

2019-2020 BODY LAB DANCE INTERNSHIP PROGRAM

“To inspire the next generation of Dance”

Program Description

This is an educational program that provides internship for aspiring professional dancers, teachers and choreographers. You will receive top knowledge on how to teach, choreograph, improvisational techniques, preparation for auditions, lesson plans/skills, anatomy/physiology of the dance's body and more. As a perk of being a Body Lab intern you are able to use the facility for your own use at no cost, depending on availability.

Qualifications

- *Must be at least 14 years old (unless evaluated by Director)*
- *Have at least a 2.7 GPA*
- *At Least 5 years dance experience (1 year at Body Lab)*
- *Must be in Mostly Advanced classes*
- *Must have versatile knowledge in: Jazz, Ballet, Tap, Hip-Hop, Lyrical, Stretch, Drill Team, Technique, Boot Camp, Yogilates & Trapeze.*

Expectations

1- You are the “FACE” of Body Lab and have been hand chosen for that reason. You are a representation of Body Lab when you intern, take classes, and are outside of Body Lab. We hold a high standard and expect you to always be professional. Please use a positive “helping others” attitude at all times.

2- You MUST be on either a Tech 1, 2, or 3 Membership Plan. You must be taking classes regularly to be asked to intern a class. Your personal dance training takes priority over interning any additional classes. Therefore, you should be taking more classes than interning. You will be required to assist in all classes that you are signed up for as well.

3- Interns may ONLY assist and or teach classes if they are proficient in the Advanced styles. You must take Advanced classes consistently to assist or teach beginning/intermediate classes.

Example: You must take Adv Jazz/Adv Technique consistently before you can intern Beg/Intermediate Technique. This will also be decided on the discretion of Mrs. Heather. If proficient in Adv styles, we will ask you to intern weekly classes, lead warmup, assist with auditions, etc.

5- While Interning: Always be professional. It is important to take interning seriously. You are an assistant to the teacher and it is your job to be a leader for the class. Be respectful to the

dancers, the teacher, and the other interns. You are expected to be in the front going full out in warm up, conditioning, across the floor, and when we perform in groups. As an intern, you are responsible for demonstrating part of warmup/center/across the floor. You may be asked to lead your own warmup/center/across the floor or even a routine for a class of your choice, so always come prepared. In our class environment, we always strive for positive energy! Encourage the other dancers and be fully engaged with the class! You should ALWAYS be paying attention to the corrections the teacher is giving and attentively watching the other dancers as they are going across the floor/performing. This is not the time for you to be chatting with other interns or dancers. Talking amongst the other interns when students are dancing can appear that you are talking about them, which should never be the case. You should only be talking in class when giving corrections to dancers or asking questions for the teacher. Any side conversation can appear unprofessional and take away from the class.

6- If you are asked to sub a class you will be compensated an hourly rate of \$15 per hour, if you teach without the teacher present. Payment is via Venmo. However, if needed, you may be asked to start a class if the teacher is running late or busy. Assisting classes, camps, parties, etc is NON PAID. We generally ask ages 16+ to sub first along with who has interned at Body Lab the longest.

7- Interns may also be asked to work the Front Desk weekly when they are not taking class. Compensation for the Front Desk is \$8 per hour and payment is via Venmo. When working the Front Desk, you will have daily tasks that must be completed every time you work. The #1 expectation of the Front Desk is to make sure everyone is signed in for ALL classes of the day. You are expected to remind people to sign in on the ipad when they arrive and then once class has started physically go into the classroom, check who has not signed in, and sign in for them. Other tasks involve keeping the studio organized and clean. Such as restocking materials, cleaning tables/floor/mirrors, charging clients for classes, selling merchandise, organizing waivers, creating flyers, decorating etc. There is plenty to do around the studio. If you ever find yourself without something to do, just ask. You must be self-motivated and professional to work the front desk. You are the FIRST face people see when coming into the studio. Please always be friendly and welcoming to ALL. NO PHONES while working, and no friends sitting with you behind the desk.

8- You are the only one's allowed to fly in and out the trapeze, other than Heather/Amelia or Adv Trapeze.

To do: DUE APRIL 2019!

**10 Ballet Terminology, 10 Leaps/Turns, 10 Tap Step Terminology along with definitions *1 Lesson Plan for Int Technique: Turns/Progressions, Adv Jazz & Stretch*

Int Tech Lesson Plan

Warmup/Conditioning/Center work/Across Floor

Please list 4 Int Warmup/Conditioning Exercises, 4 Center

**Intermediate Elements & 4 across the floor combos you would teach and the steps to teach them. i.e. WARMUP- leg lifts, penchés, etc.
Center: Axels, calypsos, doubles, triples, turns in second etc.**

Warmup/Conditioning

1)

2)

3)

4)

Int Center

1)

2)

3)

4)

Int Across Floor COMBOS

1)

2)

3)

4)

Adv Jazz Lesson Plan

4 Warm-up Exercises & 2 Across the Floor Exercises

Warm-up:

1)

2)

3)

4)

Across the Floor

1)

2)

3)

4)

Stretch/Flexibility Exercises

Please list 5 stretch exercises and what muscles it works.

1)

2)

3)

4)

5)

Please explain the steps in teaching Directional turns in second: