



# CHIARTS DANCE OVERVIEW AND AUDITION GUIDE



This guide is designed to help you prepare for the Dance conservatory auditions and for considering ChiArts as an option for your high school. ChiArts is a wonderfully creative and educational environment, and we take our work seriously.

## **DECIDING IF CHIARTS DANCE IS RIGHT FOR YOU**

### **What can I expect from ChiArts Dance?**

Our programs are modeled on college-level Conservatory programs and tailored for high school students. It is a rigorous training program that is taught by professionals in their fields who have high standards of excellence and a commitment to training the next generation of artists. Classroom instruction is supplemented by a variety of performance opportunities in which training is put into practice. Whether or not a student chooses to ultimately pursue a career in the arts, the curriculum will provide a wide variety of learning opportunities and experiences that can benefit them throughout their lives and in whatever field they choose to pursue.

### **What does ChiArts Dance expect from me?**

The school day at ChiArts is from 8 am to 5 pm and includes some evening rehearsals and events. Students must have stamina and focus throughout the entire day and must be committed to both academic and arts education. Students are expected to arrive to each Dance class on time, fully prepared to work with all of their materials and dedicated to their craft and community. Students should be open to practicing sustained focus, taking risks, and providing a safe learning environment for others. Your attendance affects the work of your peers as well as yourself. So you must stay healthy, be organized and have your work completed and bring a positive and supportive attitude to every class, every day.

### **How do I decide which program(s) to audition for?**

You can audition for two ChiArts programs. Select the one(s) that you have the most passion for. Once enrolled, transferring to another program at ChiArts is difficult if not impossible. So give serious consideration which program is going to be your first and second choice.

### **What is the difference between ChiArts and other high schools?**

By coming to ChiArts, you receive fifteen (15) hours per week of free, intensive arts training. What we do, we do well. However, we are not all things to all people. We are different from some traditional high schools in that we do not offer as wide a range of activities as others may. For instance, we do not have a football team or a cheerleading squad or a drill team. Students need to think hard about the type of high school experience that they want. If you do come to ChiArts, you must readily accept that you will get a tremendous amount with regard to the arts but it means that there will not be some things that other high schools have.

# **AUDITION REQUIREMENTS FOR CHIARTS DANCE**

## **First Round Auditions**

1. One-minute dance solo, any style
2. 30-minute dance class
3. Interview

## **Callbacks**

1. 90-minute dance class
2. Interview

## **Audition Preparation**

As with all auditions, your primary responsibility is to be as prepared as possible. Start your preparation NOW. Be confident and believe in yourself! Every time that you audition, the people watching you are on your side and want you to do your best. Be passionate and unafraid to take creative risks.

- Your dance solo should demonstrate the best of your abilities. Do remember, this is an audition for high school. Solos need to be school-appropriate.
- The student must bring music for the solo on CD, MP3 player, smart phone or tablet. Be sure to download the music file because YouTube videos will not work.
- All solos are timed.
- Wear dance appropriate clothing: No baggy clothes or jewelry; tights and leotard or form-fitting exercise wear; dance shoes or bare feet.
- Be on time for your audition.
- Be prepared to talk to the adjudicators.
- Be prepared to work hard and try new things.

## **Dance Audition Process**

Only students who have submitted a complete application and have met the minimum requirements will be granted an audition for admission to the ChiArts Dance Program. Please visit the application pages on [chiarts.org](http://chiarts.org) for more information.

Students of all abilities may audition for admission into the Dance Program. ChiArts recognizes the need to provide opportunities for students who have high levels of experience and/or training in dance and students who have not had prior training, but demonstrate a strong natural ability and a desire to learn.

In order to place students in a beginning or intermediate/advanced interview group, applicants must complete the arts experience section on the admission application that describes any prior dance training or experience. It is important for students to be thorough and accurate when submitting this information.

## **Dance: FAQ**

*Should students with very little dance experience apply?*

Yes, ChiArts encourages students of all levels to apply.

*If a student has many years of dance training, should s/he apply?*

Yes, students will be challenged no matter the experience they have had prior to attending ChiArts.

*May students bring costumes or props to their audition?*

Costumes or props (including chairs) are not allowed.

## **DANCE PROGRAM Overview and Outcomes**

The Dance Program integrates the ChiArts Core Values into rigorous study of the foundations of Dance. The Dance Conservatory is designed to give dancers a strong foundation in classical ballet and modern and contemporary dance techniques, expose students to a variety of dance styles through master classes and workshops, and provide professional training from faculty who have experience working with globally recognized teachers, performers, choreographers, and companies.

The overall goal of the program is to establish a solid foundation with which students can begin to progressively develop their skills as professional dancers. The Dance Conservatory is committed to providing a high level of instruction and experiences that will prepare students to study dance at the college level or enter a professional dance training program.

## **Dance Department Scope & Sequence**

### **Ballet- 6 to 9 hours/week**

Ballet Technique (Novice, A, B, C, D, F)

Pointe (Beginning, Variations)

Men's Technique

### **Conditioning/Character- 0 to 3 hours/week**

Body Conditioning (Novice)

Conditioning for Advanced Technique

Character Dance

Spanish Dance

### **Modern/Contemporary- 3 hours/week**

Horton (Novice, A)

Graham (B)

Contemporary Jazz

Contemporary Modern

### **Repertoire- 3 hours/week**

Senior Repertoire

### **Dance Development Courses- 3 hours/week**

Dance Literature and Language (Freshman)

Dance Injury and Prevention (Sophomores)

Music for Dancers (Juniors) Fall Semester

Professional Development (Juniors) Spring Semester

Professional Development (Seniors) Fall Semester

Cardio Conditioning for Dancers (Seniors) Spring Semester

## **DANCE PROGRAM COURSE DESCRIPTIONS:**

### **Classical Ballet Technique Novice**

Ballet Technique Novice is an introductory course to the fundamentals of classical ballet. Students will develop basic vocabulary and understanding of proper alignment. Emphasis is placed on finding and utilizing the turn out muscles, articulating through the legs and feet and building strength and tone. Clarity of movement and music are stressed.

### **Classical Ballet Technique A**

Ballet Technique A is a continuation and progression from the previous level, Novice Ballet. Students will further develop skills in classical ballet technique with emphasis on strengthening the body, increasing flexibility, and building upon movement vocabulary. Emphasis will focus on structural alignment, clarity of movement, musicality, and self-correction. Particular importance will be placed on developing classical line and connection of movement through the repetition of fundamental exercises and the introduction of enchainments. Students will be required to complete occasional journal assignments.

### **Classical Ballet Technique B**

Classical Ballet Technique B is a continuation and progression of Ballet A. Students will begin to be introduced to more movement vocabulary and longer combinations. Emphasis will be on building endurance, building strength, and moving at quicker tempos.

### **Classical Ballet Technique C**

Classical Ballet Technique C is a continuation and progression of Ballet B. Students will develop and increase vocabulary while striving to improve strength, flexibility, and understanding of movement. Proper alignment, musicality, and clarity of execution are emphasized.

### **Classical Ballet Technique D**

Classical Ballet Technique D is a continuation and progression of the classical ballet technique taught in Ballet C. Students will develop a more advanced vocabulary, while continuing to focus on placement, flexibility, fluidity, and quality of movement. Proper alignment will be stressed, with a concentration on increasing joint mobility and ease. An emphasis will be placed on refining technical and performance skills, with longer movement enchainments. Ladies will be required to take class en pointe at least one time per week.

### **Classical Ballet Technique F**

Classical Ballet Technique F is the highest level of ballet technique at ChiArts and is a continuation and progression of Ballet D. It is assumed at this level that students have acquired and practiced work covered in previous levels. Students will refine vocabulary while striving to increase strength, flexibility, coordination, and artistry within their movement. Proper alignment, musicality, and clarity of execution are emphasized. Students are expected to pick up movement quickly, dance with speed, accuracy, and definition, and exhibit control. At this level, corrections should be applied and retained rapidly. Ladies will be required to take class en pointe at least two times per week.

### **Beginning Pointe**

Beginning Pointe I classes are given two times per week and focus on building strength, clarity, and pointe vocabulary. Students will be introduced to basic fundamental principles, including a variety of piques, relevés and pirouettes. Emphasis will be placed on proper alignment of feet and legs through strengthening the body, working correctly through the shoe, increasing flexibility for proper execution, and balance.

### **Pointe Variations**

Pointe Variations is a continuation and progression of skills learned in Beginning Pointe. Students will continue to work on strength and articulation with increasingly difficult steps. Emphasis will be placed on quality, clarity, and ease of movement. Students will be taught a series of pointe variations in a variety of styles and by different choreographers.

### **Men's Technique**

This course is designed specifically for male dancers and emphasizes developing additional strength and agility for classical ballet. Focal points include multiple pirouettes, increased elevation, increased vocabulary for jumps including specialized grand allegro, and traveling through space.

### **Horton Technique Novice**

At the Novice level, students are introduced to the basics of the Horton Technique. Focal points include spinal articulation, line, energy, shape and rhythm. Alignment and correct form are studied along with the movement vocabulary of the Horton Technique.

### **Horton Technique A**

Students are introduced to intermediate level studies, fortifications and preludes from the Horton Technique. Focal points include contraction and release, movement dynamics, coordination and clarity of movement and more subtle musicality.

### **Graham Technique B**

This class is designed for the students to learn the fundamental principles, practices, aesthetics and vocabulary of the Martha Graham modern dance technique. The technique is a system of movement based on the principles of contraction, release and spiral. Graham technique heightens awareness of the body and its relationship to space by stressing the use of weight in movement patterns. Emphasis will also be on clarity of movement, musicality and developing the students' own sense of artistry. This class will help students build physical strength, teach them to move from the center and further their understanding of alignment, giving them the strong foundation needed to train as a well versed dancer.

### **Contemporary Modern**

Contemporary Modern provides an opportunity for students to further explore and challenge themselves artistically, technically, and creatively. Choreography and class components become increasingly complex and different movement qualities are used to give students experience in contemporary work. Focus is given to the quality and intention of the movement

and the course will emphasize detailed work. This course is designed to complement previous training to produce a well-rounded dancer.

### **Contemporary Jazz**

Students will be introduced to the fundamentals of jazz dance and how the jazz movement vocabulary is used in contemporary choreography. Focus will be on dynamics, improvisation, and developing personal artistry.

### **Body Conditioning**

Body Conditioning is designed to help students build the strength, endurance and flexibility needed for dance. Emphasis is placed on alignment and correct usage of the body. Students will develop awareness of different muscle groups and work towards utilizing them effectively and efficiently.

### **Conditioning for Advanced Technique**

Conditioning for Advanced Technique provides students with another avenue to develop and tone their bodies to meet the demands of a pre-professional dance training. Like Body Conditioning, this course focuses on building strength, endurance and flexibility.

### **Spanish Dance**

This one semester course introduces students to three styles of Spanish music and dance: classical, folkloric, and flamenco. Focus will be on learning the history, rhythms, and nuances of these styles.

### **Character Dance**

This one-semester course introduces students to a variety of balletic folk dances inspired by traditional dances from various countries. Students will be introduced to a range of musical and dance structures and sequences. Focus will be on style, rhythm, and changing spatial formations.

### **Senior Repertoire**

This senior level class is focused on preparing students for the professional performing environment. Students will work with choreographers in solo, duet, and group work that both increase their technical execution of performance work and also enhance their artistic performance of the choreography. Students will prepare for auditions, rehearse choreography, and learn basic tools for dance composition.

### **Dance Literature and Language**

This course is an opportunity for students to explore the world of dance through a different means of study. In Dance Literature and Language, students will delve further into vocabulary and terminology, examine historical correlations and contexts for dance, and research the development of the art form throughout time, both nationally and globally.



**Dance Injury and Prevention**

This course focuses on preparing dancers to care for and maintain healthy bodies during their dance training. Students will examine anatomy as it relates to dance and develop an awareness of proper alignment and usage of the body. Injury prevention and identification methods along with strategies to balance the physical demands of dance will be studied.

**Professional Development**

This course will focus on the development of a dancer's professional career. Topics of study include preparation for auditions, resumes, headshots, and performance. Students may also research dance companies and employment opportunities, both nationally and internationally. This course is designed to expose students to additional components necessary to pursue a professional career as well as alternative careers in the field of dance. Professional Development meets for two semesters.

**Music Theory for Dancers**

Music Theory for Dancers introduces students to music fundamentals. Focus is placed on how these concepts relate to dance and performance. Students may explore structure, rhythm, notation, form and other elements of music. This course meets for one semester.

**Cardio Conditioning for Dancers**

This course is designed to help dancers learn how to strengthen and maintain their overall fitness. Students will learn the basics of exercise physiology, learn the benefits of aerobic exercise on the body and how that relates to dance. Students will participate in exercise classes that are designed to increase cardiovascular fitness. This class meets for one semester.