



CAMPANERIA

BALLET SCHOOL

CBS Pre-Professional Training Program 2023-2024 Season

August 12, 2023 - June 18, 2024

Campaneria Ballet School (CBS) offers a 10-month training program dedicated to and developed for the pre-professional dancer focusing and concentrating on classical ballet technique, specifically Cuban-Russian technique, while exploring other related courses.

Due to the physically demanding nature of intensive classical ballet training, dancers must meet minimum technical requirements in strength, flexibility, coordination, familiarity with classical ballet vocabulary, and overall proficiency in order to participate in the Pre-Professional Training Program at Campaneria Ballet School.

Dancers who are in Intermediate and Advanced levels are invited to join our Pre-Professional Training Program. Dancers will be required to take their level-specific classes, participate in CBS's productions and attend class throughout the summer following the Regular Season, including Campaneria Ballet School's Summer Intensive. It is highly recommended to audition and participate in Campaneria Ballet Company for additional experience and performance opportunities.

Dancers need to be at least 11 years old in order to qualify for the program. They should be 11 years of age by the date the Regular Season begins. We feel that at this age dancers are strong enough to comprehend the physical criteria and demanding training schedule we require for each student based on their skill level.

Students are also required to attend a minimum of 12 hours of summer classes and a minimum of 2 weeks of intensive programs at CBS in order to maintain their level placement and level promotions from one year to the next.

Regular classes may be supplemented by guest instructors and choreographers, lectures, seminars and experiences designed to further immerse students in topics essential to professional success (i.e. nutrition, injury prevention, career planning, stage makeup, etc.). Students will also receive personal coaching and career mentoring from CBS faculty.

Only by committing to the full program does the dancer reap the highest benefit of our training program. Sticking with the program is especially important during the extremely valuable intermediate and advanced years.

If your dancer is 10 or younger and interested in participating in our Pre-Professional Training Program, we strongly encourage students to participate in the Campaneria Ballet Company, take 2-3 ballet classes per week along with 1 Contemporary/Jazz class per week to help prepare them for longer, more structured ballet classes and mastering basic ballet skills.

Auditions

All students must audition to be accepted into the program. Placement will be determined by an individual audition and/or performance in class. Both current and new applicants are evaluated and placement is determined for the following academic year during the summer.

Course Overview

Mondays, Wednesdays, Fridays 9:30 AM – 3:30 PM

Recommended Supplements Advanced Ballet twice per week
Contemporary/Jazz once per week
Pas de Deux once per week
Boys Ballet (if applicable)

The dancer's weekly schedule will include technique, pointe work, variations, repertoire, dance conditioning/stretching, rehearsals, and competition training.

During breaks in the calendar, Pre-Professional students are encouraged to take advantage of the Maintenance classes offered in order to retain their fitness and skill development.

Competition Team

Pre-Pro dancers may be invited by the Artistic Director to participate in ballet competitions as part of the Campaneria Competition Team. In order to be eligible to compete in ballet competitions, the dancer must be enrolled in Pre-Pro and a contemporary/jazz class.

Dancers are also invited and encouraged to compete their classical and/or contemporary pieces, ensembles, and pas de deux in non-ballet competitions to gain additional performance and competition experience.

Sample Pre-Pro Weekly Schedule

*Subject to change

Monday	
9:30 am - 11:30 am	Technique
11:30 am - 12:30 pm	Pointe
12:30 pm - 1 pm	Lunch
1:00 pm - 3:30 pm	Competition Training/Rehearsals
1:00 pm - 3:30 pm	Independent Study

Wednesday	
9:30 am - 11:30 am	Technique
11:30 am - 12:30 pm	Pointe
12:30 pm - 1 pm	Lunch
1 pm - 2:15 pm	Variations/Jumps and Turns
2:15 pm - 3:30 pm	Progressive Ballet Technique/Conditioning

Friday	
9:30 am - 11:30 am	Technique
11:30 am - 12:30 pm	Pointe
12:30 pm - 1 pm	Lunch
1:00 pm - 3:30 pm	Competition Training/Rehearsals
1:00 pm - 3:30 pm	Independent Study