

Welcome!

We are so happy you are joining us for our summer intensive and look forward to a fun filled week!

Please note our time change for registration:

Registration is from 2:00-3:15pm on Monday June 11, followed by a camp meeting and a placement class at 3:30pm in the Dobbins Center on the Southeast Missouri State University River Campus. The placement class will be held in room RCC119.

There are several evening activities scheduled for the dancers, which will provide them some relaxation and fun after a day of dancing! All activities are age appropriate. Monday evening will be an Ice Cream Social. Wednesday evening's activity will be swimming. Friday evening the dancers will have the opportunity to see a live production on River Campus: *Legally Blonde Jr.*

We encourage all dancers to leave valuables at home. The dorm rooms are secure, but nothing is ever 100% insured. It is best to leave laptops at home if possible, as well as other valuable items. Dancers will not have access to Wifi during they're stay on campus, however, they will be very active all day, and will have plenty of things to do in their "down" time. We do encourage them to bring a good book, a set of playing cards, knitting, or other "quiet" activities to do between classes or in the evenings (we do anticipate that the dancers will be very busy making new friends and dancing that by the end of the day they will be plenty ready to relax!)

There will be two performance opportunities on Saturday that parents, family, and friends are welcome to come to! The performances are 12:30pm in the Bedell and 2:30pm in the RCC 119 studio. Once the performances are over the dancers will have plenty of time to enjoy the festival!

If you have any questions at any point in time, please feel free to contact me.

We are very much looking forward to working with all of you!

Best,
Alyssa Alger
517-414-8965
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Dress Code

Please make sure your dancer has dance clothes for every day of the week plus a few extras!

Ballet: Leotard and pink tights, pink ballet shoes (ladies). Tights or dance shorts with a form fitting dance shirt, unitards or men's leotards may be worn, black or white shoes (men). Hair securely in a bun or French twist.

Modern: Leotard and tights, no shoes (hair same)

Jazz: Leotard and tights, black or tan jazz shoes (hair same)

Aerial: Leotard and tights, leggings may be worn if preferred to prevent slipping, knees and shoulders covered and anything in between (hair same)

Hip Hop: More relaxed dress code; leotard and tights are perfectly acceptable, tennis shoes (that are NOT worn outside) with non-marking soles, pants –
Pants over leotard, regular street clothes (no jeans), sneakers

Summer Dance Intensive Tips

Packing List

MUST BRING ONE PLAIN RED T-SHIRT (either V or Crew neck)

- Leotards – At least one per day. Bring your favorites that make you feel confident!
 - At least one black camisole leotard (required)
- Tights – Lots and lots of tights! You will enjoy the feeling of a fresh pair mid-way through the day. Do not wear tights with stains, holes, etc.
 - Pink and black
- Wrap skirt – Black (required). Bring any additional colored skirts if you wish
- Black jazz pants and/or leggings
- Pointe Shoes – If you have them
- Jazz Shoes – black or tan
- Sneakers/Tennis Shoes – different than the ones you will be wearing outside, these will be for Hip Hop. **NO DIRTY SHOES IN THE STUDIOS**
- Studio Warm-ups – You never know how much AC you will have, so bring some form-fitting layering warm-ups for in the studio and for covering up outside
- Swim Suit and towel
- Flip flops for pool and shower
- Hairpins, ties, bun covers, hairnets, headbands, hairspray
- Band aids
- Sewing Kit
- Dance Bag
- Reusable Water Bottle
- Therabands
- Music Playing device and headphones (include chargers)
- Power bars and other healthy snacks
- Laundry detergent
- Yoga or Pilates Mat
- Make-up (for performances and everyday, if so inclined)
- Toiletries and shower bucket to transport them
- Towels
- Pillow
- Sheets and blanket
 - Beds are twin extended. If you do not have this size bedding, we suggest using two flat sheets.*
- Alarm clock and watch
- Camera
- Book, craft, knitting, playing cards, something quiet to do after curfew or in between classes to wind down
- The most comfortable walking shoes you own. No time to try out cute new shoes that will give you blisters. Give your feet a rest!

****MAKE SURE YOU HAVE REGULAR CLOTHES. YOU WILL NOT BE LIVING IN YOUR DANCE ATTIRE. YOU WILL NEED TO WEAR REGULAR ATTIRE OUTSIDE OF THE DANCE STUDIO****

What Not to Bring

- Flammables
- Firearms
- Fireworks or other explosive devices
- Computers
- Valuables
- Illegal Substances or Alcohol