

# Intensive Week Details



The **Chicago National Association of Dance Masters (CNADM)** is pleased to offer its annual Summer Intensive Week for Teachers and Students, Monday through Friday.

**Training School** — Teachers and Assistants    **Ballet Forum** — Ballet Students 11-21y (4 levels)  
**Pre-Pro Intensive** — Advanced Dancers 16y+ (all genres)

## Teachers

Training School is a curriculum-building program designed to improve teaching competency for teachers and assistants.

Attendees of Training School (and Pre-Pro Intensive) can earn credits toward CDE and MDE certifications. CNADM's Educational Director will be available in the Teacher room throughout the event to answer questions and monitor participation.

Teachers may observe classes in Ballet Forum and Pre-Pro (no Repertoire classes), but must notify the Educational Director before leaving the teacher ballroom to qualify for educational credit. A name badge must be worn at all times to enter ballrooms. Please refrain from interacting with students when observing other rooms.

## Students

CNADM's student intensives are designed for the experienced, focused dancer. Ballet Forum attendees should refer to Level Requirements (on the last page) for initial registration. Pre-Pro attendees should be working at an advanced level and be proficient in multiple genres.

Dancers work with world-renowned teachers and choreographers over five days to enhance their dance education and gain valuable performance experience. Choreographers set original pieces on dancers throughout the week to be performed at the Gala Performance on Friday evening (Pre-Pro dancers also perform at the Awards Banquet on Thursday evening).

**Intensive attendees are held to a high code of conduct.**

**To ensure an enjoyable and beneficial experience, please thoroughly read the information below:**

### Placement Class & Numbers

Ballet Forum and Pre-Pro start the week with a placement/audition class which provides the choreographers an opportunity to assess their dancers and make any necessary transfers before choreography begins. All dancers are assigned numbers at the initial check-in and are required to be worn throughout the week.

### Class Etiquette

Dancers are expected to check in and warm-up before classes begin each day.

Dancers are expected to participate in all classes.

No gum or food is allowed on the dance floor.

Signs of disrespect are crossed arms, yawning, leaning on the wall/barre, unnecessary bathroom breaks, and talking.

Room monitors are assigned in each ballroom for any questions or concerns.

Dancers should thank their instructor after receiving individual corrections and as a group after each class.

Dancers should be diligent in spacing and formations to avoid unnecessary collisions/injuries.



## Repertoire Classes

Repertoire is time dedicated to setting choreography and may not always include all dancers at all times. Dancers must notify room monitors at placement class if they do NOT intend to perform on Friday evening. Dancers are expected to stay alert and quiet when the choreographer is working with a specific dancer/group. It is recommended that all dancers pay attention to ALL choreography in the case of last-minute changes.

## Student Dress Code

**Ballet Forum Dress Code** consists of a solid color one-piece leotard and pink or skin-toned convertible tights. Hair in a bun. Undergarments should not be seen through dance attire.

**Pre-Pro Dress Code** consists of a one-piece leotard and pink or skin-toned convertible tights. Shorts or tight-fitting leggings may be worn over the leotard and tights (with the exception of ballet classes). T-shirts and sweats may be worn for hip-hop and tap classes only. Hair secured from face.

**Midribs and shorts without tights are not allowed in any class.**

**Male dancers** may wear a fitted, solid color t-shirt with black thick tights, leggings, jazz pants, sweats, or shorts.

**Transgender dancers** are requested to inform their room chair and/or choreographer(s) of their preferred costuming (feminine/masculine) at placement class. For choreographic purposes, this choice should be maintained for all repertoire classes and performances.

# PACKING LIST

## DANCERS SHOULD HAVE THE FOLLOWING ITEMS READILY AVAILABLE:

### Ballet Forum Packing List\*

Black camisole and solid color one-piece leotards  
Black, pink, skin-colored convertible tights  
Nude performance undergarments (clear straps)  
Black dance shorts and leggings  
Pink or skin-colored ballet shoes  
Pointe shoes & repair kit (if applicable)  
Water bottle  
Performance makeup w/ mirror  
Bun-making supplies (hair nets, bobby pins, hairspray, gel)

### Pre-Pro Packing List\*

Black and solid color one-piece leotards  
Black, pink, skin-colored convertible tights  
Nude performance undergarments (clear straps)  
Black dance shorts and leggings  
Shoes: ballet, tap, jazz, gym, pointe (if applicable)  
Notebook and pen  
Water bottle  
Performance makeup w/ mirror

**Male dancers:** Black and white fitted t-shirts, black thick tights, dance belt, black ballet shoes, and black jazz shoes

*\*Dancers will also receive an additional list of items needed for their specific performance piece(s) before the event*



## Group Photos

Group photos will be taken in each class on Tuesday morning. Female dancers should wear any style of black leotard and pink or skin-colored tights. Male dancers should wear a black t-shirt and black leggings, tights, or pants.

## Hotel Etiquette

Proper cover-up clothing must be worn when leaving the ballrooms. We request that all CNADM attendees be respectful and courteous of other guests in the hotel and public spaces. This includes noise levels in the evening hours.

## Awards Banquet

CNADM's annual awards banquet dinner is held on Thursday evening and is included with all intensive registrations. Additional tickets (for family & friends) may be purchased during registration or through the office. This semi-formal event includes dinner, a performance by Pre-Pro dancers, awards presentations, and more.

## Performances

CNADM's Intensive Week concludes with the Gala Performance on Friday evening. All choreography set throughout the week is performed at this event in the main ballroom. Admittance is free, and the event is live-streamed for friends and relatives not in attendance.

**Dancers should arrive at call time with performance hair and makeup already done. No jewelry or nail polish.**

**Stand as far away from the backdrop as possible when waiting backstage.**

**Absolutely no talking when backstage.**

## Scholarships

All dancers are assessed throughout the week by choreographers, faculty, and room monitors. A scholarship is awarded in each group and presented at the conclusion of the Gala Performance on Friday evening. Selections are based on attitude, etiquette, appearance, ability to work with others, proper use of time on and off the floor, ability to accept corrections, and potential.

## Photo Release

Anyone attending events hosted by the Chicago National Association of Dance Masters (CNADM) grants the unrestricted right to use and publish photos and video footage taken during the event for the explicit use of advertising and promotion of CNADM. This includes, but is not limited to, print, website, social media, and press without compensation.

# Ballet Forum Level Requirements



## Registration Guidelines

Applicants should follow the age & level requirements AND have the ability to execute the majority of skills listed in the applicable level before selecting.

Choreographers and the Ballet Forum committee will make final placements following the placement class.

Pointe shoes are not a requirement for enrollment.

### Ballet Forum I

- Age 11y+ (Advanced Beginner)
- At least 2 years of ballet training
- Petite Allegro to include: sauté, changement, échappé, glissade
- Turns to include: chaîné, soutenu, pirouette en dehors
- Grand Allegro to include: tombé pas de bourée, waltz
- Basic knowledge of port de bras, positions, arabesques, stage directions

**Pointe (if applicable):** no experience necessary

### Ballet Forum II

- Age 12y+ (Intermediate)
- At least 3-4 years of ballet training
- Petite Allegro to include: royale, entrechat quatre
- Turns to include: piqué turn, single pirouette en dehors; en dedans
- Grand Allegro to include: failli assemblé, temps levé, grand jeté, sissone
- Basic knowledge of body positions, placement, musicality

**Pointe (if applicable):** pre-pointe conditioning experience and/or basic barre pointe experience

### Ballet Forum III

- Age 14y+ (High Intermediate)
- At least 4-6 years of ballet training
- Petite Allegro to include: brisé, battu petite allegro
- Turns to include: clean double pirouette en dehors; en dedans, emboité en tournant, renversé
- Grand Allegro to include: saut de chat, saut de basque, grand jeté en tournant, fouetté (piqué; temps levé)
- Adagio with controlled single leg balance, high level of musicality and coordination

**Pointe (if applicable):** 1-2 yrs basic pointework (échappé, balancé, bourrées, pas de bourrée) and ability to work in center

### Ballet Forum IV

- 16y+ (Advanced)
- At least 6-7 years of ballet training
- Complex combinations of all petite allegro
- Clean double to triple pirouette, double piqué turn, fouetté turns, attitude turns, and arabesque turns
- Complex combination of all grand allegro
- Advanced understanding of placement, balance, positions, and timing

**Pointe (if applicable):** 3+ years experience (all center work en pointe including pirouettes & traveling turns)