



THE BALLET BLOG
Dance Educator Series

Host Application Form

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PHYSIOTHERAPIST FOR DANCERS

HOST APPLICATION FORM

Host Checklist

This document outlines all requirements and answers common questions in regards to hosting one of our workshops. If you meet all of these requirements please complete the application form on the final page and email workshops@theballetblog.com

Studio & Equipment Requirements:

For effective running of the workshops the studio should have the following available:



- ☐ SPACE FOR 30 MATS FOR PRACTICAL WORK
 - ☐ SPACE FOR 30 CHAIRS FOR THE THEORY COMPONENT CHAIRS SET UP AT ONE END, AND MATS FOR 2/3 OF THE ROOM
 - ☐ AT LEAST ONE WALL OF MIRRORS
 - ☐ AT LEAST 10M OF BARRE SPACE (MAY BE FREE STANDING OR WALL MOUNTED)
 - ☐ AT LEAST 2M X 2M OF FLOORING SUITABLE FOR POINTE WORK
 - ☐ 30 X YOGA MATS OR SIMILAR
 - ☐ 5 X LARGE SWISS BALLS (APPROX. 65 CM DIAMETER)
 - ☐ 5 X FOAM ROLLERS
 - ☐ A PORTABLE MASSAGE TABLE (PREFERABLE BUT NOT ESSENTIAL)
 - ☐ A SMALL TABLE
 - ☐ EASY ACCESS TO BATHROOMS
 - ☐ SPACE OUTSIDE THE STUDIO FOR BREAKS/FOOD
 - ☐ TEA & COFFEE MAKING FACILITIES
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HOST APPLICATION FORM

Common Questions

1. **Will you be charging the Studio anything to use our space or do we charge you?**

- We offer 2 free places to the hosts at the workshop in return for the studio hire.
- The three day workshops are valued at \$1500 AUD Internationally and \$1200 AUD within Australia.
- The two day workshops are valued at \$550 AUD Internationally and \$400 AUD within Australia.
- Any additional teachers may be offered a 20% discount off the full price of the workshop.

2. **What is the timetable for the workshop?**

- For all three day workshops, the course will run from 9am to 4pm daily.
- For all two day workshops, the course will run from 9am to 5pm daily.
- However, if there are timetabling issues with your studio please let us know and we can organise for the workshop to start either slightly earlier or later.

3. **Would you need some children for demonstration purposes? If so would they need to pay?**

While we encourage teachers to experience each of the exercises on themselves, it is very helpful if we have student models (aged 13 - 20) to demonstrate some of the exercises, and no, they don't pay. It's good to have some reasonably high level students as there is a lot of information, and it's good to be able to demonstrate the effect of very subtle training.

4. **Would you need any transportation to and from hotel/airport?**

Yes, ideally the presenter needs to stay close to the venue, or the host, to make this easy. Long commutes combined with long days of teaching are not fun! Please also provide any suggestions you have on good places to stay.

5. **Are there any food costs associated?**

The host is responsible for organising some light refreshments in the morning tea break (tea, coffee, fruit and biscuits if possible). Lunch is provided by The Ballet Blog, but how we do this is variable and dependent on the local set up. If possible, we order in to the studio to save time, and occasionally Lisa will choose to self-cater if there is facility to do so. However if there are a selection of good local places within walking distance then we are open to suggestions. We also welcome you to join us for coffee after day two of the course, but people pay for this themselves. Please advise us of any local coffee shops that are suitable for a big group.

6. **Who would be advertising the event? You or us?**

We will definitely be advertising the workshop to our lists, but any assistance with local advertising would be wonderful. You will also be sent a Media Kit with various sizes of online and offline marketing materials.

7. **Can you only attend part of the workshop.?**

Unfortunately, due to difficulties in the past with people missing days, and due to the continuity of the content in the course we now only allow bookings for the duration of the entire course. Participants are able to book for the full course and choose to not attend, however will only receive a certificate for the days that they attend.

8. **How much will the workshop cost each participant?**

- The cost for any three day Workshops are \$750 AUD Internationally and \$600 within Australia (Level One & Level Three Dance Educator Workshops).
- The cost for any two day workshops are \$550 AUD Internationally and \$400 within Australia. (Level Two Dance Educator Workshops).

NOTE:

STUDENT MODEL REQUIREMENTS

Level One

If you don't have any students who you think will be suitable for each stage, then just let us know and we can put a call out to the other teachers attending the workshop. All students should be mature in nature and good at taking corrections. They don't need to be the most amazing dancers, but they must be able to listen to instructions and be interested in learning. This is a fantastic opportunity for each child and they usually get a lot out of the day. The following are guidelines of who would be suitable for each day.



Day One

- Day One starts with a big focus on postural control, and then an exploration of warm up vs flexibility training, safe ways of improving flexibility and some work on functional core control.
- Ideally, we would like to have 3 students aged over 12 for this day. Models are required from 11am, however they are more than welcome to attend from 9am.



Day Two

- Day Two focuses on the correction of basic ballet technique when things are not perfectly placed or the student does not have wonderful natural facility. It's good to have a variety of body types to see the differences.
- In the afternoon we do a detailed analysis of how to assess dancer's hips. It is good to have one that has nice open hips, as well as one who struggles in at least one direction. We do recommend 3 students ranging from 12-16.



Day Three

- Day Three specifically focuses on improving turnout control in different directions, retraining jumps and dealing with foot injuries, before moving onto safe ways of improving spinal stability and arabesque.
- We require 2-3 older elite level students with good range of motion in the hips and hamstrings over the age of 14 and comfortable to work with their legs above 90 degrees, excellent control standing on one leg and a good understanding of their own body.

STUDENT MODEL REQUIREMENTS

Level Two

POINTE INTENSIVE



- This course is specifically designed for the teacher to increase their knowledge in correct preparation and progression of dancers onto pointe.
- For this course we will require two or four models, all whom of which have been on pointe for at least a year.

DAY ONE

- Day one focusses on pre-pointe assessment, so is ideal for slightly younger dancers, but is also extremely beneficial for students that have been en pointe for some time
- It will help all students revise the base level of range and control needed to maintain healthy feet and legs en pointe

DAY TWO

- Day Two explores the progression onto pointe, fitting pointe shoes and the customisation required for different feet.
- All student models need to have been dancing en pointe for at least a year to attend this day
- Please bring any pointe shoes they are currently wearing as well as their previous pair if possible

FLEXIBILITY INTENSIVE



- For this course we will require at least two student models (aged 14 - 18) with decent body awareness and a good attention span, as there is a lot of detailed information in this course
- Avoid any student with any acute pain as it is impossible to diagnose them during the course

DAY ONE & TWO

- Ideally have the same students for both days of the workshop, as it is a progressive program
- Ideally they will be reasonably high level students, but it is fine if they have some mobility issues as this is what we are aiming to resolve
- Any models who are attending Day Two must also come to Day One in order to learn the principles. However it is possible for a student to attend Day One and not Day Two.
- Please choose students with no major or painful restrictions for Day Two
- The individual techniques can definitely be applied to young dancers, but older students are better as workshop models due to the depth of content covered

STUDENT MODEL REQUIREMENTS

Level Three

UNDERSTANDING AND MANAGING HIP INJURIES



MODEL REQUIREMENTS

- We require two or four students, over the age of 14, with a good attention span
- It is best to have the same dancers for all three days of the course
- It is very beneficial to have some students who have had some issues with their hips, as well as at least one who has no issues
- No acutely painful hips please
- While the program is tailored for those with hip issues, doing all of the tests and exercises at once, without knowing the diagnosis, is likely to flare anyone in acute pain
- The morning of the first day is mostly theoretical, so it is fine for the dancers to come in after lunch on Day One, however if they are very interested in anatomy then they are welcome to attend from the start
- Having four models allows us to spread the demonstration load between them

UNDERSTANDING AND MANAGING FOOT INJURIES



MODEL REQUIREMENTS

- We require two or four students, over the age of 13, with a good attention span
- It is good to have a couple of different foot types; ie. a rigid flat foot, floppy flat foot, and high arched foot
- We will practice the assessment of the dancers foot each day so it is ok to have new dancers for each of the three days
- If you have students that have persistent or recurrent foot issues it is good to assess them, but we need to make sure they don't do too much during each day
- If you are concerned then give us an outline of the student and we can decide if it will be good for them to attend or not
- We may also be able to time the scheduling of particular dancers with the different injuries covered on that day
- There are demonstrations of taping techniques for each injury, so please avoid choosing any model with an allergy to adhesives

STUDENT MODEL REQUIREMENTS

Level Three

HOW TO TRAIN EXTREME MOBILITY SAFELY

- We require two or four students each day, over the age of 14
- Models for both days should be good at listening to and taking corrections, have decent body awareness and be working at a high level in their classes
- Any models who are attending Day Two must also come to Day One in order to learn the principles. However it is possible for a student to attend Day One and not Day Two.

DAY ONE

- Day One focusses on the assessment of higher level skills including:
 - Front Splits & Oversplits & Penché
 - Back extension exercises including Bridge, Wheel, Back Scale, Needle or Dancers Pose
 - Forward and Backward walkovers
- Student models should feel comfortable demonstrating at least three of these skills
- If you have no students who regularly perform these movements in their training, then we have video demonstrations to use
- The afternoon is focussed on improving spinal mobility and control

DAY TWO

- Day Two explores the progressions needed to safely improve hip extension, hamstring range and shoulder mobility and control
- Models should feel comfortable doing a handstand at the wall and have no wrist or neck pain
- Ideally models should have an awareness of neutral spine and have been exposed to the Waiter Bow exercise



HOST APPLICATION FORM

Personal Details:

Contact Name:

Email:

Contact Number:

Studio Name:

Studio Website:

Other:

Studio Address:

Street Number & Name:

City:

Country:

Zip:

State:

Other:

Closest airport & approximate distance to studio:

Available dates and times to conduct workshops:

Please tick the facilities and equipment your studio has access to:

Space for 30 Yoga Mats & 30 Chairs

☐

Minimum one wall of mirrors

☐

Minimum 10m of barre space

☐

Minimum 2m x 2m of flooring for pointe work

☐

30 x Yoga Mats

☐

5 x Large Swiss Balls (approx. 65cm)

☐

5 x Foam Rollers

☐

Portable Massage Table

☐

Small Table

☐

Coffee & Tea making facilities

☐

Easy access to bathrooms

☐

Space outside the studio for breaks/food

☐

Transport to and from the studio

☐

Projector / Large tv screen (optional)

☐

Airconditioning

☐

PLEASE SUBMIT YOUR APPLICATION ALONG WITH PHOTOS OF YOUR STUDIO TO
WORKSHOPS@THEBALLETBLOG.COM