

CFA Dance Summer Assignments

Level I

In preparation for your first year at CFA, please complete the following ongoing assignment:

Purchase a journal. It can be a composition notebook, a leatherbound journal, or anything in between. Over the course of the summer, I would like you to spend some time with it each week and think about how you want to grow as an artist as well as do some preparatory work that we'll use during our choreography and composition time in the first year. I will collect your journals in the first week of school to glance over your assignments, but it is YOURS. Own it. Be honest and give it some thought. You are about to embark on a 4 year journey in an arts program. Our goal in the end is that everyone is prepared to audition and be accepted into a collegiate dance program. It will be WORK, but hopefully work we love to do. You should have 10 journal entries when you come to Henrico High School for the start of the school year.

1. What are your expectations for next school year? Expectations from your peers, your teachers, yourself? Are you looking forward to performing or taking class or working on your own choreography?
2. Do you have any nervousness/anxiety about next year? How comfortable are you with ballet and modern technique? How comfortable are you performing in front of your classmates? How comfortable are you at creating your own dances?
3. Be constructively self-critical – where do you see a need for improvement or strength in your growth as a dancer and artist? Do you tend to only dance in a genre you are comfortable with? Do you go watch professional performances in our community? Do you push yourself each and every class?
4. What inspires you to dance? Is it the performance opportunity, the community of dancers around you, or the focus on self-improvement, or something else?
5. Find a book of poetry – read that book. (Shel Silverstein is one of my favorites 😊) Please write down the book title and author.
6. From the book you read last journal entry, what poem stood out the most to you? Why did it stand out? Was it funny or sad? Did certain words grab you? Could you read it and feel the rhythm of the poem? Did it cause you to connect to something beyond the reading of the poem? At school, we will be reading that poem aloud, so practice!
7. If you were to create a dance, what would the dance be about? Not what steps you would use, but what would you want to dance about? What would you want to say and put out into the world through a dance medium?
8. What are your plans once you graduate from high school? Do you want to continue dancing in college? Do you want to become a professional dancer? Do you want to have a career in the arts?
9. Free week – get ready for school!
10. How are you now feeling with school right around the corner? How did your summer go? What are you excited about and what are you nervous for?