

Dear **Dance** Students,

Congratulations and welcome to the 2023 session of The Kentucky Governor's School for the Arts! We are looking forward to meeting and working with you. This summer will be jam-packed with technique classes, master classes, rehearsals, and collaborations, so be ready!

Your **Dance faculty** for GSA will be **Theresa Bautista, John Cartwright, Natasha Davis, & Sanjay Saverimuttu**.

Starting on day one, you will have a rigorous and intensive dance schedule. We urge you to be physically and mentally ready before the program begins. We expect **100% participation** from all dancers. You will be dancing up to 6+ hours a day, so being prepared is crucial. GSA should not be viewed as an opportunity to "get in shape."

Please fill out **this calendar** as a record of your daily conditioning leading up to the program and be prepared to submit on GSA move-in day at the Dance meet and great. Prior to GSA, we encourage you to participate in a daily dance class, muscle/strength endurance exercises (running, swimming, Pilates, yoga, etc.), and cardiovascular exercise. This conditioning will help minimize sore muscles, help to reduce the risk of injury, and ensure that you can get the most of out your GSA experience.

Also included is this **list of injury preventing exercises**. These exercises are meant to be guidelines. You should not have any pain with these exercises. If you are having pain, have a medical condition, or any other concerns, please consult your physician before starting any new exercise routines. **Please contact GSA at gsainfo@kentuckyperformingarts.org if you feel that you will not be able to participate fully during the program.**

CLASS & REHEARSAL DRESS CODE

- **For ALL dance classes**, warm-ups can only be worn in class or rehearsal *with faculty permission*. While at other GSA events, virtual or otherwise, dancers should wear clothing to cover dancewear and follow standard GSA dress code.
- **For Composition, all dancers'** clothing should be form-fitting and comfortable to move in. Please avoid overly baggy clothes and clothing that restricts your movement. Long hair should be secured back so as not to interfere with head movements. **Suggested clothing options:** leotard, tank top, tights, leggings, joggers, and dance shorts with a minimum 6" inseam. **Please avoid wearing** jeans/denim, large or oversized sweatshirts/sweatpants, caps and hats, dangling or noisy jewelry, and heavy perfumes/cologne. **Shoes:** we will be barefoot mostly, but based on your choreographic interests, other shoes like ballet slippers, pointe shoes, jazz shoes, sneakers, or tap shoes may be worn with the instructor's permission.
- **For Modern, female-identifying dancers** should wear leotards or unitards, with pink, matching skin-tone colored, or black footless tights, or dance/bike shorts with a minimum 6" inseam, or leggings. Long hair needs to be neatly pulled back in a high or low ponytail or bun so that spinal alignment can be maintained when lying on the floor. **Male-identifying dancers** should wear a fitted t-shirt or tank, dance

belt, footless tights, spandex/bike shorts with a minimum 6" inseam, or form-fitting pants. **Non-binary dancers** should wear a combination of the male-female binary dress codes based on your preference. **For all dancers**, black knee pads are required. These can be purchased at the following link: <https://dancekneepads.com/collections/frontpage/products/black-knee-pads-pair> . No "foot undies" or any type of shoe/sock in class, barefoot only.

- **For Ballet, female-identifying dancers** should wear pink or flesh-colored tights and leotard (no asymmetric designs) of any color, with hair in a neat bun. Pink or flesh-colored ballet slippers which match your tights are also required. Pointe shoes may also be worn and should also complement your tight color. Flesh colored tights and shoes should match your skin tone, to the best of your ability. Ballet skirts are permitted for variations and repertory classes. **Male-identifying dancers** should wear black, grey, or white tights (can be convertible) with elastic belt or suspenders to hold tights up and a plain, fitted t-shirt or tank of any color tucked into tights (unless you have suspenders), and a dance belt. Black or white ballet shoes are permitted, but if they don't match your tights, wear socks that match your shoe color. Hair should be neat and tidy, longer hair secured. **Non-binary dancers** should wear a combination of the male-female binary dress codes, based on your preference. Pink, black, or flesh colored ballet shoes with matching-colored tights should be worn in accordance with a leotard or form fitting t-shirt, and pink or flesh colored pointe shoes, if applicable. Long hair should be secured in a bun.
- **For Afro-Jazz and Contemporary Jazz, female-identifying dancers** should wear leotards (any color is fine, no neon), with jazz pants, black tights or leggings, or spandex shorts with a minimum 6" inseam (tights should be worn underneath). Long hair should be pulled back in a ponytail and out of the face. **Male-identifying dancers** should wear a t-shirt or tank, with a dance belt, jazz pants, footless tights, or spandex shorts with a minimum 6" inseam. **Non-binary dancers** should wear a combination of the male-female binary dress codes, based on your preference. Long hair should be pulled back in a ponytail. **All dancers** should wear black or tan jazz shoes, lace-up or pull-on.
- **For African Dance, female-identifying dancers** should wear leotards (any color is fine, no neon), with black tights or leggings, and a lapa skirt (see picture and details below). Long hair should be pulled back in a ponytail and out of the face. **Male-identifying dancers** should wear a t-shirt, tank, and lapa top (see details below) with a dance belt, footless tights, jazz pants, or loose pants. **Non-binary dancers** should wear a combination of the male-female binary dress codes based on your preference. Long hair should be pulled back in a ponytail. **For all dancers**, no "foot undies" or any type of shoe/sock in class, barefoot only.

EVERYONE SHOULD BRING A MINIMUM OF 2 YARDS OF FABRIC IN A BRIGHTLY COLORED PRINT FOR EITHER A LAPA SKIRT OR LAPA SHIRT

- **Lapa shirt:** Please bring minimum of 2 yards of fabric in a brightly colored print – you will learn to wrap and tie your lapa shirt in class at GSA.
- **Lapa skirt:** Please bring a minimum of 2 yards of fabric in a brightly colored print – you will learn to wrap and tie your lapa skirt in class at GSA. Example pictured below.



- **Tablet or laptop for class and rehearsals.** Each student should bring a tablet or laptop to use during class and rehearsals. These will be utilized to access music, video, instructional documents, and for special research and seminar classes. Your device should have access to some form of word processing software like Microsoft Word or Google Docs and should be able to download and open PDF files. **If you do not have access to a tablet or laptop, please contact GSA IMMEDIATELY at gsainfo@kentuckyperformingarts.org and we will assist you gaining access to one for the duration of the program.**

WHAT TO BRING

This is a checklist of **required** items/supplies you should pack for dance classes and performances (in addition to your regular street clothes, toiletries, dorm room items, etc.). You will need plenty of **tights, footless tights, leotards, warm-ups**, socks to keep your feet warm between classes, etc. Due to the considerable amount of distance between dance studios, please bring comfortable **walking shoes** (flip-flops are **strongly** discouraged). In addition, you will need:

- Ballet slippers** (for colors see dress code), *NO Bloch “Elastosplit” X ballet slippers or similar style permitted.*
- Pointe Shoes** – If you’ve had at least two years of pointe technique, you will need to bring at least two pair of pointe shoes for class and rehearsal (more if you think you will need them) and an additional pair of ‘clean’ pointe shoes for potential performance.
- Jazz shoes** – black or tan, lace-up or pull-on – *NO Capezio “Hanami” Pirouette Shoes or similar style permitted; NO Capezio “Pedini Femme Lyrical Teaching Sandal” or similar style permitted; NO jazz/dance sneakers permitted*
- All dance attire mentioned per above dress code**
- Minimum 2 yards of brightly colored fabric** for lapa skirt or shirt.
- Black knee pads** – purchase your size **here** from contact quarterly.
<https://dancekneepads.com/collections/frontpage/products/black-knee-pads-pair>
- White pedestrian clothing** – this is any non-dance clothing that is solid white that you already have in your closet that can be used as a costume for one of the faculty pieces. This should be shorts, shirts, blouses, dresses, pants, etc that you can move in, but is not dance or exercise clothing.
- Hairnets, bobby pins, hair pins, ponytail holders, headbands** and/or **hairspray/gel**
- Appropriate undergarments for class and potential performances** such as nude camisole leotard, bra, underwear, and/or dance belt.

- Headphones, wired or Bluetooth** (smart phones are not permitted in the studio unless authorized by faculty and staff)
- Tablet or laptop**
- A notebook and writing utensil** for composition classes, journaling, and note taking
- An umbrella and/or rain jacket** with hood
- Stage Make-up and tools** for men, women, and non-binary students for performance

This is a check list of items that are optional, but might be very beneficial to you:

- Dance related therapy tools:** yoga mat, foam roller, TheraBand, tennis or lacrosse ball, Pilates resistance ring, resistance bands, etc.
- Spending money** – Though housing, meals, room, and board are covered by GSA, you might want a little extra money for GSA merch on-campus or souvenirs during field trips.
- Face Masks/Coverings:** GSA is not currently planning to require face masks, but if a student would like to wear one at any time, they are welcome to do so. If you would prefer to wear masks while at the program, please pack enough to last all three weeks.

STUDENT CHOREOGRAPHY PROJECT

Each dancer attending GSA 2023 will participate in the **Student Choreography Project**. Prior to the beginning of the program, students interested in choreographing need to fill out **this proposal** completely and thoroughly and submit it to info.kygsadance@gmail.com by **WEDNESDAY, JULY 5th**. *See form for details.*

Please feel free to contact us if you have any thoughts or questions about the Dance experience at GSA prior to the beginning of the program. We want to you feel prepared for your GSA experience this summer. Once again, congratulations and welcome to the GSA family!

Theresa Bautista

Faculty Chair, Dance

info.kygsadance@gmail.com

CHECKLIST OF ITEMS TO TURN IN AND DUE DATES

- Student Choreography Proposal** – Due **Wednesday, July 5th** (via email)
- Activity Calendar** – Due **Sunday, July 9th** (in person)