

SD8 Kootenay Lake LV Rogers Secondary School Dance Program

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LV Rogers Secondary School is a part of School District No. 8, Kootenay Lake, and is located in beautiful Nelson BC. The dance program is directed by Jennifer MacMillan. Ms. MacMillan holds a BFA with a Major in Dance from Simon Fraser University (CAN) and a MA in Teaching Dance from the University of Surrey (UK). She is also a registered teacher with the Royal Academy of Dance and a member of the British Columbia Dance Educators' Association. She is passionate about and committed to bringing high quality dance education to students within the public school system.

Dance students in grades ten through twelve can attend classes in ballet, contemporary, jazz and hip hop. Beyond technique and performance, dance education at LVR includes developing a theoretical base in dance history, choreography, literacy, health, anatomy, world dance as well as dance related careers.

Since its inception in 2001 the program's mandate has been not only to improve the students' technique base, but also to expand students' background and knowledge of dance beyond the Kootenays. Dancers Dancing, Ballet Kelowna, Ballet Jorgen, Ballet BC, the Margie Gillis Foundation and Move: The Company are only some of the dance professionals who have graced the program over the past several years with master classes, workshops, and residencies.

Students have also had the opportunity to travel, to compete, to attend performances in Vancouver, to view dance classes in action at Simon Fraser University, to meet with faculty and finally to take classes from some of the best of the industry. Several students have gone on to pursue their love of dance at prestigious studios provincially, nationally, and in a couple of instances internationally.

Course Offerings

DANCE ACADEMY 10-12 (IN TIMETABLE - 8 CREDITS /2 COURSES)

Prerequisites: Audition and application.

Description: This course integrates advanced technique classes in ballet and modern dance technique with the Choreography 10-12 curriculum. Students will train on pointe 2-3 days per week once technical proficiency is achieved. Emphasis in this course is placed equally on technical proficiency and artistic development. This course provides aspiring dance artists with the tools they need to hone their craft. Participants are required to work both individually and collaboratively with dance composition theories in processes similar to those used by writers and/or composers. Students gain experience as performers in a variety of public venues. This is an enriched performing arts course; a high level of achievement and commitment is required. Extra rehearsals and performances outside of class time are considered part of the curriculum. The course is offered to a maximum of 16 students annually. There is a \$400 fee for this course which includes costume costs. Interested students should contact Ms. MacMillan or the administration for further information and application packages.

DANCE COMPANY 10-12 (OFF TIMETABLE-4 CREDITS 1-COURSE)

Prerequisites: Intermediate dance experience.

Description: This course is designed for intermediate and advanced dancers in Grades 10-12. This performance-based ensemble will create new works, tour, and attend workshops, festivals, and competitions. Students will be responsible for production and leadership tasks throughout the year. This group will meet off timetable twice weekly. Additional rehearsals will be required and are considered part of the curriculum. A costume fee of \$75.00 is charged for this course.

DANCE FOUNDATIONS 10-12 (IN TIMETABLE-4 CREDITS - 1 COURSE)

Description: This course is designed for students who enjoy the creative process, want to improve their dance skills, and maintain a high level of physical fitness. All students are enrolled in mixed grade classes, and whenever possible, grouped with students with a similar level of dance experience ranging from beginner to advanced. All classes build upon movement fundamentals: alignment, breathing, strength and balance, while introducing increasing complex dance technique and choreography. Students are introduced to choreographing and performing for public presentations. Full participation is required in each class to ensure success. There is a \$30 costuming fee for this course.

DANCE CONDITIONING 10-12 (IN TIMETABLE-4 CREDITS - 1 COURSE)

Description:

Dance Conditioning introduces to principles of strength and conditioning as they pertain to dance technique. Students will develop an increased amount of strength, technique, and flexibility through the practice of methods such as: Pilates, floor barre, dance specific yoga, dance specific plyometrics, dynamic imagery and movement. Students will be able to recognize and develop their dance skill by understanding and internalizing feedback through sensory (body) awareness, as well as visual and verbal cues. They will develop an in-depth understanding of anatomy and physiology of the human body. Injury prevention, management, and nutrition will be explored as they relate to the development of healthy dancers. As a result, students will be able to articulate their objectives using proper anatomical language as well as understand and articulate how specific conditioning exercises improve dance technique. Ultimately, the knowledge and development of physical and mental skills in this course will enable students to train more efficiently as a dancer. This course is participation based.

