



VIRTUAL NEW YEARS TRAINING CAMP (NYTC)

SCHEDULE

DECEMBER 28-30, 2020

Focus: Live and Online Audition Preparation for the upcoming 2021 Season.

Secondary Focus: Bootcamp style training, pushing the physical, technical and artistic capacities of each individual participant.

Note that all times are expressed in Pacific Time Zone.

Group A: Ages 12 and up

Group B: Ages 8 -11

*Age at the time NYTC takes place

DAY ONE: MONDAY, DECEMBER 28

8:30am - 9:00am Pacific Time Zone

Welcome and Orientation (Parents Invited)

9:00am - 10:30am Pacific

Ballet Technique - focusing on projecting energy and body lines out in the studio or online

Group A: with Francisco Gella

Group B: with Julie Friedrich

10:30am – 12:00pm Pacific

Group A: Port de Bras Technique with Julie Friedrich (Reiterating theme from previous class)

Group B: Ballet Conditioning with Francisco Gella (focusing on repetition and presentation)

12:00pm - 12:45pm Pacific

Lunch

12:45pm - 2:00pm Pacific

Group A: Jazz Technique with Wilson Mendieta (focus on how to be noticed using clear stylized body lines)

Group B: Theatre Dance (Broadway) with Steven Sofia (focus on character development)

2:00pm - 3:15pm Pacific

Group A: Theatre Dance (Broadway) with Steven Sofia (focus on character development)

Group B: Jazz Technique with Wilson Mendieta (focus on how to be noticed using clear stylized body lines)

3:15pm – 3:30pm Pacific

Break

3:30pm - 4:30pm Pacific

Group A: Workshop for Audition Prep (checklist of materials needed, determining high level of quality)

Group B: Modern Technique with Francisco Gella (Limon Warm-Up and Combination)

4:30pm – 5:30pm Pacific

Group A: Modern Technique with Francisco Gella (Limon Warm-Up and Combination)

Group B: Workshop for Audition Prep (checklist of materials needed, determining high level of quality)

5:30PM – 6:30PM Pacific

Group A and B: Yoga with Christina Bodie

6:30PM – 6:45PM Pacific

End of the Day Debrief with Francisco and Julie (discussing what needs to be addressed overall)

DAY TWO: TUESDAY, DECEMBER 29

8:00am - 8:15am Pacific

Group A and B: Morning Opening Session with Francisco (a moment of reflection and goal setting for the day)

8:15am - 9:45am Pacific

Ballet Technique - focusing on transitional details and maintaining turnout from the barre to centre

Group A: with Julie

Group B: with Francisco

9:45am – 11:15pm Pacific

Group A: Ballet Conditioning with Francisco Gella (focusing on repetition and presentation)

Group B: Port de Bras Technique with Julie Friedrich (Reiterating theme from previous class)

11:15pm - 12:00pm Pacific

Lunch

12:00pm – 1:15pm Pacific

Group A: Hip-Hop with Sam Picart (focusing on isolations, sharp accents, and musicality)

Group B: Modern Technique with Yusha-Marie Sorzano (Horton Technique focusing on Fortifications)

1:15pm - 2:30pm Pacific

Group A: Modern Technique with Yusha-Marie Sorzano (Horton Technique focusing on Fortifications)

Group B: Hip-Hop with Sam Picart (focusing on isolations, sharp accents, and musicality)

2:30pm - 3:30pm Pacific

Group A and B: What it's like to Major in Dance....featuring current college students who will give you the real deal. What was it like to audition for those programs according to the students (what made them nervous, concerned, what to prepare for etc.) This session is for students only.

3:30pm - 4:00pm Pacific

Early Dinner Break

4:00pm - 5:15pm Pacific

Group A: Contemporary Fusion with Francisco (combination with heavy influence from both modern and ballet idioms)

Group B: Hip-Hop with Sam Picart (how to pick up combinations quickly in an audition setting)

5:15pm - 6:45pm Pacific

Group A and B: Scholarship Auditions for FG Dance Works Program as well as Zeitgeist Dance Theatre Trainee Auditions) Announcement of Winners will be during the Closing Zoom Session for NYTC on Wednesday.

6:45pm - 7:00pm Pacific

Group A and B: End of the day Debrief with Francisco and Julie (summing up what was learned and what challenges the students had to tackle)

DAY THREE : WEDNESDAY, DECEMBER 30

8:00am - 8:15am Pacific

Group A and B: Morning Opening Session with Francisco (focusing on breathing, stillness, and improvisation)

8:15am - 9:45am Pacific

Ballet Technique - focusing on clarity of line by specifically and drilling correct facings/angles of the body (epaulment)

Group A: with Julie

Group B: with Francisco

9:45am - 11:00am Pacific

Group A: Hip-Hop with Sam Picart (focusing on isolations, sharp accents, and musicality)

Group B: Contemporary Fusion with Francisco (combination with heavy influence from both modern and ballet idioms)

11:00am - 11:45am Pacific

Lunch

11:45pm - 1:00pm Pacific

Group A: Strategies for Injury Prevention and Body Awareness with Annette Karim

Group B: Improvisation with Francisco (focusing on exploration, new vocabulary, and expression)

1:00pm - 2:15pm Pacific

Group A: Contemporary with Guest Instructor (ZDT Company Member)

Group B: Strategies for Injury Prevention and Body Awareness with Annette Karim

2:15pm - 2:30pm Pacific

Break

2:30pm - 3:45pm Pacific

Group A: Session on what faculty and adjudicators look for dancers during auditions for Dance Programs and Professional Companies (what to them stands out, what they expect, what intrigues them, what attracts them to certain artists) with special guests in the field

***Parents are encouraged to attend**

Group B: Contemporary with Guest Instructor (ZDT Company Member)

3:45pm - 4:45pm Pacific

Group A: improvisation with Francisco (taking ownership and building the dancer's confidence with their artistic capacity)

Group B; Improvisation with Julie (movement exploration and musicality)

4:45pm - 5:30pm

Closing Session with the students, announcement of scholarship recipients, special awards that gives scholarships to FG Dance Works Programs and ZDT trainees. Final thoughts, promote Tech Trio, Ballet+ etc.

***Parents are encouraged to attend**