



SANDRINGHAM
COLLEGE

DANCE ACADEMY



SCAPA - Sandringham College Academy of Performing Arts (Dance)

Sandringham College presents SCAPA (Dance), established in 2015. The program 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)

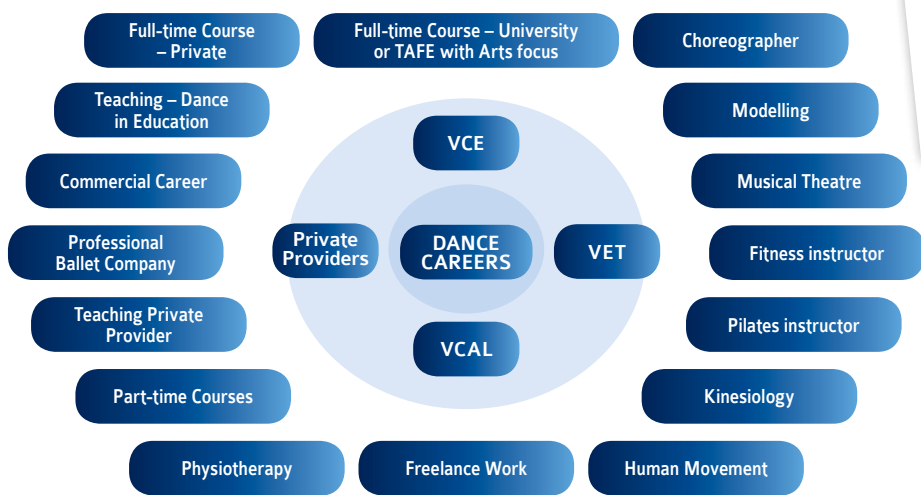
- Classical Ballet
- Contemporary
- Conditioning / Pilates
- Pointe Work (when ready)

Elective program offerings (after school supplementary program – optional)

- Jazz / Musical Theatre
- Lyrical
- Hip Hop
- Acrobatics



Dance Academy Pathways



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 muscles 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.

Contact

To apply for entry into SCAPA please fill out an Expression of Interest Form, found on our college website at:

<http://www.sandringhams.vic.edu.au/curriculum/academies/dance-academy-2/>

Program Entry Requirements:

Entry by audition only. Auditions run annually in Term 4. Contact the college office for more details.

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

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



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