



## Conservatory for Contemporary Dance Arts

### Fall Term 2013-Spring Term 2014

#### Program description

Our goal at Conservatory for Contemporary Dance Arts (CCDA) is to educate, inspire and enable young dancers to explore and grow as people and dance artists.

CCDA is a multi disciplinary dance training program with the objective of preparing young dancers for a college/university dance program or professional dance opportunities.

Our program is curriculum based. It offers each young dancer space to discover, question and grow. Our curriculum develops the whole dancer.

In today's world a dancer can not afford to be trained in only one discipline. The dance directors and choreographers are looking for versatile dancers who can think on their feet and be proficient in most styles of dance.

The ballet classes at CCDA are structured to be the foundation of our training. The ballet curriculum provides insights into alignment, placement, rhythm, dynamics, musicality and coordination. These building blocks give dancers strong technique and movement awareness.

The modern dance classes are based in the influences being taught throughout the university dance programs of our country. These classes focus on building strong modern dance technique and also include material that is left out of most curricula such as: skills for weight bearing partnering; spatial awareness and floor work.

Our dancers also experience the techniques of the modern dance masters- Jose Limon; Merce Cunningham and Martha Graham throughout the year. Concepts taught in these techniques are widely used by choreographers and university dance programs in the US for training as well as generating new dance work.

Contemporary dance influences borrow on the skills and techniques developed in both ballet and modern dance but they use every articulation and form possible. Contemporary dance is about exploration and innovation. In addition to contemporary dance technique classes, CCDA dancers explore World dance, Gaga Movement, Contact improvisation, Hip hop and the traditions of jazz dance.

The CCDA training schedule is Mondays, Tuesdays and Wednesdays from 4:30 pm to 8:30 pm and Saturday from 10 am to 2 pm.

The program is currently being held at San Jose State University sponsored by the School of Music and Dance. CCDA is an education component of Mark Foehringer Dance Project | SF (MFDP | SF).

#### **Equal opportunity and Non-Discrimination Policy**

Mark Foehringer Dance Project | SF and Conservatory for Contemporary Dance Arts provide equal opportunity in our programs. It is our policy to comply with all Federal, State and Local laws. Including, but not limited to: We do not discriminate on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or any other basis covered by law.



## Conservatory for Contemporary Dance Arts

### Resident faculty and guest artists

#### **Mark Foehringer (pronounced “Fair-ing- GRR”) - Founder, artistic director**

Over the past 38 years in the dance industry, **Mark Foehringer** created a dance organization, directed two pre professional dance programs and made works for dance companies and dance programs, directed operas and developed collaborative projects with musicians and other artists both nationally and internationally. He is a producer, presenter, director, teacher, choreographer and mentor.

Foehringer is an internationally active choreographer and dance educator who has directed his San Francisco based contemporary dance organization, Mark Foehringer Dance Project | SF (MFDPI SF), since 1996. Foehringer choreographed and taught throughout the US and abroad, working with organizations that include: Rambert School of Contemporary Dance in London, Ballet Nacional del Peru, Ballet San Marcos of Lima, and Cisne Negro Dance Company of Brazil. Outside of Northern California and the San Francisco Bay Area, Foehringer’s company has been seen in Aruba 1997; NYC 1999, 2000, 2005 and 2012; and Peru 2007, 2008, 2012, 2013 as part of the US Public Diplomacy Program. In 2010 his MFD dancers were honored with an Isadora Duncan Award nomination for his work.

Foehringer’s work has been supported by: Zellerbach Family Fund; California Arts Council; San Francisco Foundation; Grants for the Arts/San Francisco Hotel Tax Fund; Hewlett Foundation; Helen Bing Music Series; Arts Council of Silicon Valley; Valley Foundation; Peninsula Arts Council; Friends of Fort Mason Center / In Performance Series; Djerassi Resident Artist Program; US Embassy- Peru and Council for International Exchange of Scholars.

His life-long work with curriculum based dance training was revitalized by his Fulbright work and by his recent American Ballet Theater National Training Curriculum certification. In 2013, Foehringer launched Conservatory for Contemporary Dance Arts, a training and mentoring program for dancers ages 14-21. CCDA has as its primary focus the preparation of dancers for university dance programs or professional dance opportunities.

He is the curator and presenter of Dancing in the Park, an annual outdoor festival which is presented as part of National Dance Week. In 2007 he began a mentoring program in San Francisco for choreographers ages 16-24 called Young Choreographer Forum. Foehringer received two Fulbright Scholar Grants to lecture and set work in Peru in 2007 and 2012. He returned to Peru in 2013 on Specialist Grant through Council of International Exchange for Scholars.

Beyond work for dance companies and university programs, Foehringer has worked with West Bay Opera, San Francisco Conservatory of Music, San Francisco Chamber Orchestra and Children’s Creativity Museum of San Francisco. Foehringer directed opera productions of Britten’s “A Midsummer Night’s Dream”, Gounod’s Faust, Donizetti’s “Lucia di Lammermoor” and Verdi’s “La Traviata” for Festival Opera of Walnut Creek.

From 1996 to 2006, Foehringer served as artistic director and resident choreographer for Western Ballet in Mountain View, CA. During his tenure he created a four show season featuring guest artists from American Ballet Theater, San Francisco Ballet, Houston Ballet and Dance Theater of Harlem amongst others. He developed an 8 level graded for youth, a 4 level adult program and an outreach program that included onsite performances in community centers, libraries and hospitals. He authored a handbook for dancers for his training programs.

Foehringer grew up and started dancing in São Paulo, Brazil. He went on to train and to perform in New York, London and San Francisco. In 1977, he joined Cisne Negro Dance Company with whom he toured throughout South America and Europe for 10 years.



## Conservatory for Contemporary Dance Arts

### **Brian Fisher- modern dancer/rehearsal assistant**

**Brian Fisher** earned a BFA in dance from NYU Tisch School of the Arts and spent the next decade in New York working with a variety of choreographers including Doug Varone, Rosalind Newman and Igal Perry. During that time he also performed on Broadway in **La Cage aux Folles** and toured with a variety of shows. In 1992 he joined ODC Dance San Francisco where he stayed for 15 years. He has performed as a guest artist for various Bay Area choreographers including Robert Moses, Sonya Delwaide and Sally Streets. Brian continues to enjoy longtime associations with Sean Dorsey Dance as well as the Mark Foehringer Dance Project San Francisco where he has served as a performer, teacher, and rehearsal director. He was honored to receive the Isadora Duncan Dance Award. Brian has taught contemporary technique for Berkeley Ballet Theater, the Lines BFA program through Dominican College, Teen Dance Company, and served as a guest lecturer for the dance department at Stanford University. He is currently on faculty at the ODC Teen Dance curriculum, the San Francisco Ballet School, as well as the Conservatory for Contemporary Dance Arts.

### **Heather Cooper- Contemporary Dance**

**Heather Cooper** graduated with a BA in dance from The University of California, Santa Barbara in 1993 and received an MA in dance from California State University, Long Beach in August 2008. The emphasis is in dance education with courses in dance technique, choreography, production, dance history, costuming, and kinesiology.

Ms. Cooper's professional performing career began in 1993 in New York, where she worked with various contemporary choreographers, including JoAnna Mendel-Shaw, Sensedance, and Kim T Davis Dance. From 1993-1995, she also apprenticed and performed with Muller/The Works.

In 1998, Ms. Cooper opened Adage School of Performing Arts, a dance training school in Milpitas, California. She taught ballet, modern, jazz, and choreography to students of all ages and levels. As Artistic and Executive Director, she managed the administrative, financial, educational, and artistic endeavors of the school. She co-directed the pre-professional company in residence, The Adage Repertory Company, members of which experienced performing and educational opportunities that prepared them for university studies and professional dance careers. Her choreographic works for this company were performed throughout California.

In addition to her work with The Adage School of Performing Arts and The Adage Repertory Company, she was a founding member of Kim T Davis Dance, a professional modern dance company. As a company member, she performed in cities such as San Francisco, Santa Barbara, Modesto, and San José.

In fall of 2003, Ms. Cooper began teaching at San José State. She has taught various levels of ballet and modern, as well as dance production. Ms. Cooper has also directed the advanced student choreography concert. She has choreographed for the University Dance Theater

Ms. Cooper is a current member of sjDANCEco, the professional modern dance company in residence at San José State University. She has choreographed four pieces for the company, and has had the pleasure of performing works by Gary Masters, Mary Basile, Jeanine Charles, and, during this season, José Limón.

She has also worked with Teen Dance Company, of Mountain View, California, where she worked as a guest choreographer; faculty member; and acting Artistic Director for the 2005/2006 season. She taught classes in contemporary technique, and choreographed for their spring concerts from 2008 - 2012.

Ms. Cooper's other professional experiences include teaching at The American College Dance Festival, choreographing for Modesto Junior College, and teaching and choreographing for Western Ballet.

She has performed with MFDPIISF since 2009 and was nominated for an Izzie Dance Award along with Brian Fisher for Foehringer's "Another Time". She also toured to Peru with MFDPIISF in 2012.



## Conservatory for Contemporary Dance Arts

### **Jill Yager – Jazz, Kinesiology**

**Jill Yager** is a dancer, choreographer, and instructor of Jazz and Kinesiology. She earned a BS in Kinesiology with a Minor in Dance from San José State University. Performance credits include *Best from the Bay: A Community Concert for Dance Educators of America*, Hotel Sofitel's *April in Paris*, *Bastille Day Celebrations*, and the Grand Opening and *Spirit of Spring* fashion shows in Riverside, CA. She toured the U.S. as a featured dancer for pop artist Jossette from 1996 to 1998. She choreographed *A Fosse Affair, With Love and Legends* (2004-2006) for Pure Dance Productions in San José, and was a guest choreographer for Presentation High School's dance team (2005-2006). She also choreographed three pieces for San José State's University Dance Theatre (2004-2006), two of which were selected for adjudication at the American College Dance Festival and one being selected for the Gala performance at ACDF in Long Beach, CA. Besides teaching for CCDA, she teaches jazz and tap at South Bay Dance Center in San José.

### **Guest artists**

**Raphael Boumaila** - Limon/Humphrey technique; *Principal Dancer from Limon Dance Company*

**Gary Masters** - Limon technique; *Director of sjDANCEco.; professor of Dance at SJSU*

**Diane Frank** - Cunningham technique; *Lecturer of dance at Stanford University; former faculty of Cunningham Dance School*

**Jeanene Winston** - Graham technique/ Horton Technique; *Dancer for sjDANCEco; formerly with Buglisi Dance Theater of NYC*

**Carla Service** - Hip Hop; *Director of Dance-A-Vision*

**Kara Davis** - Contemporary dance influences; *MFA in dance; director of project agora*

**Kristine Elliott** - Ballet; *Formerly with American Ballet Theater and Stuttgart Ballet; Former lecturer in dance Stanford University*

**Erik Wagner** – Ballet; *Formerly with San Francisco Ballet and Bejart Ballet*

**Greg Dawson** – Ballet; *Formerly with Lines Ballet and Dance Theater of Harlem*

**James Graham** – Gaga; *Certified Gaga Movement instructor*

**Hope Mohr** - Modern dance; *Formerly with Trish Brown; director of Hope Mohr Dance*

**Stacey Printz** - Contemporary dance influences; *Director of Printz Dance Project*

**Portsha Jefferson** - Haitian Dance; *Director of Rara Tou Limen*



## Conservatory for Contemporary Dance Arts

### Class Schedule

<b>Mondays</b>	4:30 to 6 pm	Modern Dance with Brian Fisher
	6 to 6:30 pm	Rehearsal
	6:30 to 8 pm	Ballet with Mark Foehringer
<b>Tuesdays</b>	4:30 to 6 pm	Contemporary dance with Heather Cooper
	6 to 6:30 pm	Rehearsal
	6:30 to 8 pm	Ballet with Mark Foehringer
<b>Wednesdays</b>	4:30 to 6 pm	Ballet with Mark Foehringer
	6 to 8 pm	Rehearsal
<b>Saturdays</b>	10 to 11:30	Jazz with Jill Yager
	11:30 to noon	Rehearsal
	Noon to 2 pm	Ballet with Mark Foehringer

### Dress Code

NO CLOTHING with logos from other programs or companies permitted in the classes or rehearsals.

#### **Ballet**

Girls - Pink or black tights; black leotard; pink ballet shoes; hair up in ballet bun.

Boys - White, black or grey tank or leo.; black leggings or tights; dance shorts are also permitted during hotter months; Black or flesh ballet shoes; hair off the face.

#### **Contemporary dance or modern dance**

Form fitting black or grey legging and tops; Hair in a pony tail or pulled back; shoes or socks if requested by instructor.

#### **Jazz**

Same as Contemporary dance; Jazz shoes required.

### **Performances**

November 23 at SJSU - works by Mark Foehringer, Heather Cooper and Jill Yager.

April 12 at SJSU – Inside the studio with CCDA-Solos, duets by faculty and student choreography

April 26 at Dancing in the Park in San Francisco – “The Winged” by José Limón

June 21 at SJSU - Featuring works by Diane Frank, Hope Mohr, Stacey Printz and Portsha Jefferson.



## Conservatory for Contemporary Dance Arts

### Calendar for Fall 2013 and Spring / Summer 2014

Calendar of classes, workshops, performances and important dates

42 weeks plus summer workshops    Calendar subject to change

#### **FALL 2013**

August 17	Orientation meeting from 11 am to 12:30 at SJSU
August 19	Classes begin at SJSU
September 2	Campus closed for Labor Day
October 5	Open House at CCDA
October 12	sjDANCEco- Inside the studio with Gary Masters
October 18-19	sjDANCEco at California Theater, SJ- Field Trip
October 26	College placement workshop- Location TBA
October 27	Young Choreographer's Forum in San Francisco
November 23	CCDA Performance at 6 pm at SJSU
November 28-30	Campus closed for Thanksgiving break
December 7-24	Nutcracker Sweets in San Francisco (MFDP   SF)
December 18	Last day of Fall term

#### **SPRING 2014**

January 6	Spring term begins
January	Giselle workshop with Kristine Elliott
January	Martha Graham workshop with Jeanene Winston
January 20	Martin Luther King Jr Day – Campus Closed
January 26	San Francisco Ballet- Giselle- Field trip
February 1	Martha Graham Dance Company- Field trip
February 17	President's day holiday – Campus Closed
February 23	Young Choreographer's Forum in San Francisco
April 12	Inside the studio at CCDA-Solos, Duets and student choreography at SJSU
April 17-20	Spring Break
April 25-May 4	National Dance Week performances- Open classes – free to guests
April 26	Dancing in the Park (San Francisco)
April 27	Santana Row Dance Festival
May 3	Open House sneak peek showing – free classes for guests
May 26	Memorial Day – Campus Closed
June 14	Spring Performance at 6 pm – location TBA
June 22	Last day of Spring term
June 23-July 7	Closed for Break

#### **SUMMER 2014**

July 8 and 10	Tuesdays and Thursdays 4:30 to 6:30 open classes
July 15-17	Jazz workshop Tuesday-Thursday 4:30 to 7:30 pm
July 21-25	Workshop- Limon and Cunningham
July 27- August 1	Ballet workshop with Kristine Elliott and others
August 4-8	Summer Intensive / Boot Camp – Ballet, modern dance, contemporary influences, world dance and choreography with bay area guest artists
August 8	Audition for the fall
August 11-15	BREAK
August 18	Fall term begins for 2014 – 2015 Season



## Conservatory for Contemporary Dance Arts

### **Tuition**

The annual tuition is \$5,000 based on a 42 week commitment (August 19, 2013 through June 22, 2014). Summer workshops are not included in the annual tuition.

We accept online payment and checks. Please make checks payable to MFDPSF

### **Communicating changes to programming or schedule.**

Changes to the program or schedule are not expected. However there are a number of changes that can happen during an ongoing schedule that might need to be communicated to the dancers and families on a short notice. These notices will be done by email or text. It is very important that we have updated email addresses for a parent and for the dancer as well as cell phone information for both. Sometimes there is a last minute change and we need to send text messages.

### **Communicating tardiness or absences**

It is never advisable to be late or absent for classes or rehearsals. Please try to schedule things around our training and rehearsal schedule as much as possible. We do understand that things happen in a dancer's life. However, if a dancer will be late for class or rehearsal, please text Mark 415-640-2784. Absences must be reported in advance on the conflict sheet or by email ASAP.

### **Evaluation process and one on one mentoring**

CCDA dancers are evaluated two times a year. The evaluation process is done once in late fall and once in mid March. They are given one self evaluation which they fill out and return for discussion with faculty members. The second evaluation is a sit down with faculty members. Both of these steps are important to the development of a young dancer.

CCDA dancers are mentored by the faculty throughout their training year. Dancers are welcome to contact Artistic director Mark Foehringer with questions or to request time to speak about an issue or challenge. There are regular check ins with each dancer about their training and challenges they are encountering. Contact [Mark@mfdpsf.org](mailto:Mark@mfdpsf.org) or call 415-640-2784.

### **College placement and career guidance**

We hold a college information workshop in the fall lead by our faculty with outside experts specialized in college dance programs to help answer questions. We are available to offer guidance through the application process all year. We also are available to advice on professional dance opportunities.

### **Requests for recommendations or references**

Many university dance programs or professional dance opportunities require letters of recommendation or references. CCDA dancers may ask for recommendation letters and references from the director. We require two weeks advanced notice for all letters.



Conservatory for Contemporary Dance Arts

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Conservatory for Contemporary Dance Arts

**Personal Information form**

(Attach additional pages if necessary)

Dancer's name:	
Age:	
Student email address:	
Student cell phone:	
Home address	
Number of years dance training	
Dance styles studied	
Name(s) of program(s) or teacher(s)	
First Parent / guardian name:	
First Parent / guardian email:	
First Parent / guardian cell phone:	
Additional contact name:	
Additional contact email address:	
Additional contact cell phone:	
Medical Information Include any allergies, medicines taken etc.	(continue on additional pages if needed)
Please describe any physical limitations.	(continue on additional pages if needed)
Student Signature:	
Parent / guardian signature:	

Include additional emergency contact information on back

**Equal opportunity and Non-Discrimination Policy**

Mark Foehringer Dance Project | SF and Conservatory for Contemporary Dance Arts provide equal opportunity in our programs. It is our policy to comply with all Federal, State and Local laws. Including, but not limited to: We do not discriminate on the basis of race, age, color, religion, national origin or ancestry, sex, gender, disability, veteran status, genetic information, sexual orientation, gender identity or expression, or any other basis covered by law.



Conservatory for Contemporary Dance Arts

ASSUMPTION OF RISK, RELEASE AND WAIVER OF LIABILITY

Mark Foehringer Dance Project | SF and Conservatory for Contemporary Dance Arts, its affiliated entities, agents, employees, teachers and contractors, will be referred to as CCDA or MFDPI SF.

IF THE PARTICIPANT IS A MINOR, THIS DOCUMENT IS TO BE SIGNED BY THE MINOR'S PARENT / LEGAL GUARDIAN. BY SIGNING BELOW, THE MINOR'S PARENT / LEGAL GUARDIAN INDICATES THAT HE OR SHE UNDERSTANDS THAT "I" ABOVE REFERS TO BOTH HIM OR HER AND THE MINOR.

I, \_\_\_\_\_, am not a minor (or am the parent of the minor participant) and I understand that by being a participant in classes offered at CCDA, that:

- A. I will voluntarily participate in the classes at CCDA. I understand that by participating, I may be subjected to a variety of hazards and risks, foreseen or unforeseen, which may cause me to suffer property damage, injury or death ("DAMAGES"). I know that these DAMAGES can occur due to natural causes, the active or passive negligence of CCDA or MFDPI SF, or the negligent or intentional acts of third parties and/or fellow participants. I understand that I should therefore exercise extra care for my own person. I choose to participate in these classes, assuming all necessary costs and voluntarily assume the risks of such DAMAGES occurring while I am participating in CCDA programs.
B. CCDA or MFDPI SF may at times deliver participants to various third parties, who are not CCDA / MFDPI SF employees, who will conduct, supervise, guide or instruct participants in various activities. CCDA / MFDPI SF assume no duty to certify, monitor or verify the qualifications of any third parties involved in these activities. Participants' concerns regarding the qualifications of any third parties conducting these activities should be directed to those third parties. Participant agrees to release, indemnify and hold harmless CCDA / MFDPI SF for liability for DAMAGES arising out of negligence of such third parties.
C. I recognize that dance and all related activities require intense physical exertion that may be strenuous and may cause physical injury and therefore involve unique risks of DAMAGES, and I am fully aware of the risks and hazards involved. I understand the nature of Marley or other dance floors, mobile floor bars and other dance equipment, and the consequences of wearing ballet slippers, pointe shoes, socks or bare feet and other related dance footwear. I accept full responsibility for my own choice of footwear. I hereby assume all the risks inherent in the activities associated with the CCDA programs. I voluntarily assume the risks of any and all DAMAGES I may incur as a participant in classes with CCDA / MFDPI SF.

RELEASE AND WAIVER OF LIABILITY

- 1. In consideration of participating in CCDA programs, I hereby agree to hold CCDA / MFDPI SF, its employees, agents, contractors, participating teachers or owners, and San José State University and their agents, employees directors and Commissioners harmless from any and all liability, action, causes of action, debts, claims and demands of every kind and nature whatsoever which I now have or which may arise from or in connection with my participation in CCDA programs. The terms of this agreement shall also serve as release and assumption of risk from my heirs, executors and administrators for all members of my family.
2. I further agree that this RELEASE and ASSUMPTION OF RISK AGREEMENT and WAIVER OF LIABILITY is intended to be as broad as permitted under California law, and that if any portion thereof is held invalid, it is agreed that all other portions shall continue in full legal force and effect.

I HAVE READ AND UNDERSTOOD THE ABOVE AGREEMENT AND VOLUNTARILY AGREE TO SIGN THIS DOCUMENT.

Signature: \_\_\_\_\_ Student signature Parent or legal guardian, if a minor

Date: \_\_\_\_\_

Print Name: \_\_\_\_\_ (please print name clearly) (please print name clearly)

Print your address \_\_\_\_\_

City, State, ZIP \_\_\_\_\_

Privacy notice

CCDA and MFDPI SF do not use our mailing list for any commercial purpose. We use the information you share to keep you aware of our programs and other arts programs we think you may be interested in. It will also be shared with the teacher of your class.



## Conservatory for Contemporary Dance Arts

### **Commitment Contract**

#### **Parent / Guardian Commitment**

I, parent or guardian of \_\_\_\_\_,  
understand that by signing this from I am committing to the CCDA's training program for my child and the 42 weeks of training with CCDA, beginning August 19, 2013 and terminating June 22, 2014, and agreeing to follow the policies, procedures and the financial responsibilities that come along with it. I understand that offsite trips or visits may require additional payment. I understand that classes between June 22 and August 18, 2014 will require additional payment.

Parent(s) signature(s) \_\_\_\_\_ Date \_\_\_\_\_ 2013

#### **Student's commitment**

I agree that the CCDA program is a rigorous dance training curriculum. I am committed to working with the faculty and other students to develop my abilities as a dancer. I agree to behave in a professional manner at all times and to respect everyone I am working with.

Student signature(s) \_\_\_\_\_ Date \_\_\_\_\_ 2013

