



Dear Future GSA Dance Student,

Congratulations and welcome to The Kentucky Center Governor's School for the Arts (GSA) 2019! We are looking forward to meeting and working with you this summer. This summer will be jam-packed with technique classes, master classes, rehearsals, and collaborations. Be ready!

Starting on the first day, you will have a rigorous and intensive dance schedule. We urge you to be physically and mentally ready upon arrival to the program. We expect **100% participation** from all dancers. You will be dancing up to 10 hours a day, so being ready is crucial. GSA should not be viewed as an opportunity to "get in shape." Please fill out the attached calendar as a record of your daily conditioning leading up to the program and bring it with you to GSA. Prior to GSA, we encourage you to participate in a daily dance class, muscle/strength endurance exercises (running, swimming, Pilates, yoga, etc.), and cardiovascular exercise. This conditioning will help minimize sore muscles, help to reduce the risk of injury, and ensure that you can get the most out of your GSA experience. Also included with this letter is a packet of injury preventing exercises. These exercises are meant to be guidelines. You should not have any pain with these exercises. If you are having pain, have a medical condition, or any other concerns, please consult your physician before starting any new exercise routines. Please contact GSA at 502-566-5192 if you feel that you will not be able to participate fully during the program.

DRESS CODE for class and rehearsals:

For ballet, ladies should wear pink tights and leotard of any color. Pink ballet slippers (No Bloch elastosplit or similar style permitted) and/or pointe shoes and hair in a neat bun. Men should wear black tights (can be convertible) with elastic belt or suspenders to hold tights up and plain t-shirt of any color tucked into tights, dance belt, white socks, both white and black ballet shoes.

For modern and composition, ladies should wear leotards or unitards, pink or black footless tights. Hair needs to be neatly pulled back in a ponytail or bun. Men should wear t-shirt or tank, dance belt, footless tights or spandex shorts. No "foot undies" or any type of shoe/sock in class.

Warm-ups can only be worn in class or rehearsal *with faculty permission*. When not in the studio, dancers must wear clothing to cover dancewear. Booty shorts are **NOT** an appropriate cover-up.

WHAT TO BRING:

Here is a check list of what you should pack for dance classes (in addition to your regular street clothes, toiletries, etc.). You will need plenty of tights, footless tights, leotards, warm-ups, socks to keep your feet warm between classes, etc. Also bring comfortable walking shoes (flip-flops are **strongly** discouraged) because some of the dance studios are a good walk away. In addition, you will need:

1. Ballet slippers (for colors see dress code), *NO Bloch "Elastosplit" X ballet slippers or similar style permitted.*
2. Pointe Shoes – If you've had at least two years of pointe technique, you will need to bring at least two pair of pointe shoes for class and rehearsal (more if you think you will need them) and an additional pair of 'clean' pointe shoes for performance.
3. Leotards, unitards, tights, skirts for class
4. Appropriate undergarments for class and performances such as nude camisole leotard or bra and underwear
5. Hairnets, bobby pins, hair pins, ponytail holders, headbands and hairspray/gel
6. Reusable water/drink container
7. Personal stereo and headphones (smart phones are not permitted in the studio)
8. Basic first-aid kit for your feet including band-aids, breathable adhesive tape and corn/bunion/blister care; braces/wraps for ankles or knees that you might need – you know your trouble spots.
9. Swimsuit (optional)
10. A notebook and writing utensil for composition classes and journaling
11. An umbrella and/or rain jacket with hood
12. Pair of knee pads (optional): order [here](#) through contact quarterly
13. One pair of false eyelashes for women (for stage make-up and performance)
14. Stage Make-up and tools for both men and women for performance
15. **Costume Items:**

Following are items for FINAL DAY PERFORMANCE. You may bring what you have, purchase second hand, or purchase new unless otherwise noted:

- Nude undergarments in such as nude leotards, bras, trunks or bike shorts
- Clean pink ballet slippers and/or pointe shoes (if you dance on pointe)
- Pink tights
- Black tights
- Black leotard
- Black bike shorts
- Black leggings
- An outfit for performance that is a mix of dancewear and pedestrian clothing in any shades gray with one blue accent item (such as a tank under another shirt, a headband, etc.). Make sure you feel comfortable moving in the pedestrian clothing.
- An outfit for performance that is a mix of dancewear and pedestrian clothing in olive, army or equivalent green (varying shades are fine). Preference given to loose-ish shorts with a short sleeved or sleeveless shirt and a leotard under. Also bring cream, off-white, light beige items that may be interlaced with the green.
- A pedestrian outfit for performance in the below colors that can be worn over black dance clothing (such as leotards, shirt for men, leggings, shorts). Make sure you feel comfortable moving in the pedestrian clothing. Be sure also that you can easily remove the pedestrian clothing during performance to reveal the black dancewear.



- Women should purchase this specific shirt in either khaki or heather gray (Amazon: Awesome21 Women's Classic Solid Round Neck Short Sleeve Viscose Knit Sweater Top)
 - Men should bring jeans or overalls that they can move in and long sleeved plaid or flannel shirt in neutral colors (grey, beige, khaki, charcoal) or this specific shirt (Amazon Goodthreads Men's Standard-Fit Long-Sleeve Plaid Herringbone Shirt)
- * There is no opportunity to go shopping for items if you forget something. Please make sure you bring these items with you. *

STUDENT CHOREOGRAPHY PROJECT:

Student Choreography Project is an opportunity to create work on a talented group of dancers, on a beautiful stage with state of the art lighting design, under the mentorship of professionals. Interested students should fill out the attached proposal. We encourage you to apply! Feel free to contact Ila Conoley Paladino with questions. The proposal is due to the dance chair (ilaconley@gmail.com) by **WEDNESDAY, JUNE 19**. See form for details.

Please feel free to contact **ILA CONOLEY PALADINO** if you have any thoughts or questions about GSA prior to coming to the program. We want to you feel prepared for your GSA experience this summer. Once again, congratulations and we look forward to seeing you at The Kentucky Center Governor's School for the Arts!

Ila Conoley Paladino
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