



## **Dance**

### **Training Program Information**

Ages 7-18

#### **Goals of the Training Program:**

We are excited to instill in our young dancers some of the same principals that our Illuminate Dance Company, composed of our staff, hold in such high regard. We all come with different strengths and encourage one another and know that we are coming together for a greater purpose than ourselves. Our focus in the training program is to do the following:

- Give our students a reason to dance that is greater than themselves: Giving honor and glory to God through our gifts and talents while bringing a message of hope and love to the world around us through movement and expression
- Encourage and help them develop their relationship with God and His word
- Train dancers who are free in their art form and have the ability to dance without set choreography. The ability to move in an improv setting confidently and without fear.
- In depth, focused technical dance training

#### **What we are looking for in Illuminate Training Company Dancers . . .**

##### **1. Focus In Class**

- Attentive in class and actively choose to adhere to the class rules

- Engaged mentally and physically in each class (dance takes just as much mental focus as it does physical focus)
- Bringing their best every class (Are we seeing the same level of energy and effort on exercises throughout class as we are during choreography time? Is a student fighting to get every movement more precise during every exercise or do they lose momentum?)

### **Training Focus:**

Our dance technique training will be focused around the following:

- Daily Stretching & Strengthening: Flexibility and strength are a large part of what it takes to dance at a high level.
- Ballet: While we are not a ballet centered studio and are not the place to be if your goal is to become a prima ballerina, we do believe in the benefit of a strong ballet foundation for dance. The training regime of ballet gives an excellent foundation of poise, control, grace, strength, and is part of the vocabulary that is used by many choreographers and dancers.

*\*Pre Pointe*: We offer Pre Pointe as a part of our summer program for the Training Program Students. For students who have a desire to build up to pointe shoes, we encourage them to take advantage of this summer opportunity. Those who pass an evaluation at the end of each summer will be allowed to wear pointe shoes to portions of their ballet classes as they build stamina and strength.

- Tumbling/Acro: So many dancers of today are not just dancers--they are athletes, gymnasts and acrobats too! We want to equip Illuminate dancers to be able to handle any choreography that comes at them whether it may be lifts, back handsprings or other tricks.
- Contemporary: Contemporary is a huge part of the movement of today! It utilizes the foundation of the traditional techniques that dancers train in to express new and creative movements!
- Hip Hop: This expression is very much a part of the generation we are raising in the studio as well as the adult Illuminate Dance Company. We want to focus on continuing to develop this genre within our Illuminate students.
- Polynesian and the movement of the nations: One of the missions God has given Glory of Zion International Ministries is to be an "Oasis for the Nations". GOZ has people from many, many nations who are connected on a weekly basis to this ministry. We believe God gave each people group a movement and a sound and so many times those things

are rejected by others who are not a part of that culture. Our heart is to see the movement and sound be redeemed and every culture to be honored.

Due to having three professional Polynesian dancers on our Illuminate staff, we are blessed to have ongoing in-depth focus on the Polynesian movement; however, we will also, at times, include other cultural movements such as African, Israeli, Latino, and other styles at various points throughout the yearly program.

- Modern: The primary type of modern that we teach in Illuminate is, “Horton”. Horton dancers are said to be some of the strongest dancers due to the training regiment that is a part of their daily routine. Modern is also a wonderful training to couple with ballet to achieve a fully trained physical body. Ballet focuses on turned out positions and develops a certain set of muscles that hold this position and Modern operates primarily from a parallel position which helps to develop the other half of your muscles that are used to hold these positions.
- Jazz: Jazz is a unique dance form that takes the strength of ballet and modern training and challenges students to take their movement to new levels of expression. It helps develop stamina along with the strength of a dancer.
- Dance Composition: Dance Composition is the skill of creating and designing dance works. We believe this is a valuable skill for dancers to have and dedicate time primarily in the summer to offer this training for our students. During these times students will learn various exercises, methods and techniques to use when choreographing on their own.
- Supportive Workshop Classes: We offer 4-8 week optional classes throughout the year for our Training Program students that are not necessarily dance classes, but support the weekly dance training (Acting, Theatre Improv Games, Percussion, Music Theory for Dancers, Nutrition for Dancers, Color Theory & Principles of Design as they apply to choreography and costume choices, etc.).

### **Benefits of Training Program Time Structure:**

1. Efficient with Time - instead of stand-alone classes starting and stopping at odd times often with a 10 minute break in between, we will be able to utilize a whole chunk of time for instruction and rehearsals with an entire group beginning and ending at the same time.
2. Whole Group Stretching and Warm Ups - Students in our training programs will begin each evening with a full warm up and stretching session allowing subsequent instructors to begin their technique class time and/or rehearsals immediately since all students

would have completed their stretching at the top of the evening. In previous years, students who chose to take back to back classes, still were required to participate in stretching each class because other students may not have taken an earlier class, meaning their bodies were not yet warmed up. Some students were spending time stretching in 2-3 classes per night, however, with the training program that does not consume valuable instruction time for our training program students.

3. Snacks/ Dinner - All students will be given a specific time to eat their packed dinner/snack each evening to help keep their metabolism and bodies healthy, strong and hydrated while training.

**Time Commitment:**

Length of Program: September-May

Closed Dates: We close for Thanksgiving, Christmas, and Spring Break. There is always the possibility of additional dates that we would close based on productions and conferences held by Glory of Zion International Ministries.

We also will close Mondays periodically throughout the season when the students have had a busy weekend with performances and need a day off.

**Example Schedules:**

Please note that these are example schedules and each year adjustments are made for that season.

Monday:

Mondays are the primary rehearsal day for all groups. There is not a set time schedule on this day, but it is scheduled based on upcoming performances.

Example Schedule:

5:00-5:45	Stretching & Conditioning
5:45-6:45	Class #1
6:45-7:15	Dinner
7:15-8:00	Class #2
8:00-8:30	DTM OR Rehearsal
8:30	Dismissal

**Performance & Project Opportunities:**

Our Training Program students are invited to perform in a variety of community performances throughout the year as well as a dance film with their team and the end of year performance!

### **Training Program “Teams”:**

Within the Training Program we have different teams of students. Students are divided into teams based on their skill level. Students perform with fellow dancers who are at a similar skill level as they are throughout the season. This is how we are able to have all levels of dancers as a part of the Training Program!

### **Recital/Spring Show**

Along with performing various pieces throughout the season at community events, students in the training program will also take part in an end of year Spring Show.

### **Why choose the dance training program?**

Because Illuminate is a part of a larger ministry at Glory of Zion, there are many professional resources for our students to partake in. These provide opportunities for our students to showcase their technical prowess and gain high quality experiences while expressing their God given artistic giftings. At Glory of Zion we have recording studios for audio and film production and a well equipped performance stage. In past years Illuminate staff and students have been involved with ministry productions ranging from filmed dance videos to live musical productions based on the stories of Ruth and Esther. We want our students to have the best opportunities available to them to share the glory of God and the gifts that they are defining through training and discipline.

In addition to growing in their skills and broadening their performance base, we will also be making room each week for prayer, worship and discipleship. We have a desire for each student to grow in the knowledge of God and experience Him every time we come together. We believe these times will strengthen their foundation with the Lord and build a community and sense of belonging for our team.