



BALLET WEST

HIGH PERFORMANCE
LOWER SCHOOL

PROSPECTUS

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INTRODUCTION

The aim of Ballet West High Performance Lower School is to holistically prepare student dancers to pursue their vision as artists.

Ballet West High Performance Lower School produces versatile dancers with excellent technique, well developed physiques, a disciplined approach and a committed work ethic able to withstand the strenuous demands of a professional career in dance.

Extensive dance training, balanced by a structured academic programme, is designed to secure students a secondary education while associating with likeminded individuals in an environment stimulating them as artists.



HISTORY

Since it was established in 1991, Ballet West has developed an ambitious educational programme offering full-time Higher Education courses leading to BA (Hons) in Dance. Ballet West also runs outreach classes throughout Argyll for students from age 2 through to adults, International Summer Intensives and Associate courses in Dundee, Edinburgh and Glasgow.

In addition, Ballet West has an established semi-professional company and the newly formed professional Ballet West International Touring Company. The semi-professional company is comprised of the High Performance Lower School and Upper School students, as well as invited professional guest artists. The Ballet West International Touring Company was created to provide a platform for the Upper School graduates to obtain professional stage experience across a wide range of repertoire. Both companies have an extensive audience base and a reputation for delivering quality productions around Scotland and internationally.

The ambition to start a high performance vocational training programme for 11-16 year olds was realised in 2018 when 'Art of Motion', a school in South Africa with a unique cross-training methodology and an outstanding track record for developing world-class student dancers, agreed to close their school in South Africa and lead the Ballet West High Performance Lower School in Scotland.



BALLET WEST SCOTLAND

GILLIAN BARTON
Principal

JONATHAN BARTON
Vice Principal

BALLET WEST HIGH PERFORMANCE LOWER SCHOOL

SAYWARD HARRIS TEN HOVE
Artistic Manager

Cecchetti Ballet Mistress, Repertoire Mistress, FIG Rhythmic Gymnastics Coach and Judge Sayward holds her Cecchetti Licentiate, Trinity Speech and Drama Associates, AIDT Advanced Modern Associates, FIG Rhythmic Gymnastics Judge and Coach accreditations. Her students have been recognised at the SAIBC Cape Town, YAGP New York Finals, SIDC Korea, Genée IBC Scotland and London, CIBC Virginia USA, USAIBC Jackson Mississippi, Prix de Lausanne Switzerland and Varna IBC Bulgaria.

ANGELIQUE HARRIS
Assistant Artistic Manager

Resident Choreographer, Maestro Cecchetti Diploma (CUSA), RAD Ballet Mistress, Contemporary Coach, Rhythmic Gymnastics Coach and Judge As a Rhythmic Gymnast Angelique ranked 11th globally. She studied at The Royal Ballet School White Lodge in London for 2 years with an invitation for extended study. She received her Maestro Enrico Cecchetti Final Diploma with Merit as a dancer CUSA, her RAD Teachers Certificate and AIDT Advanced Modern Associates.

Her choreography has been recognised at the SAIBC, Cecchetti IBC USA, Genée IBC Scotland and London, "Drum Cafe", AIDT "Henri Noppe" and Cecchetti Natalie Stern. Angelique choreographed for Janice Honeyman's Pantomime "Sleeping Beauty" and premiered "rOmpelstiltskin by Sisters Harris" as her first full length work, going on to create 2 further works "nOtenkraker" and "The stOry of Alice" by Sisters Harris.



OBJECTIVES

- Offer structured high performance dance training to suitable candidates.
- Provide Rhythmic Gymnastics, Swimming, Fitness and Body Conditioning sessions as a form of cross-training to develop discipline, extreme co-ordination, flexibility, strength and stamina.
- Deliver a physical support programme incorporating sports massage and hydro-therapy.
- Align secondary academic subject qualifications for further Higher Education study.
- Select performance opportunities ensuring artistic development.
- Expose selected candidates to national and international events able to recognise and promote students.
- Ensure a safe and nurturing environment for all students.



PRE-VOCATIONAL PROGRAMME

Pre-Vocational Programme

The Pre-Vocational programme was implemented shortly after the launch of the High Performance Lower School, when the need to create a feeder programme that would develop younger dancers, aged 8-10 years, was realised.

The programme familiarises candidates and their parents with the cross-training methodology applied on the Ballet West High Performance Lower School course. Classes totalling 20 hours weekly are conducted on Monday to Friday, with instruction by mentors and coaches from the High Performance Lower School.

RAD

Cecchetti

Pointe Work

Repertoire

Contemporary

Rhythmic Gymnastics (girls only)

Physical Difficulty Preparation (boys only)

Body Conditioning

Pre-vocational students will be entered by the Ballet West High Performance Lower School for external RAD and Cecchetti exams, while the in-house contemporary syllabus will be examined by representatives from the Upper School. Female students will also have the opportunity to compete at national Rhythmic Gymnastics events.

Eligible students can be selected to represent Ballet West High Performance Lower School at both national and international events and can be included in Ballet West stage performances.

Arrangements can be made to provide accommodation and care to students from out of town, if necessary. A carefully appointed and qualified house mother will be responsible for the nutritional and general wellbeing of the students.

TRANSPORTATION

- Ballet West arranges transport for High Performance Lower School students to and from Oban.
- Transport collects 20 minutes before morning training session and collects students after daily classes.

RECREATION

- Pre-Vocational students need be collected 12:30 on a Friday afternoon.
- Saturday afternoon vocational students are encouraged to return home if possible.
- Vocational collection time on Saturday is from 15:00 onwards.
- Sunday all students have supervised free time.
- Sunday drop off time for vocational students is 19:00.



HIGH PERFORMANCE LOWER SCHOOL

Candidates are eligible to enrol at Ballet West High Performance Lower School starting at the age of 11 (academic year 8/S1).

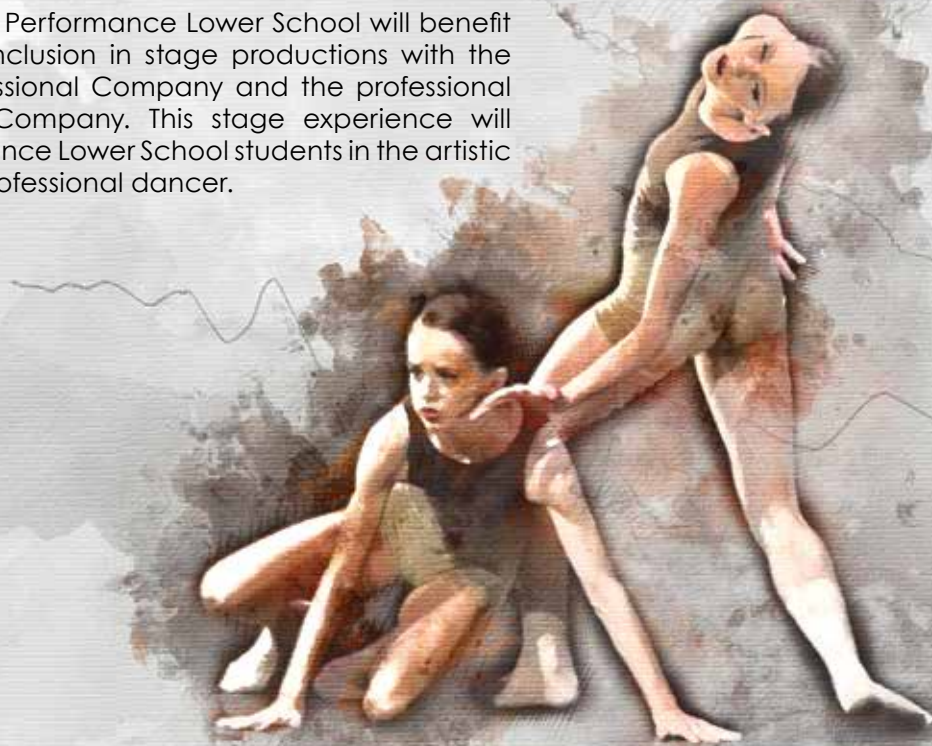
Students have the opportunity to develop their dance and academic talents in the company of likeminded individuals, which contributes significantly to their holistic adjustment.

The high performance training environment at Ballet West High Performance Lower School is unique and boasts a well-developed methodology with an excellent track record for developing young dancers. Past students have been recognised at the most prestigious dance events around the world, including Prix de Lausanne, Genée IBC, Cecchetti IBC, SAIBC, YAGP and VKIBC New York Finals.

Ballet West High Performance Lower School serves as a feeder programme for the Ballet West Upper School. The Upper School offers a university education focused on dance development and preparation for professional employment with a dance company.

High Performance Vocational students will be entered by the Lower School for external RAD & Cecchetti exams, while the in house contemporary syllabus will be examined by representative from the Upper School. Eligible students will be selected to represent Ballet West High Performance Lower School at both local & international events and with stage performances.

Students from the High Performance Lower School will benefit artistically from their inclusion in stage productions with the Ballet West Semi-Professional Company and the professional International Touring Company. This stage experience will educate High Performance Lower School students in the artistic demands of life as a professional dancer.



TRAINING FACILITIES

OBAN HIGH SCHOOL

Ballet West High Performance Lower School students benefit from our Oban High School of Dance partnership.

This relationship allows students to receive professional training during school hours, in brand new purpose built dance school facilities with the latest technology on offer.



DANCE STUDIOS 1 & 2

- Harlequin sprung floor
- Full-length mirrors
- Ballet barres
- PA system – both stereo and iPod docs



GYMNASIUMS & SWIMMING

- Two double volume gymnasiums
- Velour training mats
- Portable sound system
- Fully equipped gym for fitness and weight training sessions
- 25m pool at Atlantis Leisure (2 weekly sessions)



ACCOMMODATION

At Ballet West High Performance Lower School all boarding facilities are provided by a private entity. Equally important to the dance training is the warm and homely environment created by the house mother in the students' accommodation. The house mother is responsible for the wellbeing of the students and is in regular contact with all parents.

PRIVATELY OWNED BOARDING FACILITIES

- Boarding houses are located in Tynvull.
- Facilities are shared.
- The students' general wellbeing is entrusted to a carefully appointed and qualified house mother.

MEAL PREPARATION

- Breakfast is served at the boarding house prior to departure for daily activities.
- Packed school lunches are provided daily.
- A cooked dinner is served at the end of daily activities.
- Meal plans are developed by a qualified nutritionist.
- All daily meals, prepared by the appointed house mother, are well balanced and geared to the nutritional demands of high performance training.

TRANSPORTATION

- Ballet West arranges transport for High Performance Lower School students to and from Oban.
- Transport departs at 07:00 and collects students after daily classes.

RECREATION

- Saturday afternoon vocational students are encouraged to return home if possible.
- Collection time on Saturday is from 15:00 onwards.
- Sunday all students have supervised free time.
- Sunday drop off time for vocational students is 18:00.



CURRICULUM & ACADEMICS

DANCE

A skilled and experienced teaching faculty meticulously mentor students with a holistic approach. Training is focused on a variety of classes necessary for student dancers wishing to follow a career in dance. Class sizes are kept small with no more than 8 students per class, ensuring each student receives maximum attention and one to one tuition. The teaching faculty is boosted by mentors from Ballet West Upper School in addition to prestigious guest teachers from across the globe.

- RAD Classical Ballet
- Cecchetti Classical Ballet
- Open/Free Class
- Pointe Work
- Repertoire
- Pas de Deux
- Contemporary

CROSS-TRAINING

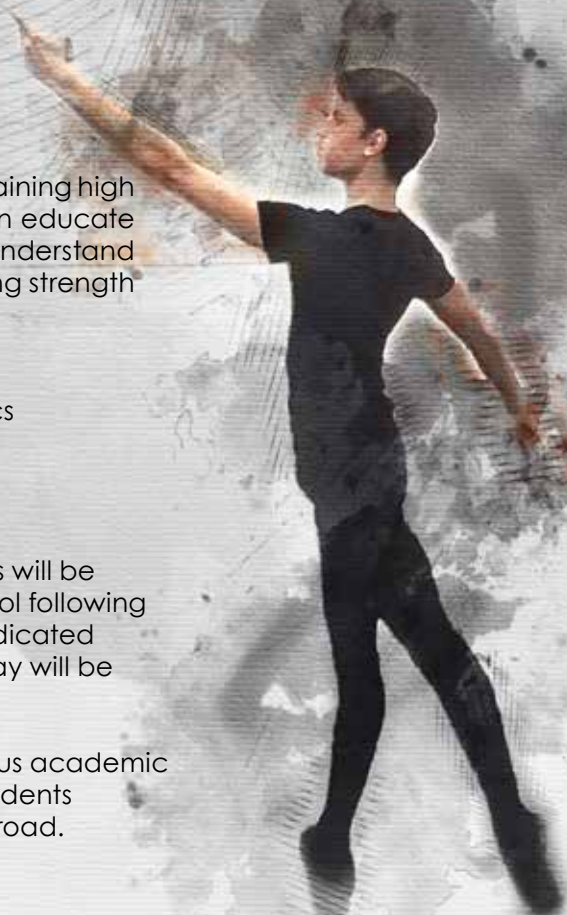
Coaches with expertise in training high performance sports children educate dance students to better understand their bodies while developing strength and stamina.

- Body Conditioning
- Rhythmic Gymnastics
- Swimming

ACADEMICS

UK/EU Students - All students will be enrolled in Oban High School following the set curriculum while dedicated classes during the school day will be designated to dance.

NON UK/EU Students - Various academic options are available for students wishing to audition from abroad.



CLASS SCHEDULE & LEVELS OF TRAINING

Pre-Vocational Programme

Level 1- 8/9 yrs (P4 & P5)

Hours:

10 hours dance

10 hours cross-training

Levels:

Cecchetti Grade 2 & 3

RAD Grade 2 & 3

Contemporary Level 1

Rhythmic Gymnastics Espoir

Level 2- 10/11 yrs (P6 & P7)

Hours:

10 hours dance

10 hours cross-training

Levels:

Cecchetti Grade 4 & 5

RAD Grade 4 & 5

Contemporary Level 2

Rhythmic Gymnastics Espoir/Pre-Junior



CLASS SCHEDULE & LEVELS OF TRAINING

High Performance Lower School:

Intermediate - 11/12 yrs

Hours:

16 hours dance weekly
16 hours cross-training weekly
18 hours academic tutoring

Levels:

Cecchetti Intermediate/Foundation
RAD Intermediate/Foundation
Contemporary Intermediate
Rhythmic Gymnastics Pre-Junior/Junior

Advanced - 13/14 yrs

Hours:

17 hours dance weekly
17 hours cross-training weekly
18 hours academic tutoring

Levels:

Cecchetti Advanced 1/Foundation
RAD Advanced 1/Foundation
Contemporary Advanced 1
Rhythmic Gymnastics Junior

Pre-Professional - 15/16 yrs

Hours:

18 hours dance weekly
18 hours cross-training weekly
18 hours academic tutoring

Levels:

Cecchetti Advanced 2
RAD Advanced 2 & Solo Seal
Contemporary Advanced 2
Rhythmic Gymnastics Junior/Senior

SUPPORT STRUCTURE

To support injury prevention, a therapist administers individual sports massages once a month or as required.

Weekly swimming sessions serve as hydro therapy for fatigued muscles as a result of high performance training.



ON STAGE

It is ultimately every student dancer's ambition to perform on stage. Ballet West High Performance Lower School aims to equip students with excellent technique and the appropriate artistry.

Selected students may enjoy performance opportunities

- Semi-Professional Company and the professional International Touring Company.
- Awards days and bursaries for qualifying students.
- National and International competitions with reputable organisers.
- Annual community events.
- Invites from external dance bodies.



AUDITION PROCESS

Applications will consist of the following:

Pre-Vocational

- Online Application Form
- Photographs
- Audition Class
- Application Fee £ 30

High Performance Lower School

- Online Application Form
- Photographs
- Preliminary Audition Class by invitation only
- Final Audition Class at Ballet West High
- Performance Lower School
- Video (For International students only)
- Application Fee £ 40

Eligibility

All candidates should demonstrate passion, commitment and an aptitude for learning classical ballet.



ANNUAL FEES & TERM DATES

Pre-Vocational

Course	£4,400 pa
Boarding	£9,000 pa

Part-time & Full-time Pre-Vocational Course Payment Plan

The yearly course fee can be paid in quarterly instalments of £1,100 or in full. Payment plans are also available for boarding fees.

High Performance Lower School UK/EU Citizen

Course	£ 9,000 pa
Boarding	£ 9,000 pa

High Performance Lower School Non UK/EU Citizen

Course	£ 9,000 pa
Boarding	£ 9,000 pa

Academic Course Lower School Non UK/EU Citizen

Ages 11-13 each subject per year	£ 327
IGCSE each subject per year	£ 470
IGSCE second language	£ 565
Tutor fees (subject to change)	£ 1,200 pa

Bursaries

For a student with an extraordinary facility for classical ballet and a work ethic suited to the demands of a high performance training programme, a bursary may be considered.

High Performance Lower School Payment Plan

A deposit of £2,000 is required with enrolment as the first instalment. The balance can be paid in 10 monthly instalments of £700 or in full.

The yearly boarding fee requires a deposit of £1,500 followed by 10 monthly payments of £750.

Pre-Vocational - Term Dates

Term 1

12 August - 04 October

Term 2

14 October - 13 December

Term 3

06 January - 09 April

Term 4

20 April - 18 July

Vocational - Term Dates

Term 1

12 August- 13 October (No October Break for the 2019/2020 year)

Term 2

14 October - 13 December

Term 3

06 January - 09 April

Term 4

15 April - 17 July

** All borders to return on the Sunday before the term start date

2020/2021

Start Date 10 August 2020

Border to return 09 August 2020

Ballet West Scotland

HIGH PERFORMANCE
LOWER SCHOOL



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Ballet West

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