Hair pins – thick  
Bobbie pins

## Scholarship Information

Scholarships to the next year's Ballet Forum will be awarded in each of the four groups. These scholarships will be decided on by the Ballet Forum Teaching and Choreography Staffs. Students will be observed daily during their classes and rehearsals and will be selected based on attitude, etiquette, appearance, ability to work with others, proper use of time on and off the floor, ability to accept corrections and dance ability. Scholarships will be announced on Friday morning before classes begin. If the scholarship winner is unable to use the scholarship the following year, the scholarship will be awarded to the Honorable Mention honoree.

## The Ballet Gala Performance

•You will need to provide a long-sleeved black leotard and CNADM will provide a skirt and a headpiece to every female participant.

•You will have your dress rehearsal at the time assigned for your group on the day of the Ballet Gala.

•If you are selected to perform in any other pieces (modern, character or variations), the choreographer or director will inform you what to wear.

•You must bring your own make-up and you will receive instruction on how to apply stage make-up in a special class. Your make-up should be applied in your hotel room before you come for performance, unless you have a make-up class prior.

•All dancers must be downstairs at call to receive costumes. There will be a full run through before curtain times will be announced.

•Everyone must be quiet in the preparation area and in the immediate backstage area during the performance.

•Invite whomever you wish to the performance. There is no charge of admission.

*Please remember that failure to comply with any of the above rules set forth in this booklet is grounds for dismissal with no refund.*

The Ballet Forum Committee hopes that you will enjoy this wonderful learning experience. Please feel free to contact us for further information.

CHICAGO NATIONAL ASSOCIATION OF DANCE MASTERS  
Ballet Forum Syllabus Guidelines

Entry Level Ballet Forum Syllabus Guidelines

BARRE:	Demi & grand pliés in all positions Bâtement tendu Dégagés & piqués working on attack & quality Rond de jambe, rond de jambe en l'air Bâtement fondu Bâtement frappé Petit bâtement Pas de cheval Passé relevé from fifth position Développé Grand bâtement en croix	Pirouette en dedans & en dehors Pas de bourée en tournant Failli Piqué turns, chaîné turns, soutenu turns, Waltz turns Balancé, pas de basque Petit allegro steps to include: changement, échappé, glissade, jeté, emboité, pas de chat, assemblé, ballonné, sissone Entrechat trois, entrechat quatre Grand allegro steps to include: chassé, grand jeté, saut de chat, saut de basque
CENTER:	Bâtement tendu using the Cecchetti body positions Adage to include grand port de bras, balances, promenades	POINTE WORK: Pointe preparation or basic pointe work will be addressed during the week. Pointe shoes are not required at this level.

Basic to Intermediate Ballet Forum Syllabus Guidelines

BARRE:	<i>All of the above barre plus the use of head &amp; arms in all exercises</i> Fouetté of adage Use of inside & outside leg during barre exercise Grand rond de jambe Bâtement lent Développé & enveloppé Adagio at the barre	Assemblé en tournant ballotté Emboité en tournant, Petit jeté en tournant Brisé, Temps de cuisse Grand jeté en tournant, saut de basque Grand valse combinations
CENTER:	<i>All of the above center, plus,</i> Petit allegro steps moving in all directions Pirouettes from all positions	POINTE WORK: Basic pointe work to include bourées, soussus, piqués, échappé, Ballonné, simple turns, pas couru, passé relevé

Advanced Ballet Forum Syllabus Guidelines

BARRE:	<i>All of the previous levels' syllabus working with increased complexity, faster tempos, increased flexibility and sustained adage</i>	Tours, single & double All forms of pirouettes landing in open positions Fouetté turns
CENTER:	<i>All of the previous, plus,</i> Double rond de jambe en l'air sauté Grand assemblé en tournant Ballonné en tournant Entrechat cinque, six Grand fouetté sauté Temps de fleche Grand pas de basque sauté Sissone ouvert battu Cabriole	POINTE WORK: <i>All of the previous pointe technique plus:</i> Piqué arabesque balance Sissone en pointe in all directions Renversé Pirouettes Adage en pointe Fouetté & grand fouetté All turns