Welcome to the Washington School of Ballet (TWSB) Summer Intensive 2017!

This packet includes:
- TWSB Housing Rules and Regulations
- Medical Form
- TWSB Withdrawal Policy
- TWSB Frequently Asked Questions
- Consent form for access to injury prevention/treatment room

Registration:
After acceptance by audition you will be sent an email with your individual registration link. Please note that space in our program is filled on a first-come, first-served basis. It is strongly recommended that you complete registration online as soon as possible. A 50% payment is due at the time of registration for both tuition and housing. The forms in this packet should be emailed after online registration is completed.

Please email the following BY April 6, 2017 to Donna Glover at: dglover@washingtonballet.org

- A copy of my child’s insurance card (back and front)
- the Medical Form, signed by a physician
- Withdrawal Policy, signed
- Housing Rules and Regulations, signed
- Consent form for access to injury prevention/treatment room

Please note: Level placement is solely at the faculty’s discretion and made on the first day of the program.

If you have any questions, please contact Donna Glover at dglover@washingtonballet.org 202-362-3606 x 149.

Sincerely,

Donna Glover | Director of School Operations
thewashingtonschoolofballet
SUMMER PROGRAM DRESS CODES

**Ballet**
Girls: Black leotard (camisole for performances), pink tights, pink ballet shoes. Black ballet skirts may only be worn for Pointe classes.
Boys: Black tights (grey is acceptable), white men’s leotard, white socks, white or black ballet shoes.

Please make sure that students en pointe bring enough pointe shoes to last the duration of the program. We will have a Capezio representative fit and sell shoes during the program. We do carry tights, flat shoes and leotards in our school shop.

**Jazz**
Jazz shoes are required for Levels 2 to 7, men and ladies. Jazz pants are also required for both men and ladies.

**Modern**
Black tights are preferred.

**Character**
Black character shoes and a circular, knee length character skirt (for ladies) are required for Levels 2 to 7. Men may wear black jazz shoes.

**Workshop**
Workshop students (level 4-7) must bring a short black ballet skirt. All workshop students must also bring a pair of black tights.

**Pilates**
Levels 4-7 will need to bring a Pilates/yoga mat or towel. Target sells yoga mats.

**Flamenco**
Black character skirt and black character shoes for Ladies and black jazz shoes and a medium colored blue jean (not torn or faded too badly) for men.
Our students this year will be housed at American University at Centennial Hall. Please visit this site to see a virtual tour:
http://video.realviewtv.com/education/au/map/

Centennial is the V shaped building in the upper left quadrant of the map. Our student will all be on the same floor in either or both legs of the V. There is a communal area with TV between the two legs for our group meetings and hanging out.

Chaperones reside at either end of the halls.

There is no meal plan but students have access to the cafeteria which is in the Mary Graydon center along with some of the other dining locations. We find that our students prefer to have varied dining options rather than a meal plan at one location.

Other eateries are located all over campus including the nearby Whole Foods where so many students choose to have their meals.

Rooms do NOT include a refrigerator; students are allowed to bring/rent a small refrigerator at www.myfridgerental.com

All rooms are air conditioned with in-room temperature controls.

All rooms have wireless internet connectivity.

Linens are included with each room.

All students 14 and up have access to the full fitness center and pool (pack your bathing suit!)

Students using the Fitness Center must sign and email the Liability Form in this packet.

Laundry is on each floor and students will use their swipe cards to operate washer and dryer- $1.75 to wash, $1.75 to dry. Swipe cards may be loaded on each floor, Chaperones will help guide our students in this process.

Drop off and pick up are in front of Centennial Hall. Students should plan to arrive Sunday, June 25 between 11am and 5pm. Check out must occur by 11am Saturday, July 29.

Our Head Chaperone is Laura Chachich who had been a student at TWSB, a summer student and a Studio Company member. She was Head Chaperone for the last 3 years and is currently a company member with LA Ballet. She is compassionate and extremely responsible. You will find her a pleasure to work with as will your student.
TWSB does not offer a meal plan for the summer. If you would prefer to purchase the AU meal plan you may go to the AU website and sign up. It is not necessary to be on the meal plan to eat on campus as there are numerous options. Our students can pay as they go at the large cafeteria or at the café. It is our experience that the non-refundable meal plan is not the ideal choice as our students seem to prefer to eat at Whole Foods which has a huge buffet as well.

We suggest our students use a bank card from home for food purchases. Most students spend about $30 a day depending on quantity.

Rooms do not include kitchenettes but there is a microwave on the dorm floor for evening popcorn munching with a movie! Students may bring or rent a small fridge at [www.myfridgerental.com](http://www.myfridgerental.com)

Here is a list of all the dining/shop locations:

<table>
<thead>
<tr>
<th>Merchant</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>American Cafe</td>
<td>First Floor, Ward Building</td>
</tr>
<tr>
<td>Asian Flavors</td>
<td>Tunnel Shops</td>
</tr>
<tr>
<td>Campus Store</td>
<td>Butler Pavilion</td>
</tr>
<tr>
<td>Davenport Lounge</td>
<td>First Floor, SIS Building</td>
</tr>
<tr>
<td>Eagle Express</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Eagle’s Nest (featuring Subway)</td>
<td>Tunnel Shops</td>
</tr>
<tr>
<td>Einstein Brothers Bagels</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Greens</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Katzen Cafe</td>
<td>First Floor, Katzen Arts Center</td>
</tr>
<tr>
<td>MegaBytes Cafe</td>
<td>Tunnel Shops</td>
</tr>
<tr>
<td>The Mud Box</td>
<td>Terrace Level, Bender Library</td>
</tr>
<tr>
<td>Pronto</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Salsa</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Tavern</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>Tenley Café</td>
<td></td>
</tr>
<tr>
<td>Terrace Dining Room</td>
<td>Terrace Level, Mary Graydon Center</td>
</tr>
<tr>
<td>TIGI Boutique</td>
<td>Tunnel Shops</td>
</tr>
<tr>
<td>The University Club</td>
<td>First Floor, Mary Graydon Center</td>
</tr>
<tr>
<td>WCL Dining Room</td>
<td>WCL Building, Suite 605</td>
</tr>
<tr>
<td><strong>Whole Foods</strong></td>
<td>On Wisconsin Ave at AU shuttle stop</td>
</tr>
</tbody>
</table>

At the school campus there is a Giant Foods, CVS, Starbucks, Raku (sushi), Cactus (Mexican), Chipotle, CAVA, Café Ole, Jettie’s (sandwich/salads), 2 Amy’s (Italian)
HOUSING RULES AND REGULATIONS

Please note that this is not a complete list of dormitory and disciplinary rules. The complete list will be reviewed the first day of the program to include any university updates.

☐ Check-in time at the dorms is from 11:00am – 5:00pm on Sunday, June 25
   There will be a mandatory meeting at 5:30pm that evening. Parents are welcomed to attend this meeting.
☐ Check-out time is no later than 11:00am on Saturday, July 29. There will be a fine for late check outs, lost keys, and lost access cards.
☐ No drugs or alcohol are allowed: dismissal will be immediate and no refund made.
☐ Students must be in groups of 3 or more at all times outside the WSB and the dorm buildings. No exceptions.
☐ Curfew is as follows:
   All students must be in the building by 9:00pm on weeknights and 10:00pm on weekends.
   Students 13 to 15 years old:
     • must be in their rooms with the door shut by 10:00pm on weeknights.
     • must be in their rooms with the door shut by 11:00pm on weekends.
     • Students that turn 16 during the program must follow rules for 15 year olds.
   Students 16 and up:
     • must be in their rooms with the door shut by 11:00pm on weeknights.
     • must be in their rooms with the door shut by 12:00midnight on weekends.
☐ All students must sign out when leaving the dormitory and the WSB, indicating destination, and must sign in upon return.
☐ Students are not allowed to have overnight guests of any kind.
☐ The Washington School of Ballet and American University are not responsible for any thefts or losses that the student may incur, or any injury or illness that may occur during residency.
☐ The Washington School of Ballet and American University reserve the right to dismiss any student for what they deem inappropriate conduct or behavior. Any costs incurred through dismissal will be the responsibility of the student/parents.
☐ Guests and parents must leave the building by curfew

Students 18 years old and up:
Please note that you have the choice to participate in the dorm program. If you do not wish to abide by all of the rules of the dorm program, you must provide your own accommodations. Please know that if you participate in the WSB and dormitory program, you will be held responsible for following all WSB housing rules and regulations including curfew, signing in/out, groups of 3, etc... NO EXCEPTIONS.
Please note that it is your responsibility to find housing if you do not participate in the dormitory.

I understand and agree to the rules and regulations as described above. I hereby consent to

enroll _________________________ in The Washington School of Ballet 2017 Summer Housing Program.

Signature of parent or guardian_____________________________ Date ___________
**MEDICAL FORM**

<table>
<thead>
<tr>
<th>Student Name</th>
<th>Birthdate</th>
<th>Sex</th>
<th>Physician</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>______________</td>
<td>_____/<strong><strong>/</strong></strong></td>
<td>□ M □ F</td>
<td>______________</td>
<td>(_____) ____ - ________</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>City</th>
<th>State</th>
<th>Zip</th>
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<tbody>
<tr>
<td>________</td>
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</table>

**This portion of the form must be completed and signed by your primary care physician.**

- **General Health of student:** □ Excellent □ Good □ Fair □ Poor

- **All allergies:** ____________________________

- **All medication student is currently taking (including vitamins, minerals, or other herbal supplements):** ____________________________

- **Current injuries:** ____________________________

- **Is the student currently receiving psychological or psychiatric counseling?** □ Yes □ No

- **Student has the following conditions:** (check all that apply)
  - □ Hearing Difficulties
  - □ Circulatory Problems
  - □ Vision Difficulties
  - □ Anemia
  - □ Seizures
  - □ Hypoglycemia
  - □ Eating Disorder
  - □ Epilepsy
  - □ Diabetes
  - □ Other Serious Illness: ____________________________

I have performed a physical examination on this student and acknowledge that she/he is healthy and fully able to attend The Washington School of Ballet 2017 Summer Intensive Program.

**Signature __________________________________________ Date ____________**

The Washington School of Ballet does not administer any type of medication (including Advil, cold syrup, etc...)

**During my absence or in the event that I cannot be reached immediately, I authorize all medical and surgical treatment, X-ray, laboratory, anesthesia, and other medical and/or hospital procedures as may be performed or prescribed by the attending physician and/or paramedics for my child. This authorization and consent shall be valid for the entirety of the Washington School of Ballet 2017 Summer Intensive Program.**

**Signature of Parent/Guardian __________________________ Date ____________**

**Required Medical Insurance Info:**

*Please attach copy of both sides of insurance card*

- **Insura Company __________________________**
- **Policy # __________________________**

**ALL STUDENTS MUST HAVE MEDICAL INSURANCE**

- **Policy Holder (PH) __________________________**
- **Employer __________________________**
- **Doctor __________________________**
WSB WITHDRAWAL POLICY

If a student decides to withdraw from The Washington School of Ballet’s Summer Intensive 2017, the family must send notification in writing by May 15, 2017. If notification in writing is received by May 15, 2017, the family will be refunded the tuition payment, minus a $500 nonrefundable deposit; the housing payment, minus a $500 nonrefundable deposit.

If a student decides to withdraw after May 15, 2017, the family will receive neither refund, discount, nor recompense. If a student is dismissed from the program by WSB or the dormitory management, no refund, discount, or compensation will be received.

If a student is injured before the Summer Intensive begins, half of the tuition, half of the housing cost will be refunded. A signed, original copy of a letter from the Physician must be sent to the School in order to receive tuition and housing recompense. Please note, if a student must withdraw from the Summer Intensive due to any ongoing medical condition not included on the medical form, tuition will not be refunded regardless of a doctor’s letter. Students who must withdraw during the Summer Intensive due to injury or illness will be dealt with by Donna Glover, School Manager, on a case-by-case basis.

I have read and agree with this policy:

Parent or Guardian signature

Date
FREQUENTLY ASKED QUESTIONS

1. I've been accepted to the program. Does that mean my spot is guaranteed?
Admission to the program is not guaranteed by acceptance at an audition. Once students are accepted, they must complete registration online and email the withdrawal policy, medical form and signed housing agreement if planning to use the dorms at American University with our chaperones. Enrollment is on a first-come, first-served basis; once the maximum number of students have been enrolled the program will be closed. It is strongly recommended that you register online as soon as possible to secure a spot in our program. Each accepted student will be sent an individual registration link by email after audition.

2. How do I know my level?
The first day of classes will be devoted to placement classes between level 4 and 9.

3. Do I have to attend all five weeks of the Summer Intensive Program?
Yes, Levels 4 through 9 must attend all five weeks of the Summer Intensive.

4. How do I find out my class schedule--which classes I’m taking when?
Classes are 5 days a week from 9:30-5:00 depending on level, some levels may start later in the morning and end later. Placement classes are on the first day of the program for Levels 4 to 9. Classes are scheduled throughout the day beginning at 9:30 am.

5. How much do I have to pay for tuition when I register?
Half tuition is due at the time of online registration. The remaining balance is due June 1. You may opt to pay in full at the time of registration.
Tuition:
Levels 4 to 9 - 5 weeks, 5 days per week 4 Classes per day plus rehearsals $2700

6. How much do I have to pay for housing when I turn in my housing contract?
A $1280 non-refundable deposit must be paid online at the time of registration. The remaining balance of $1280 is due June 1 and will be charged online. You may opt to pay in full at the time of registration.

8. Where is the housing and where do I eat?
Housing is at American University with bright, clean rooms. Rooms are double occupancy with a shared bath between each 2 rooms. There is a gym and a pool for students 14 and up. The campus is lovely and very secure, it is also a “dry” campus: no alcohol.
TWSB does not participate in a meal plan but AU has a fabulous cafeteria and there are numerous eateries on campus as well. The Tenley neighborhood is nearby with many restaurants.
Go to this website to see what is available: http://www.american.edu/ocl/dining/index.cfm
There is no refrigerator in the dorm rooms but students may either bring a refrigerator or rent one at: www.myfridgerental.com be sure to mention American University, Centennial Hall and give room number (available later)

9. What should I pack?
Summer in Washington can be very hot and is humid. Students should pack warm weather clothing with light weight sweaters/jackets for evening, a bathing suit for students 14 and up, appropriate shoe wear for walking (closed shoes with support). Flip flops are good for around the dorm or at the pool, not for walking any distance. Please pack at least 5 leotards and 5 tights for girls. Girls MUST change to fresh tights and leotards daily to avoid illness. Boys should have 5 tights and shirts so that laundry can be done once a week. In addition please bring the following:
Black Character shoes and skirt for girls
Jazz shoes and pants (long) for both men and ladies
Pilates mat
Blue jeans (dark to medium, no holes) with a belt for men for Flamenco
The Washington School of Ballet has contracted with Body Dynamics, Inc. (BDI) to provide injury prevention and management services during the Summer Intensive program. Prevention and timely management of injuries by health care providers who are experienced in performing arts medicine is critical to all dancers. The therapists and trainers at BDI manage the prevention and rehabilitation of injuries for the Washington Ballet company and school, and have years of experience treating performing artists and adolescent dancers.

The Dance Training Room will be open two days per week (specific hours TBD), during which time your children may stop by to ask about routine aches and pains, receive early intervention for injuries—i.e., manual therapy, therapeutic exercise, taping, etc— and recommendations for follow-up care, and obtain information about proper stretching and warm-up techniques. While most injuries respond very well to early intervention, should an injury require additional care, you will be contacted immediately and guided towards appropriate dance medicine resources. If your child is injured at a time when the training room staff is not on-site, a Washington School of Ballet representative will contact BDI or a medical consultant to recommend a best course of action.

Injuries that require referral beyond the Dance Training Room will be handled through your traditional medical insurance: please include a copy of your health insurance card (front and back) with the attached forms. If you do not have medical insurance, please inform the administrative staff at The Washington School of Ballet. You will be financially responsible for the care that is needed beyond the Dance Training Room.

The Dance Training Room program is included in the Summer Intensive for levels 4 and up, there is no additional cost. Please fill out the following consent form.

If you have any questions or concerns, please feel free to contact our Performing Arts Medicine Team, via phone at 703.527.9557 or email:
  Laura Reising, PT, DPT: lreising@bodydynamicsinc.com
  Christina Vink, MS, ATC: cvink@bodydynamicsinc.com

Registration Form – Dance Training Room at Washington Ballet
PLEASE RETURN BY JUNE 1
(Please Print Clearly)

Name of Student:__________________________________________ Date of Birth:________________

Name of Parent/Guardian (to be contacted in case of injury/emergency):__________________________

Work Phone: _______________ Home Phone:_______________ Cell Phone:_______________

Please circle preferred contact number above.

Email: _______________________________ ______________________________________________________

History of Students previous injuries and medical conditions:____________________________________

______________________________________________________________________________________

______________________________________________________________________________________

______________________________________________________________________________________

Health Insurance Provider:__________________________________________ Plan:__________________

Con’t on next page
Body Dynamics, Inc.
Assumption of Risk and Release of Liability Agreement

I, the undersigned, assume all responsibility for and all risk of damage or injury that may occur as a result of my own actions, inactions, or negligence, or that of others as a client of Body Dynamics, Inc. In consideration of and as part of payment for the right to participate as a client of Body Dynamics, Inc., I will hold harmless, and release and discharge all rights and claims for damages that I may have or that may hereafter accrue to me against Body Dynamics, Inc., its owners, employees, and agents for any and all injuries resulting from or arising out of, or incident to, my use of a Body Dynamics, Inc. studio or location of instruction, or facilities and equipment in such place, or as a result of, or incident to, engaging in Body Dynamics, Inc. exercises or otherwise following Body Dynamics, Inc.’s instruction anywhere. The terms hereof shall serve as a release, indemnification, and assumption of risk for my heirs, executors, and administrators, and for all members of my family.

By signing this form, I am also authorizing Body Dynamics staff to contact The Washington School of Ballet’s School Manager, Summer Coordinator and faculty regarding the student’s injury/condition and necessary class/rehearsal modifications as needed throughout the Summer Intensive.

I have read, understand, and signed the foregoing assumption of risk and release of liability agreement.

Student’s Name___________________________________________________________

Student’s Signature_________________________________________

Parent/Guardian Signature________________________________________________
(If under 18 years old)

Date_______________________________