



# Summer Intensive 2023

## DAY STUDENT

### Information Packet

#### TABLE OF CONTENTS

1. Welcome Letter (pg. 2)
2. Contact Information (pg. 3)
3. Kansas City Ballet (pg. 4)
  - a. History
  - b. Todd Bolender Center for Dance & Creativity
4. Preparing for Summer Intensive (pg. 5)
  - a. Items to Bring
  - b. Dress Code
  - c. Bolender Center Open House
5. Health and Wellness (pg. 7)
  - a. Before Arrival
  - b. Injury/Illness
  - c. Icing
6. Life at the Bolender Center (pg. 8)
  - a. Arrival/Departure
  - b. Dressing Rooms
  - c. Studios
  - d. Lunch
  - e. Bolender Center Building
  - f. Safety
  - g. Behavior and Conduct
7. Dancing at KCB (pg. 11)
  - a. Attendance
  - b. Curriculum
  - c. Faculty
  - d. First Day of Classes – Monday, June 19
  - e. Level Placement
  - f. Last Day of Classes – Saturday July 22

# 1. WELCOME LETTER

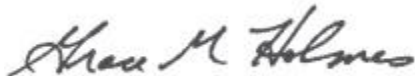
Dear 2023 Summer Intensive Families,

Welcome to the 42<sup>nd</sup> year of the Kansas City Ballet School's Summer Intensive. Our program is dedicated to providing excellent training in ballet and various dance disciplines. Our curriculum will primarily focus on strengthening technique and refining artistry through the emphasis of placement, stamina, vocabulary, and performance quality. Students will also study repertoire in preparation for the studio demonstration on Saturday July 22.

Please read through this packet in its entirety – there are important details that will be helpful in preparing for a summer dancing at KCBS. As a reminder, all payments are due in full by May 19. Accounts with remaining balances on May 22 are subject to a \$150 late fee.

If there is anything we can do to assist you in the months leading up to the intensive, please let us know. We look forward to seeing you on June 19!

Sincerely,



Grace M Holmes, School Director

## KANSAS CITY BALLET SCHOOL STAFF

Devon Carney, *Artistic Director*

Grace M Holmes, *School Director*

Kimberly Cowen, *Principal, KCYB Director*

Lauren Fadeley Veyette, *Principal, YAGP Coordinator*

Dmitry Trubchanov, *Men's Program Coordinator, KCYB Associate Director*

Irina Brouhard, *Music Coordinator*

Jessica Bacus, *School Operations Manager*

Nora Burkitt-Davis *Children's Program and School Coordinator, Adaptive Dance Coordinator*

Megan Robinson, *BC/JC Administrator*

## 2. CONTACT INFORMATION

Kansas City Ballet School  
(brick building on map) is  
located just west of Union  
Station.

### KCBS Mailing Address

Kansas City Ballet School  
500 W Pershing Rd  
Kansas City, MO 64108

### KCBS Office Number

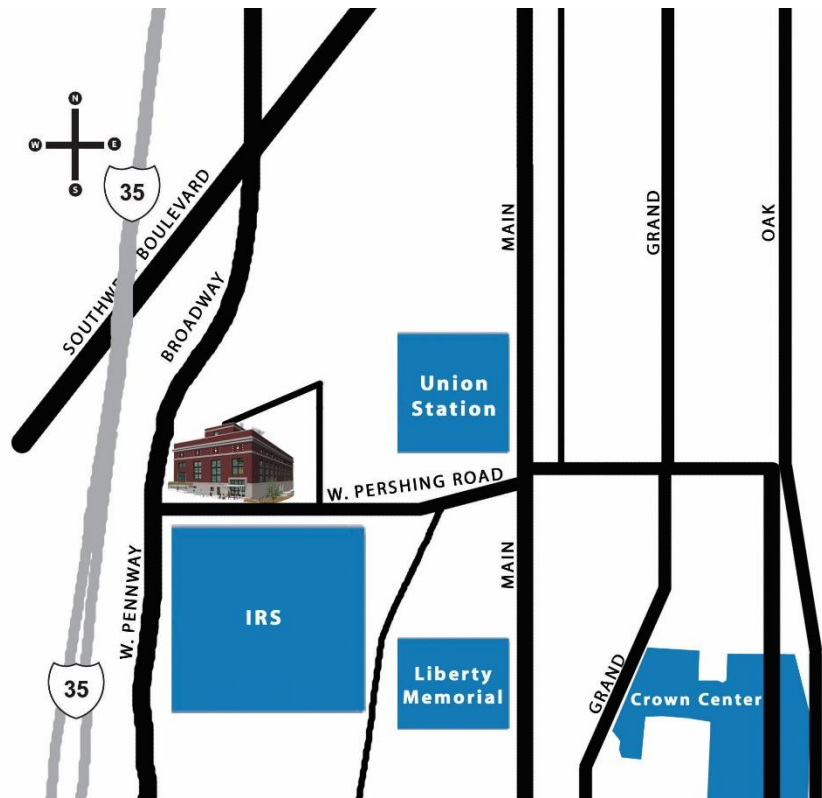
816-931-2299 x2

\*If a staff member is not  
available to take your call,  
please leave a message  
and it will be returned as  
soon as possible.

### KCBS Office Email

[school@kcballet.org](mailto:school@kcballet.org)

[Summer Intensive Student Webpage](#)



### 3. KANSAS CITY BALLET

*500 W Pershing Rd, Kansas City, MO 64108*

#### a. HISTORY

Founded in 1957, Kansas City Ballet is a 30-member professional ballet company under the direction of Artistic Director Devon Carney and Executive Director Jeffrey J. Bentley. Kansas City Ballet offers an eclectic repertory ranging from the traditional classics to exciting contemporary ballets. Through its professional company, its Second Company and its many community service programs, KCB seeks to nurture and develop its artists, audiences and students in the values inherent in the creativity, diversity and joy of dance. The company reaches over 20,000 Kansas City students and adults each year through its community education programs and provides dance training through the Kansas City Ballet School.

KCB's home, the Todd Bolender Center for Dance & Creativity on the campus of Union Station, in conjunction with Resident Company status at the world-class Kauffman Center for the Performing Arts, has truly positioned Kansas City as a Destination for Dance.

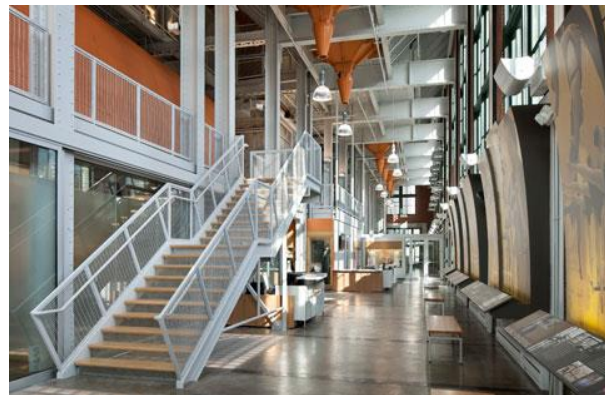
#### b. TODD BOLENDER CENTER FOR DANCE & CREATIVITY

The Todd Bolender Center for Dance & Creativity is an award-winning facility located near downtown Kansas City and the vibrant Crossroads Arts District. The former power house building is fully renovated with seven light-filled studios and the 180-seat Michael and Ginger Frost Studio Theater. The Bolender Center houses the Kansas City Ballet professional company, the Kansas City Ballet School and the Kansas City Ballet's artistic and administrative staff.

Bolender Center Exterior



Bolender Center Lobby



## 4. PREPARING FOR SUMMER INTENSIVE

### a. ITEMS TO BRING

- Dancewear – See Dress Code for more details.
- Packed lunch – See Life at the Bolender Center for more details
- Water bottle
- Pilates/yoga mat
- Thera-Band
- Toiletries (as needed)
- Sewing kit
- Hair items - hairbrush, bobby pins, hair ties, hair net, hair spray
- Foot care items – tape, Band-Aids, toe pads, blister pads, nail clippers
- Extra face masks
- Hand sanitizer

### b. DRESS CODE

#### ALL STUDENTS

- Face masks are optional for all students but may be implemented if needed
- Students must be in dress code for every class
- No warm-ups are allowed for class
- Only small stud earrings are permitted – no other jewelry
- Hair must be neat and secured away from the face for all dance classes with the exception of conditioning classes
- When dancers arrive and leave the building they must wear street clothing over their dancewear
- Warm-up booties may only be worn in the studios

#### DRESS CODE OPTION #1

All leotards must be simple and modest with no excessive cutouts or straps and no zippers. No patterns or multi-colored leotards are permitted.

- Any single colored leotard unless otherwise notified
- On the first day of classes, students opting for a leotard should wear a black leotard
- For the Studio Demonstration, students will wear their KCBS SI Elevé
- We will have at least one crazy leotard day during the intensive where patterned/multi-colored leotards will be allowed

#### Required

- KCBS SI Elevé leotard (included as part of the tuition)
- black leotard (must meet leotard requirements above)
- black ballet skirt
- pink or skin toned convertible tights (must be worn under leotard)

- pink or skin toned ballet shoes
- pink or skin toned pointe shoes
- black or tan jazz shoes
- black or tan character shoes (no more than 2" heel)
- black character skirt (shin length)
- tennis shoes/sneakers for hip hop class (should not be worn outdoors)
- nametag (will be provided – must be worn in every class)

#### Optional

- single colored leotards (must meet leotard requirements above)
- single colored ballet skirts
- black jazz tights, shorts and/or pants (if wearing shorts, tights must be worn underneath)

#### DRESS CODE OPTION #2

- Options include white shirts, with black, white or gray tights, and white or black shoes unless otherwise notified
- We will have at least one crazy uniform day during the intensive where patterned/multi-colored shirts or unitards will be allowed

#### Required

- KCBS SI Elevé Shirt (included as part of tuition)
- white shirt (fitted t-shirt or compression shirt, no graphics or text)
- black full-length tights
- dance belt
- white ballet shoes/white socks
- black ballet shoes/black socks
- black or tan jazz shoes
- tennis shoes/sneakers for hip hop and fitness classes (should not be worn outdoors)
- nametag (will be provided – must be worn in every class)

#### Optional

- full-length tights in white or gray
- black jazz pants
- athletic pants for fitness classes

### c. BOLENDER CENTER OPEN HOUSE

The Bolender Center will be open from 12:00 to 2:00 on Sunday June 18. This is an optional opportunity for students and families to see the space if desired. Please note the Bolender Center will close at 2:00 PM so that our staff can be present at the 2:30 PM Dorm Orientation at the Kansas City Art Institute.

## 5. HEALTH AND WELLNESS

### a. BEFORE ARRIVAL

Please make sure students are healthy and fully cleared by their physician to participate in the Intensive. The amount of physical activity is rigorous and we do not want any student to spend their summer primarily at the physical therapist or sitting out of class.

Students should be checked for head lice prior to the Intensive. If any sign of head lice is found, please arrange for appropriate and immediate treatment well BEFORE the student leaves for Kansas City and let us know that such treatment has taken place. If any positive cases are found during the Intensive, the student(s) must be treated before returning to the program.

### b. INJURY/ILLNESS

Students should tell our staff right away about any illness or injury. A first aid kit is available at the front desk.

In the event of non-emergency injury or illness, our staff will contact the parents/guardians to let them know about the issue and decide on how to best handle the situation.

For an emergency situation, we would still contact the parents but may need to make decisions beforehand in the best interest of the student. Children's Mercy Hospital is four minutes from the Bolender Center.

If a student needs to miss class for any medical appointment, please try to schedule the appointment in a manner that allows the student to attend the most classes possible. Remember to notify us ahead of time for any absence

If a student comes in contact with someone who is COVID-19 positive, student will mask for 5 days from the date of contact. On day 5 test and if negative, the student can discontinue masking.

Students in quarantine who are asymptomatic can return to the studio after 5 days but must mask for an additional 5 days.

Students in quarantine who are symptomatic can return to the studio after 10 days or when symptoms alleviate. If returning to the studio within 10 days of a positive test, the student must mask until day 10.

For out-of-state families, please note that Missouri law requires a prescription for a physical therapy appointment. Prescriptions from other states are accepted.

## e. ICING

If students feel the need to ice their muscles, they must do it at home at the end of their dance day.

Ice is available at the Bolender Center in case of injury. Records will be kept of all students icing at the Bolender Center.

## 6. LIFE AT THE BOLENDER CENTER

### a. ARRIVAL/DEPARTURE

The Bolender Center will open each weekday morning at 8:30 AM. Upon arrival, students will proceed to their assigned studio and prepare for class. At the end of the day, all students should retrieve their belongings and head towards the main lobby. Day students may wait in the conference room for their ride, or exit if driving, walking or using public transportation.

Parking is free and available in our adjacent lot. Please note that the lanes closest to the entrance of the building are one-way going north.

Drop-Off: Please pull to the curb in front of the doors. Students should exit the vehicle curbside and not cross in front of traffic. Please note that students are to be dropped off no earlier than 30 minutes prior to their class start time.

Pick-Up: Please find a parking spot or pull as far forward as possible along the curb. Do not double-park or block any cross traffic. Please note that students are to be picked up no later than 15 minutes after their class end time.

### b. DRESSING ROOMS

There are dressing rooms available for students to change in **only as needed**. Female identifying dancers ages 11-17 will use the upstairs dressing areas, female identifying dancers 18-22 will use the main floor women's dressing room, and male identifying dancers will use the main floor men's dressing room.

### POLICIES

- **Students are responsible for cleaning up after themselves.** Do not leave behind trash, toe tape, used Band-Aids, etc.
- Trash/recycling must be properly disposed of into designated receptacles
- Chewing gum, food and drinks (except water) are not allowed in the Bolender Center studios
- Dance bags must be kept at the student's designated chair outside of the studio (only water bottles and small items like a pointe shoe bag may be brought into the studio)



- Bags should be arranged in an organized fashion and all belongings should be kept INSIDE of dance bags
- Items, especially clothing or personal care items such as hairbrushes, may not be shared.
- No valuables should be brought to the Bolender Center.
- KCBS is not responsible for loss of student property

Any items that are left behind in the hallways or studios will be placed in the lost and found bins.

## c. STUDIOS

### POLICIES

- Students are responsible for cleaning up after themselves. Do not leave behind trash, toe tape, used Band-Aids, etc.
- Trash/recycling must be properly disposed of into designated receptacles
- Chewing gum, food and drinks (except water) are not allowed in the studios
- Cell phones are not permitted in the studios and must be turned to silent when entering the building
- Students are not allowed to sit or play at the pianos.
- Warm-up booties are to be worn in the studios only – otherwise they track dirt and dust into the studios
- Classes are closed to visitors

## d. LUNCH

Lunch for all students will take place in assigned areas in the Bolender Center. If a student needs their lunch refrigerated, they may leave their lunch on the designated cart when they arrive in the morning. The lunches are then kept refrigerated until lunchtime. Microwaves are not available to SI students.

### POLICIES

- Students are responsible for cleaning up after themselves. Do not leave behind trash, crumbs, spills, etc.
- Trash/recycling must be properly disposed of into designated receptacles
- Students should bring everything they need for their meal, including utensils
- Lunch may only be eaten in designated areas
- Students must listen to and follow instructions given by staff as announcements are often made during lunch

## e. BOLENDER CENTER BUILDING

### POLICIES

- Students may not use the elevator or the exterior stairwells, only the central staircases. Exterior stairwells may be used in cases of emergency.
- The Bolender Center has a beautiful open architecture, but this means noise in the hallways and on every floor affects our administrative staff – students must be quiet and respectful of those working in the building
- Students must remain at the Bolender Center during the day

## f. SAFETY

Student safety is of utmost importance. Rules and procedures are put in place to protect our students and must be adhered to by all.

During the first week of classes we will hold a fire drill to ensure students are familiar with what to do in the event of an emergency. Students must follow all directions given by any KCB staff member.

In the event of an emergency situation, our first priority is the safety of the students, and our second priority will be communicating with parents/guardians. Parents, this means that you may hear from your student before you hear from us.

## g. BEHAVIOR AND CONDUCT

- Students must listen to and follow instructions given by KCB and KCBS staff
- Students are expected to behave respectfully and courteously at all times toward staff, faculty, the facilities, and each other, in word and action
- Students must be respectful of other people's space and personal belongings
- Consequences for Rule Infraction:
  - At the first infraction, the student will have a meeting with a member of KCBS staff
  - At the second, KCBS staff will speak with the parent/guardians
  - At the third, the student will be sent home immediately at the parent/guardian's expense

## 7. DANCING AT KCB

### a. ATTENDANCE

Students are required to attend all scheduled classes for their assigned level. Regular attendance is essential for improving technique and building strength. Instructors take attendance daily and absences are reported to KCBS staff.

In the event a student will miss any class, including a late arrival or early dismissal, the parent/guardian (or student, if 18+) must notify KCBS. Please contact us *prior to the absence* at [school@kcballet.org](mailto:school@kcballet.org) or 816-931-2299 x2.

Extended absences for vacations, competitions, etc. are discouraged and must be approved by the School Director.

Tardiness is not permitted – students must be in class and ready to dance at the designated class time. Dancers arriving more than 10 minutes late may be asked to observe class.

### b. CURRICULUM

Students attend class Monday through Friday from 9 AM to 5 PM and Saturday from 9 AM to 12 PM. The daily schedule will be posted one week at a time on bulletin boards at KCB.

The schedule varies daily and may include any of the following classes:

- Ballet Technique
- Men's Class
- Pointe
- Variations
- Repertory
- Character
- Flamenco
- Jazz
- Modern
- Contemporary
- Hip Hop
- Conditioning
- Improv
- Yoga
- Seminar

### c. FACULTY

Instructors for the Summer Intensive include Kansas City Ballet Artistic Staff, Kansas City Ballet School Faculty, and Kansas City Ballet Company dancers. All ballet classes are accompanied by Kansas City Ballet School pianists. Please visit our website to view faculty biographies.

Guest Faculty will include:

**Cynthia Harvey**, *Former Principal Dancer American Ballet Theatre*

**Karina González**, *Principal Dancer, Houston Ballet*

**Miyesha McGriff**, *Company Dancer, Collage Dance Collective*

KCB Faculty and Artistic Staff:

**Devon Carney**, *Artistic Director*

**Grace Holmes**, *School Director*

**Kristi Capps**, *Rehearsal Director*

**Parrish Maynard**, *Rehearsal Director*

**Christopher Ruud**, *Second Company Manager, Rehearsal Director*

**Kimberly Cowen**, *Principal & KCYB Director*

**Lauren Fadeley Veyette**, *Principal & YAGP Coordinator*

**Dmitry Trubchanov**, *Men's Program Coordinator & Associate KCYB Director*

#### d. FIRST DAY OF CLASSES – MONDAY JUNE 19, 2023

Students will be directed to their assigned placement class. Students should be prepared to attend technique class, a pointe class or men's technique. Students will be evaluated by KCBS faculty to make sure they are placed in appropriate levels.

Following the placement classes students will have lunch at the studio after which time the students will be dismissed for the day.

For the first day of classes, dancers wearing uniform option #1 should wear a black leotard. Dancers wearing uniform option #2 should wear a white shirt. Students should bring whatever they need for ballet and pointe if applicable.

#### e. LEVEL PLACEMENT

Level placement will be posted on the Mezzanine level at the Bolender Center and at the dorms on the afternoon of Monday June 19. Please note that placement is at the discretion of the Kansas City Ballet School faculty. Faculty will take into account age and technical ability when placing students. Throughout the first week, all students are continually assessed to ensure proper level placement. Our faculty have the students' best interests in mind and seek to determine the best place for them to learn and grow as dancers during their time here.

#### f. LAST DAY OF CLASSES – SATURDAY JULY 22, 2023

On the final day of the Summer Intensive students will have a modified schedule. Students are welcome to invite 2 guests to attend Studio Demonstrations at the Bolender Center in person. The demonstrations will be held in the Michael and Ginger Frost Studio Theater and will be approximately 45 minutes long.

Students in each level will present a repertory ballet piece (may be classical or new choreography) as well as a piece from one or two other dance disciplines. Details are subject to change.