



Celebrating our 39th Season! www.trokanski.org

Class Requirements & Rehearsal schedule for PTDT companies, as of August, 2023:

Auditions Saturday, August 26 pm, 1:15 - 2:30pm

PTDT Company members will begin rehearsals the week following auditions.

Third Stage dancers will not begin Saturday afternoon rehearsals until October 7 or 14. (They should plan for a two hour rehearsal.)

The following are the training requirements for the different companies. For dancers interested in the Light Ballet Company, please ask for that information sheet.

PTDT Dancers take a minimum of four classes per week. Two-three of them are in contemporary technique; the Monday Level 4-5 Contemporary, the Wednesday Level 4-5 Contemporary, and other contemporary classes as fit their schedule. The Tuesday, Contemporary 2-3-4 from 5:45 – 7:00 pm is suggested. Company dancers may take at least one – two other classes in either ballet, Pilates, jazz, or other class as decided in discussion with Pamela, to fulfill their training requirements. All PTDT dancers are encouraged to take the Dance Improvisation class currently scheduled on Saturdays, from 11:30-12:30, for free. PTDT dancers also maintain a regular rehearsal currently scheduled for Saturday afternoons.

PTDT Apprentice Company members take a *minimum* of two technique classes per week. At least two of their technique classes should be in contemporary, at their appropriate technical level. Additional classes may be in ballet, or jazz.

App Co dancers also rehearse on Saturdays. This company is best for contemporary dancers Level 2/3 and higher. Level 1 contemporary dancers should apply for The Third Stage, a multi-generational company, until they are working at the higher levels. All AppCo dancers are encouraged to take the Dance Improvisation class currently scheduled on Saturdays, from 11:30-12:30. This class is free for PTDT dancers.

The Third Stage dancers take a minimum of two classes per week, which include the Second Wind classes which will be held Wednesdays and Thursdays, from 9-10am. Other classes may be an appropriate level contemporary, jazz, or ballet class. This multi-generational company is an excellent start for younger dancers with fewer years of training as well as older dancers. All Third Stage dancers may take the Dance Improvisation class currently scheduled on Saturdays, from 11:30-12:30, for free.

For all three companies:

As part of our Covid Safety Protocols, we are requiring that all company dancers are fully vaccinated.

Saturday Rehearsals:

Rehearsals begin right away for PTDT/AppCo. The Third Stage will learn choreography in class and get integrated into choreography beginning either Saturday, October 7 or 14th.

Historically, we have had rehearsals on Sunday morning so that dancers had the rest of the day free. However, last year we shifted to Saturday afternoons. If enough dancers prefer Sundays, this can be changed. Please note the option to state your preference on the PTDT Commitment Form. We understand that there can be a lot going on in life, so letting Pamela know, in advance, of potential conflicts is very helpful as she creates the schedule.

Please note that by the time we get to October 21, Saturday rehearsals will take more time. As we close in on fall concert, rehearsals *may* run from 12:30pm – 4:30pm. Dancers should bring snacks, and their own water bottles of course.

Hope this information helps! Please remember that if your dancer is sick, they should stay home. Just call in and let us know so that we can plan appropriately.

Occasionally life situations may conflict with a particular rehearsal. Just let Pamela know for planning purposes. If you/ your dancer misses a lot, then obviously participation in the concert will be limited. It's not just about what they can memorize in a short time, it's also about their working in context with other dancers.

Thank you so much!