SCAPA - Sandringham College Academy of Performing Arts (Dance)

From mid-2015, Sandringham College will establish SCAPA (Dance). The program will initially include Year 7 and 8 students, with the aim of extending the program to all other year levels from 2016 onwards. SCAPA (Dance) is a pre-professional dance training program for talented students aged 12-18 years.

VISION

SCAPA (Dance) is committed to supporting, developing and nurturing talented dance students.

At SCAPA (Dance) we embrace creativity, encourage individuality within an inclusive and supportive academic environment.

The speciality program will offer students the highest quality dance training, in a range of styles whilst simultaneously providing a rigorous academic program. At SCAPA (Dance) we emphasise the importance of an academic/dance life balance. All dance classes will be scheduled to accommodate the academic schedules of our students. We encourage our students to continue with their dance classes outside of school.

We offer a supplementary after school program for students who are not already affiliated with a local dance school.

AIMS

- To provide a high quality academic program and a specialised dance training program for talented dance students
- To offer a high quality physical conditioning program to help develop strong, healthy and efficient dancers within a safe and supportive environment
- To provide the highest possible training delivered by industry professionals and ex-professionals and to give students every opportunity to establish a career within the creative arts industry
- To provide counselling, support and consultation to individual students with regards to their training, physical and mental health, academic success, career pathways and time and stress management
- To provide students with a wide range of performance and audition opportunities throughout their time at SCAPA (Dance)

Core program offerings (day program)
- Classical Ballet
- Pointe work (when ready)
- Jazz
- Contemporary
- Conditioning classes
- Acrobatics

Elective program offerings (after school supplementary program – optional)
- Classical Ballet
- Musical Theatre
- Lyrical
- Hip Hop

www.sandringhamsc.vic.edu.au
The Physical Conditioning Program:

Students will undertake a rigorous conditioning program which will incorporate Pilates and pre-recognition conditioning (Ballet Torque Body - www.ballettorque.com) specifically for young dancers. Exercise programs will be designed to stimulate muscles, on an individual basis, and to support young dancers to engage the correct muscles or muscle groups in the correct order. The conditioning program will also assist students to develop the correct posture and alignment (aplomb) required for an elite dancer.

Prior to commencing the program, students will be required to meet with our recommended physiotherapist or osteopath and undertake a physical assessment. Students will also be required to meet with a nutritionist and podiatrist. Students will also learn about stress management, burnout, maintaining optimal levels of motivation, positive self-esteem and self-talk, nutrition, anatomy & physiology, cardiovascular fitness & strength training and professional CV preparation in the later years.

Program Entry Requirements:

Auditions for SCAPA (Dance) Semester 2, 2015: June 2015
Auditions for SCAPA (Dance) 2016: November 2015

To apply for a position at SCAPA (Dance students) must complete the following:

- Audition
- Physical assessments
- Written application, addressing specific criteria
- Interview
- Reference from current dance teacher (template provided)
- Completion of a student and parent contract

Contact

To obtain an audition pack and to apply, contact Meghan Lee at lee.meghan.j@edumail.vic.gov.au or call Sandringham College on 8599 0500.

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