

Getting the Most out of Online Training with Alaska Dance Theatre

As ADT moves to an online training format, we wanted to share some tips, tricks, and preparations that all families can make to ensure that they receive the most of their training next week.

Preparing a Dance Space

For training at home, it is important to find as much space as possible to allow you to move along with class. Identify your work space and clear away anything off of the floor, any moveable furniture, and block off any pets from walking around your space.

Ideal Floor Surfaces

As we move into in home training, the staff of ADT understand that most students will not have a professionally installed sprung floor with a nicely laid Marley surface, and that's okay! When determining what space in your house will work best for you, consider which floor surface will work best for what genres. For most genres (Ballet, Pointe Conditioning, Jazz/Broadway, etc) wood, tile, and even concrete floors are the most ideal for training. Some of these surfaces may be slick to work on, however applying a little bit of water to the sole of your dance shoe should allow for extra grip, and won't harm your family's floors!

Dress Code

At this time, ADT staff will not be enforcing the dress code for each genre and level. With that said, we still highly encourage every dancer to attend online training in proper attire fit for their genre. A student who shows up in pajamas with limited range of motion will not receive the same benefit of training compared to a student who shows up in a leotard or form fitting clothes. This will also apply to properly preparing hair up and out of the dancers face for class.

Using the Zoom Platform

ADT will be hosting all of our online classes through Zoom. Zoom does not require any registration to use and is easy to connect to class. ADT will send out invites to join class via email. For the best connection to online classes, we recommend limiting all downloads, wifi use, and anything else that would require home internet. Check out this YouTube guide for using Zoom: <https://www.youtube.com/watch?v=hIkCmbvAHQQ>

Special Requirements for each Genre

For Ballet classes, starting at Children's Ballet 1 and up, class will probably start with a ballet barre. If you do not have a ballet barre, you can instead use a counter top, a chair, a wall, or anything else that is steady and at about the waist height for dancers.

For Pointe classes, all pointe classes will include an element of foot and ankle conditioning in them. Due to the fact that home surfaces will be less than desirable for pointe, Pointe classes will work mostly holding onto barre surface, and will focus on maintaining and improving on ankle strength and flexibility. Dancers should have a TheraBand available to use during this class.

For Acro classes, we recommend either using carpet or vinyl flooring. Yoga mats would also be helpful to prevent slipping, and a free wall for handstands and balancing tricks would be nice!

For Jazz/Broadway classes, students should try to find as much space as possible to move.

For Contemporary Modern classes, students should try to find as much space as possible to move.

For Tap classes, we recommend working with parents to determine which floors in your house would be best. It is recommended to avoid pavement and linoleum. Real wood floors would work best or, if you have happen to have it around the house, a sheet of plywood. Even if students don't have "ideal" flooring, practicing on carpet is better than nothing at all.

For Hip Hop classes, students should try to find as much space as possible to move.

For Pre-Ballet and Creative Movement classes, students should try to find as much space as possible to move. Teachers may recommend some props to use during class. These will be kept simple and should be something that can be found or made at home.

We look forward to seeing all of our families and dancers next week for classes!