

# January Intensive Information & Questionnaire



## Overview/Introduction

SANCA's January Intensive Program is a series of immersive training sessions geared towards physically fit individuals who are interested in expanding their knowledge of acrobatic and/or aerial circus arts.

**All-levels Aerial Intensive Course:** January 25-February 4, 2022

**Acrobatics Intensive Course:** February 7-16, 2022

**Intermediate Aerial Intensive Course:** February 7-16, 2022

**Full month program** includes All-levels Aerial for the first two weeks and either Acrobatics or Intermediate Aerial for the second two weeks.

Class will be held Weekdays from 10am-4pm, with an hour break for lunch. All classes will take place at the School of Acrobatics and New Circus Arts at 674 S. Orcas St. in the Georgetown neighborhood of Seattle.

Students are responsible for their own housing, meals, and transportation.

## Course Descriptions:

### **The All-levels Aerial Intensive course**

The All-levels Aerial Intensive will focus on static trapeze, lyra, rope, and fabric. Daily programming will include conditioning and flexibility. Students will also have the opportunity to work on other circus disciplines such as handstands and trampoline. Students can expect to learn proper technique, basic to intermediate vocabulary, and gain strength, flexibility, and aerial stamina. Prior circus or gymnastics experience is not required but movement experience will be an advantage.

### **The Acrobatics Intensive course**

The Acrobatics Intensive will focus on a variety of ground disciplines, including tumbling, handstands, trampoline, and acrobatics. Daily programming will include conditioning and flexibility. Students will also have the opportunity to work on other circus disciplines such as tightwire, rolling globe, and juggling. Students can expect to learn proper technique, basic vocabulary, and gain strength and flexibility. Prior circus or gymnastics experience is not required but movement experience will be an advantage.

### **The Intermediate Aerial Intensive course**

The Intermediate Aerial Intensive will intensify your training and add to your current aerial experience. The intermediate to advanced aerial section is for applicants who have already studied some form of aerial arts. Students will be focusing on aerial sequencing, choreography,

# January Intensive Information & Questionnaire



and act-creation on their choice of apparatus in the morning and will improve their ground and movement skills in the afternoon.

## **Tuition:**

- Aerial Session 1 (January 25-February 4, 2022): \$960
- Intermediate Aerial Session 2 (February 7-16, 2022): \$960
- Acrobatics Session 2 (February 7-16, 2022): \$960
- Full month: General Aerial Session 1, Acrobatics or Int. Aerial Session 2: \$1760

Price of tuition includes:

- 50 hours of class time including 4 hours of flying trapeze

There are opportunities to sign up for extra classes and lessons at an additional cost.

## **Sound like fun? Here's How to Apply**

### **General Requirements:**

- Participants must be in good health and physically fit.
- Participants must be at least 16 years of age by the start of the program.

### **Application Process**

- Fill out the included questionnaire form
  - Use the skill evaluation on the last page to self-assess your readiness for the program.
- If you do not have the enrollment link already, it will be sent to you when we receive your questionnaire responses.
- The deadline for questionnaire completion is **Wednesday, December 1st 2021**

Questions? Email [tomh@sancaseattle.org](mailto:tomh@sancaseattle.org)

# January Intensive Information & Questionnaire



## General Aerial Intensive Requirements

- Participants must be available from **January 25-February 4, 2022**
- Participants must be in good health and physically fit.
- Participants must be at least 16 years of age by the start of the program.
- Participants must be able to demonstrate:
  - Straight hang from a bar for 30 seconds
  - Tuck hang (knees to chest) from a bar for 10 seconds
  - Ten or more push-ups from feet or knees
  - Pike stretch, straddle stretch, and a bridge

## General Acrobatics Intensive Requirements

- Participants must be available from **February 7-16, 2022**
- Participants must be in good health and physically fit.
- Participants must be at least 16 years of age by the start of the program.
- Participants must be able to demonstrate:
  - Ten or more push-ups from feet or knees
  - Ten V-ups
  - Ten frog jumps
  - Pike stretch, straddle stretch, and a bridge

## Intermediate Aerial Intensive Requirements

- Participants must be available from **February 7-16, 2022**
- Participants must be in good health and physically fit.
- Participants must be at least 16 years of age by the start of the program.
- Participants must be able to demonstrate:
  - Tuck hang (knees to chest) from a bar for 30 seconds
  - Long hang (on vertical) for 30 seconds
  - Ten or more push-ups from feet
  - Splits, Pike stretch, straddle stretch, pancake stretch, bridge, straight leg bridge
  - 1-3 pull-ups
  - Confident skill and technique on aerial apparatus of choice and other specialized skills as listed:
    - VERTICAL APPLICANTS: Solid & controlled climb, straddle ups on both sides, footlock, double footlock, hip keys on both sides
    - LYRA/TRAPEZE APPLICANTS: Pullovers, single knee hang (both sides), Straddle ups under bar, basic vocabulary under, on, and above the bar

# January Intensive Information & Questionnaire



## Questionnaire

Name	Last	First		
Address	Street	Apt #		
	City	State	Country	Zip Code
Phone Number	Please remember to include your area code and, if applicable, your country code as well.			
Email				
Birthdate	MM	DD	YYYY	

Please highlight or circle which program(s) you are applying for:

General Aerial Session: **January 25 - February 4, 2022: \$960**

Intermediate Aerial Session: **February 7 - 16, 2022 \$960**

Acrobatics: **February 7 - 16, 2022 \$960**

Full month: **January 25 - February 16, 2022 \$1760**

Full month program incl. General Aerial Session and Acrobatic Session or Intermediate Aerial Session.

# January Intensive Information & Questionnaire



## General Questions

What do you think of when you hear the word “circus?”

What is your movement and/or circus background?

What are your aspirations for this winter term project, and afterwards, involving circus?

From where/how are you traveling to Seattle and do you have housing arrangements?

## Acrobatics Questions:

(Acrobatic intensive applicants should answer these questions)

Why are you interested in acrobatics?

What acrobatic skill or specialty do you most want to learn?

Would you consider yourself a flyer, a base/porter, or middle/both?

Anything else you would like to tell us?

# January Intensive Information & Questionnaire



## Aerial Questions:

(Aerial intensive applicants should answer these questions)

Why are you interested in aerial arts?

What aerial skill or specialty do you most want to learn?

Do you have any experience on aerial apparatuses and if yes, which ones?

Anything else you would like to tell us?

# January Intensive Information & Questionnaire



## Skill Evaluation

Rate your competency level of the following skills from 1 – 5. 1 means you have tried at least once, 5 means you have mastered the skill. If you have never tried the skill before or are not sure what it is, leave it blank.

<b>Acrobatics</b>	<b>Score</b>	<b>Aerial</b>	<b>Score</b>
<b><i>Strength</i></b>		<b><i>Strength</i></b>	
1 min plank hold on elbows		10 push ups (elbows in)	
10 push ups (elbows in)		Hang straight from bar 30sec	
15 v-ups		Hang tucked from bar 30sec	
10 leg lifts/toe touches to bar		10 leg lifts/toe touches to bar	
15 frog jumps		20 v-ups	
		5 negative pull-ups	
		3 pull-ups	
<b><i>Flexibility</i></b>		<b><i>Flexibility</i></b>	
Bridge w/ straight arms & legs		Bridge w/straight arms & legs	
Right split		Right split	
Left split		Left split	
Pancake/straddle sit		Pancake/straddle sit	
Middle split		Middle split	
Pike sit		Pike sit	
<b><i>Tumbling</i></b>		<b><i>Rope/Fabric</i></b>	
30sec handstand hold against wall		Climb 2x 20ft or higher	
Kick up to handstand in free space		Straddle up from a climb	
Tuck up to handstand		Foot lock	
Forward roll		Catchers series	
Backward roll		3x straddle climb	
Cartwheel		Russian Climb	
Back-handspring			
<b><i>Partner Acrobatics</i></b>		<b><i>Trapeze</i></b>	
Front plank		Russian Rolls	
Back plank		Pullover or Kickover	
Thigh stand		Rope work	
Flag from thigh stand		Single knee hang both sides	
Two-high (fly or base)		Ankle Hang	
Hand to hand, base standing		Toe Hang/Heel Hang	