



## **“What to Expect”**

### **GUIDING PRINCIPLE**

Summer Dance Sessions aims to create an environment where dancers can explore and expand their creativity without judgment, competition or social pressures that often accompany a dancer's life. We aim to develop the whole dancer by incorporating health, wellness and self-exploration into our curriculum. Our guiding principles aim to establish standards of respect and support so that everyone feels safe and open to new experiences.

### **SAFETY**

All dancers are expected to follow camp rules, including curfew. Along with our faculty and staff, we also have a nurse on-site to make any medical assessments.

### **SAFE SPACE**

We want to create an environment where all dancers and staff are free from discrimination. Bullying or cliquish behavior is not appropriate at Summer Dance Sessions and faculty/staff are prepared to help resolve any conflicts that arise.

### **BEING PRESENT**

In order to get the most out of Summer Dance Sessions, we ask that all phones and/or digital devices be left in dorm rooms. This allows dancers to be present during dance sessions and provides a respite from screen time. It also encourages people to socialize with their peers and get to know each other better.

### **SELF DISCOVERY AND MINDFULNESS**

We have added a new track called Wellness and Discovery. These sessions will be focused on developing social and emotional skills that enhance dancers' overall health and wellbeing. We recognize that our dancers are more than just dancers and we want them to integrate spiritual, emotional and physical aspects of movement.

Some of these sessions will include: anatomy, mindfulness/meditation, discussions about career paths in dance as well as body maintenance, nutrition and activities that encourage a holistic approach to dance and wellness.

### **RE-ENTRY**

Summer Dance Sessions is a special place that can feel like a respite from the “real world”. We aim to make the transition to home as supportive as possible. This will include sessions aimed at discussing the challenges of “re-entry” and develop ways to take home lessons from the Summer Dance Sessions experience.

# Daily Overview

## First full day

Mornings start early - The fresh country air will make you feel awake and ready to tackle the day. But first a nutritious breakfast to help fuel the next hours of dancing. We encourage dancers to take advantage of getting up in time for breakfast and eating more than you might usually eat as you will be working up a sweat quickly. Your schedule will include technical and improvisational dance sessions in a variety of genres. In addition, your day will be mixed in with our Growth and Discovery track including: anatomy classes, body maintenance, nutrition/health, theater games, arts and crafts, guided meditation, etc. When Lunch comes around you will be waiting in line to eat and we encourage you to try a bit of everything, even if you've never had it before. There will always be vegetarian, vegan and gluten free options at every meal. By the second half of the day you may be feeling more comfortable, either among friends or on the dance floor. Some people find it intimidating to be dancing with such talented dancers. But we arrange our sessions so that regardless of your technical dance background, if you are willing to challenge yourself and be vulnerable with others you will have a great Summer Dance Sessions experience.

## Day 2

You will likely feel tired because you just danced A LOT on the first day. Today will be about listening to your body. You may need to eat more, stretch more or drink more water to make sure you reduce the risk of injury. There will be social activities that will allow you to get to know your fellow dancers better and opportunities for "open floor" in the evening where dancers can have fun improvising, practicing, moving together in an unstructured environment.

## Day 3

This mid-point of Summer Dance Sessions is an opportunity for you to think about how you can make the most of your experience. Find ways to challenge yourself in dance sessions and think about how you can become even more present in the moment. We especially encourage new participants to use this time to make sure you are getting the most from the experience and reflect on what you have learned so far.

## Day 4

By now you are familiar with the routines of Summer Dance Sessions. Day 4 is a chance to fine-tune technique, become even more comfortable with improvisation and start going outside your comfort zone. With one day left, you want to feel that you made the most of this experience. This means going to the front of the group if you usually hide in the back. This means giving feedback to others when they show courage on the dance floor and allowing yourself to be vulnerable in front of a supportive audience.

## Last full day

This is the last day of dance and most dancers begin to get sad about pending departure. It is important to remember that this last day of dance is a great opportunity to leave it all out on the dance floor. It is a chance to push yourself in a new way and to appreciate others and let them know it. We will make time to allow dancers to share their experience with the group. We will also make sure there are opportunities to discuss the transition of returning home after Sessions. This is a special moment for dancers to enjoy sharing with each other one last time at Prindle Pond. It is a great way to end the week on a high note and remind us all why we are here.