



# 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 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 attached 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.

### **LADIES**

- Black scoop long or  $\frac{3}{4}$  sleeve leotard (to be worn at Ballet Gala and for Forum photos)
- Nude camisole leotard (if dancer prefers for quick changes/performance only)
- Black and a solid color camisole leotard
- Black booty shorts
- Black, pink, and tan convertible tights
- Black leggings
- Pink ballet slippers
- Pointe shoes (if you are on pointe)
- Optional items if you have them: extra solid colored camisole leotard, tan jazz shoes, foot undies in tan, and a bra with clear straps
- Undergarments should be invisible. Choose skin tone with clear straps or sports bra in the same color as your leotard.

### **MEN**

- Solid white t-shirt
- Black thick tights
- Black ballet slippers
- Black leggings
- Black jazz shoes
- Dance belt
  
- Make-up kit (see enclosed supply list) and mirror
- Bun making supplies: brush, elastic bands, hair spray/gel, hair nets, thick hairpins, and Bobbie pins
- Basic emergency repair kit: clear nail polish, needle and thread, safety pins, band-aids, tape
- *A Gail Grant Dictionary of Classical Ballet* (helpful but not required)

**Parent/Student Orientation Sessions** will be held Monday evening (check the schedule for exact times). The orientation will apprise students of what will be expected of them throughout the Forum and reinforce some of the guidelines found in this booklet. Parents are encouraged to attend this session.



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## 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 will be allowed (i.e., t-shirts for girls, shorts, etc.) 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 restroom, 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.
- Follow current COVID guidelines as to mask, social distancing, space for your belongings, etc.

## 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 curtsy or a bow and a thank you always brings pleasure.

## Your Choreography Sessions

- Students must attend all choreography sessions assigned to their group.
- Absolute silence 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:

### **LADIES**

Foundation  
Eye shadow: gray, brown and white  
Eyeliner  
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

## Scholarship Information

Scholarships to the next year's Ballet Forum will be awarded in each group. 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 must notify the chair on the first day of Ballet Forum if you are not planning to perform in the Ballet Gala.
- You will need to provide a long-sleeved black leotard & nude camisole leotard (if dancer desires to wear that under their leotard for quick changes) 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. Your make-up should be applied in your hotel room before you come for performance. If you need assistance, please ask your room monitor.
- 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.

- As of this printing the event will be videotaped for purchase as well as live streamed for your family and friends to view.
- Turn in costumes, skirts, and headpieces immediately after your performance to your room monitors in your assigned dressing rooms.

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.

## Ballet Forum Syllabus Guidelines

### Entry Level Ballet Forum Syllabus Guidelines

<p><b>BARRE:</b></p> <ul style="list-style-type: none"> <li>Demi &amp; grand pliés in all positions</li> <li>Bâtement tendu</li> <li>Dégagés &amp; piqués working on attack &amp; quality</li> <li>Rond de jambe, rond de jambe en l'air</li> <li>Bâtement fondu</li> <li>Bâtement frappé</li> <li>Petit bâtement</li> <li>Pas de cheval</li> <li>Passé relevé from fifth position</li> <li>Developpé</li> <li>Grand bâtement en croix</li> </ul>	<ul style="list-style-type: none"> <li>Pirouette en dedans &amp; en dehors</li> <li>Pas de bourée en tournant</li> <li>Failli</li> <li>Piqué turns, chaîné turns, soutenu turns, waltz turns</li> <li>Balancé, pas de basque</li> <li>Petit allegro steps to include: changement, échappé, glissade, jeté, emboité, pas de chat, assemblé, ballonné, sissone</li> <li>Entrechat trois, entrechat quatre</li> <li>Grand allegro steps to include: chassé, grand jeté, saut de chat, saut de basque</li> </ul>
<p><b>CENTER:</b></p> <ul style="list-style-type: none"> <li>Bâtement tendu using the Cecchetti body positions</li> <li>Adage to include grand port de bras, balances, promenades</li> </ul>	<p><b>POINTE WORK:</b></p> <ul style="list-style-type: none"> <li>Pointe preparation or basic pointe work will be addressed during the week. Pointe shoes are not required at this level.</li> </ul>

### Basic to Intermediate Ballet Forum Syllabus Guidelines

<p><b>BARRE:</b></p> <ul style="list-style-type: none"> <li><i>All of the above barre plus the use of head &amp; arms in all exercises</i></li> <li>Fouetté in adage</li> <li>Use of inside &amp; outside leg during barre exercise</li> <li>Grand rond de jambe</li> <li>Bâtement releve lent</li> <li>Developpé &amp; enveloppé</li> <li>Adagio at the barre</li> </ul>	<ul style="list-style-type: none"> <li>Assemblé en tournant ballotté</li> <li>Emboité en tournant, Petit jeté en tournant</li> <li>Brisé, Temps de cuisse</li> <li>Grand jeté en tournant, saut de basque</li> <li>Grand valse combinations</li> </ul>
<p><b>CENTER:</b></p> <ul style="list-style-type: none"> <li><i>All of the above center, plus,</i></li> <li>Petit allegro steps moving in all directions</li> <li>Pirouettes from all positions</li> </ul>	<p><b>POINTE WORK:</b></p> <ul style="list-style-type: none"> <li>Basic pointe work to include bourées, soussus, piqués, échappé, ballonné, simple turns, pas couru, passé relevé</li> </ul>

### Advanced Ballet Forum Syllabus Guidelines

<p><b>BARRE:</b></p> <ul style="list-style-type: none"> <li><i>All of the previous levels' syllabus working with increased complexity, faster tempos, increased flexibility and sustained adage</i></li> </ul>	<ul style="list-style-type: none"> <li>Tours, single &amp; double</li> <li>All forms of pirouettes landing in open positions</li> <li>Fouetté turns</li> </ul>
<p><b>CENTER:</b></p> <ul style="list-style-type: none"> <li><i>All of the previous, plus,</i></li> <li>Double rond de jambe en l'air sauté</li> <li>Grand assemblé en tournant</li> <li>Balonné en tournant</li> <li>Entrechat cinque, six</li> <li>Grand fouetté sauté</li> <li>Temps de fleche</li> <li>Grand pas de basque sauté</li> <li>Sissone ouvert battu</li> <li>Cabriole</li> </ul>	<p><b>POINTE WORK:</b></p> <ul style="list-style-type: none"> <li><i>All of the previous pointe technique plus:</i></li> <li>Piqué arabesque balance</li> <li>Sissone en pointe in all directions</li> <li>Renversé</li> <li>Pirouettes</li> <li>Adage en pointe</li> <li>Fouetté &amp; grand fouetté</li> <li>All turns</li> </ul>