

# Pamela Trokanski Dance Workshop Summer Intensive 2021

## Ballet / Contemporary Intensive Program:

August 2 – 6, 8:30am - 3:30pm

For dancers Level 2 and higher in Ballet and/or Contemporary

## OVERVIEW

The Pamela Trokanski Dance Workshop offers a rigorous one week intensive program that will help students become more well-rounded dancers while training under teachers of different technical styles. Technique and artistry will be emphasized with additional stretch and strengthening classes to improve students' physical performance. During the morning portion, students will focus on Ballet and Contemporary technique to broaden their artistic development and technical proficiency. Afternoons will be spent exploring additional dance and exercise genres (Jazz, African, Modern, Floor Barre, Partnering, etc.) to supplement their technical training, as well as learning choreography for the concert. Students will participate in 4 - 5 classes per day, culminating in a performance on Friday evening.

**Tuition: \$350.00 Single day drop-in: \$80.00**

## PERFORMANCE

Students from the Ballet / Contemporary Intensive will have the option of performing in the Summer Repertory Concert on August 6. Each performing student will be given two complimentary tickets.

## LOCATION

All classes and the performance will be held at the Pamela Trokanski Dance Workshop, 2720 Del Rio Place in Davis. Students may arrive between 8:15 – 8:30 am and be picked up between 3:30 and 3:45pm.

## SUPPLIES & DRESS CODES

Dancers will need to bring a nutritious lunch, snack, and water each day with **no peanut products please.**

### The dress code will be strictly enforced:

- \*All dancers must wear a properly fitted mask that covers their mouth and nose
- \*Female dancers must wear black leotards and ballet pink, skin tone, or black tights. No skirts please!
- \*Male dancers must wear white shirts and black tights or fitted shorts.
- \*All students will be required to bring properly fitted ballet slippers and jazz oxfords. Any elastic straps should be sewn on correctly.
- \*Fitted knit warm-ups will be allowed, but no baggy sweats, etc. will be permitted.
- \*It is suggested that dancers wear convertible foot tights for transition between Ballet, Jazz, Modern, African, etc.
- \*Hair must be worn up and out of the face. For ballet classes, hair must be up in a tight bun off the neck.
- \*Optional supplies include: knee pads for Modern, yoga mat, foot undies, tap shoes, and dance sneakers.

## AUDITION CLASS

For dancers interested in the Ballet / Contemporary week intensive, a placement class will be held on Saturday, June 5, 1:30-2:30.

\*Dancers should come prepared to dance (please refer to Dress Codes). Those students who dance en pointe should bring their pointe shoes.

\*For dancers who are new to us and unsure of their level, please call for information.

\*Dancers should arrive 15 minutes early to check-in. No late dancers will be allowed in to class.

A make-up placement class may be scheduled through the office if a dancer cannot attend the June 5 class.

## TUITION

As space is limited, tuition for the Ballet/Contemporary Intensive will be accepted on a first-come, first-served basis until the program fills or until Thursday, July 29. There is a 10% discount for siblings that register at the same time.

Payment is by cash, check, or PayPal with a 3% surcharge.

For more information:

Please call 530.756.3949 or email [office@trokanski.com](mailto:office@trokanski.com)

Refund Policy: Refunds will not be given except in the case of injury with a doctor's letter.

Applications may be dropped off or mailed with complete payment to:

Pamela Trokanski Dance Workshop  
2720 Del Rio Place  
Davis, CA 95618

## Summer Faculty include:

Taylor Herrera has studied classical ballet since 1996 with an early focus on RAD training with Katie Heil. Taylor is the artistic director of Light Ballet Company, the resident ballet company at the PTDW. In addition she has studied at the Idyllwild Arts Academy, Steps on Broadway, Berkeley Ballet Theater, Deane Dance Center, and Sacramento Ballet. She graduated in 2012 from Mills College, where she took ballet classes from Sonya Delwaide-Nichols, department head of dance.

Erika Ripley brings over 15 years of serious training in multiple technical styles including ballet, contemporary, tap and jazz. She graduated from Ball University with a Major in General Studies and a Minor in Dance. Her ballet training includes a strong background in Cecchetti.

Pamela Trokanski holds a BA in Dance from Empire State College (SUNY) and has been teaching, choreographing, and performing for over 40 years. She is the Director of both the Dance Workshop and the Pamela Trokanski Dance Theatre, a contemporary company, based in Davis for 36 years. In addition, she holds a current California Teaching Credential and teaches Dance at Davis Senior High School for both the Physical Education and Fine Arts Department. In her 36 years in Davis, she has been the recipient of numerous Arts Contracts & Grants, supporting the development of various community outreach programs including performances and lecture demonstrations.



Nicole Bell performing her Composition piece at the Summer Concert, pre-pandemic

## COVID POLICIES

We at the Pamela Trokanski Dance Workshop put our students' and staff health and safety as top priority and have implemented the following COVID-19 safety protocols for everyone who enters the studio:

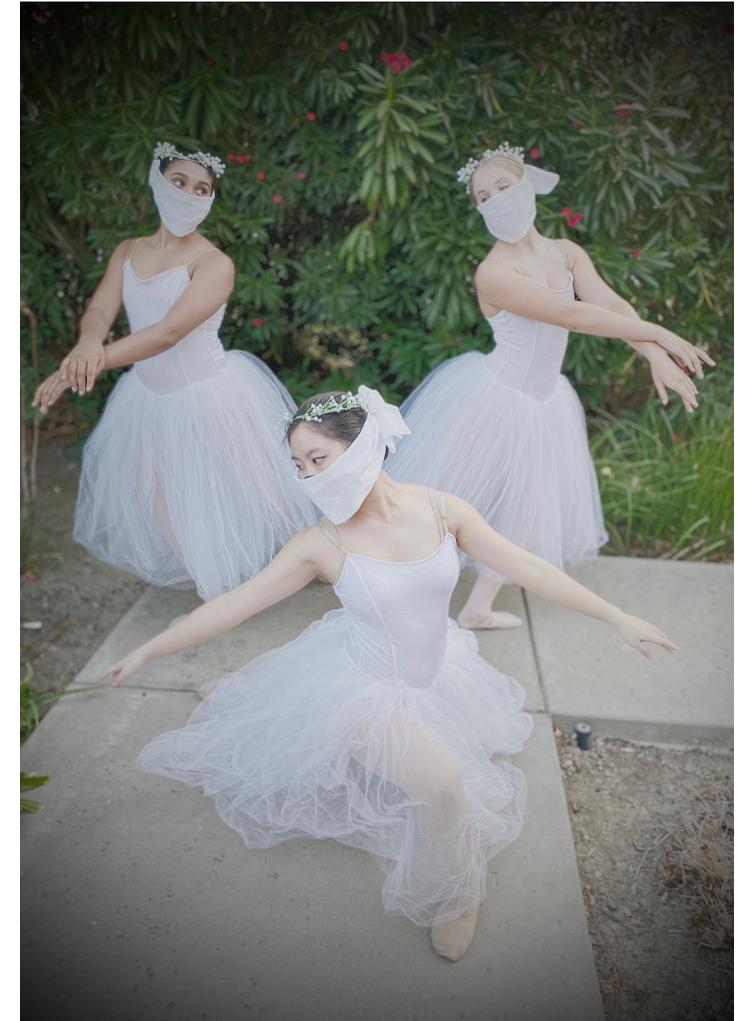
- Face mask must be worn at all times that completely covers the nose and mouth. Masks must have ear loops or head ties – no gaiters or bandanas will be allowed. Removal of face masks is directed by staff during water and food breaks.
- Everyone is required to wash their hands and have their temperature checked before entering the studio.
- Dancers must maintain a distance of six feet from others.



Lydia Wallman in Ballet Level 4/5 technique class

## **Pamela Trokanski Dance Workshop Summer Intensive Programs 2021**

For dancers ages 9 – Adult



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office@trokanski.com / 530.756.3949  
www.trokanski.com