Intermediate/ Advance Ballet

“We learn by practice. Whether it means to learn to dance by practicing dancing or to learn to live by practicing living, the principles are the same. One becomes in some area an athlete of God.” –Martha Graham

Welcome to the Intermediate/Advance Ballet in the Fall 2011. Instruction in classical ballet technique is designed to prepare students for the professional world of dance. Students will be expected to demonstrate both technique and theoretical principles of ballet.

Course Objectives:

- To demonstrate an understanding of ballet as stylistic genre and history
- To demonstrate enhanced kinesthetic awareness and understanding of correct body alignment with torso, rotation of hips and upper legs, knees, feet along with focus of the head an arm positions
- To demonstrate knowledge of ballet vocabulary and technique
- To execute advance level ballet technique and begin to create artistic expression and performance quality
- To challenge yourself to your fullest potential

Grading Policy;

70% of the grading scale is based upon attendance. (We only meet three hours a weeks so we have a lot to learn each day.) I will make no excuses, so use your absences wisely. You may have two absences before your grade will be affected. 10% is based on participation, attitude, concentration, application of corrections and ideas concerning alignment, and injury prevention. I expect each student to put just as much energy into this class as any other academic course. Finally, 10% is based on the written midterm, and 10% on the final, in which you will have to create ballet combinations both at barre and in center . You are also required to attend St. Mary’s College Dance Company Show in December and write a response to one of the dances you see. We will discuss the details of these projects in more depth later in the semester.

Please come to each class prepared to dance. Please wear ballet appropriate clothing, tightly fitted so proper alignment can be seen and corrections can be made, and have dance shoes or socks. Long hair must be properly secured in bun or ponytail. Proper dance etiquette is required, this includes being in class on time, staying the whole length of class, courteous studio behavior, a good working attitude, full concentration and participation. I will mark your grade down for not adhering to etiquette.
If you are late it your responsibility to come to me after class and make sure I got you on my roll sheet as present. **I will count three tardies as an absence.**

If you are injured, and would like to watch class instead of participating you may sit in on the class, pick one dancer to follow and write about what you observe. Your notes should be equal amounts of positive feedback and constructive criticism. The dancer will not see your notes, this assignment is for your growth as a dancer.

My classes are based on a system of mutual respect, my respect for you, your respect for each other, your respect for me.

If you ever have questions, comments or concerns feel free to give me a call.

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(I do not check my SMC account regularly)