



CC&Co.

9315-E Monroe Road  
Charlotte, NC 28270

## **2017 CADE**

### **Carolina Aerial and Dance Exchange**

**Dance & Cirque Repertory - Caroline Calouche** - Caroline Calouche will set a dance and cirque work in collaboration with the students. The work will be performed on the CADE Showcase on Sunday, August 13. Students must attend all classes.

**Physical Theater Repertory - Carlos Alexis Cruz** - Carlos Alexis Cruz will create a physical theater work that include circus arts. The work will be performed on the CADE Showcase on Sunday, August 13. Students must attend all classes.

**Momentum Fabric - McKinley Vitale** - Dive deeper into the exciting world of fabric by utilizing dynamic movement, expanding and refining your momentum-based skill set.

**Aerial Straps - Shannon McKenna** - This workshop uses aerial straps to address fundamental movements and muscle activation for any aerial apparatus. We will explore concepts for smoother inversions, comfortable one-arm positions, and shoulder stabilization exercises. The goal is to learn to use the straps as a conditioning tool for any aerialists to gain greater mobility and strength. Prerequisite: Ability to comfortably go upside down in the air.

**Injury Prevention - Amy Ell** - We ALL wish we were invincible, but we ask a lot of our bodies and sometimes those demands take their toll. What can we do to love and respect our bodies and prevent those frustrating injuries? Amy understands firsthand the plight of the movement artist: She not only holds a B.S. in exercise science, but is a

GYROTONIC® and GYROKINESIS® Master Trainer, Pilates Master Trainer, and is a dancer and aerialist herself.

**Mask Theatre - David Poznanter** - Beginning with group work in spatial awareness, breath and contact, we explore ways of transforming our state, bodies, and ultimately the space around us. We also cover the basic skills that bring a mask to life on stage: articulation, fixed points and “mask takes.” This base will allow us to dive into the meat of the work – theatrical improvisations in mask.

**Taster: Lyra/Aerial Hoop - Marcia Fresquez** - In this introduction to lyra, learn to enter, exit, move and pose on this beautiful apparatus, using smooth transitions and graceful movements.

**Deconstructing Gyrokinesis - Amy Ell** - The Gyrokinesis Method is a movement method that addresses the entire body, opening energy pathways, stimulating the nervous system, increasing range of motion and creating functional strength through rhythmic, flowing movement sequences. Amy will lead a fun Gyrokinesis warmup to music to prepare you for the day!

**Taster: Juggling - David Poznanter** - Ever wanted to learn how to juggle?? Now's your chance! Learn the basics in this juggling taster class.

**Lyra Repertory - Caroline Calouche** - We will be creating complex choreography and creative skills and transitions. Bring your favorite skills and we will add to it and create a performance piece!

**Intermediate Silks - Shannon McKenna** - "Surely," the aerialists thought, as they gazed out their windows to the stars above, "there must be more ways to invert and hook a leg than just the same side or opposite side." Those aerialists can stop dreaming, because this workshop will show them the way! We will explore the outside and inside "break beat" positions, as well as fun transitions and climbs that will expand your aerial vocabulary!

Prerequisite: Solid windmill hip keys in the air.

**Taster: Cyr Wheel - Jen MacQueen** - Learn basic manipulations and handling of the wheel: sustain and perpetuate spin, mount the wheel (called “starts”), and through those, balance, agility, core strength and range of motion are all incorporated into the use of the wheel.

**Belay for Days - McKinley Vitale** - Explore the endless possibilities in and out of belay! We'll play with a variety of entries, exits, and everything in between.

**The Animal Workout - David Poznanter** - Combining breathwork, undulation, oscillation, and explosive animal-inspired movements, the Animal Workout increases functional strength, power, and agility. Unlike traditional approaches to building muscle, this workshop is solidly rooted in rhythm and breath, integrating fun, playful movements to find the fluidity and ease that allow us to push our limits, and to discover bold new ways to move.

**Straps - Carlos Alexis Cruz** - A class for all levels; an introduction to one of the hardest and more exciting circus disciplines. From Iron Cross roll ups to balancing splits, there is a world to be discovered within.

**Cyr Wheel - Jen MacQueen** - In this workshop, we will explore the fundamentals of the Cyr Wheel, including manipulation, breath, center spins and waltzing, eliminating physical tension (especially in the head and neck, a common point of blockage for Cyr Wheel artists), basic variations, safety tips and training techniques. The philosophy underlying our approach is based on treating the Cyr Wheel as an acrobatic/dance partner - understanding the way it moves (both alone and during manipulation), as well as the relationship between the wheel and your own body and movement.

**Taster: Aerial Silks - Sarah Small** - Fall in love with elegant Aerial Silks in this taster class!

**Handbalancing on Canes - Megan Gendell** - Take your handstands to the next level by learning how to balance higher up. Students will start by handstanding on wooden blocks on the floor, then learn how to jump or press up onto handbalancing canes (the most common professional handbalancing apparatus), with a focus on proper hand grip, body alignment, and balancing technique. We'll also explore two- and one-handed crocodiles ("crops") and handstands that use both the floor and the canes. Finally, students will learn conditioning and drills using blocks and canes to increase strength and stamina, working toward the goal of holding a handstand into eternity!

**Anatomy for Movers - Upper Body - Amy Ell** - Let's geek out over the body! With a focus on the upper body in this session, learn all about what's happening under the surface when you're moving on the ground or in the air.

**Blast Off! / Dynamic Partner Acrobatics - Carlos Alexis Cruz** - Take your partner acro game up a notch! Working on dynamic partner skills to push your boundaries skyward. *Safety lines will be used for this class.*

**Duo Trapeze - Megan Gendell** - Learn or refine dynamic duo trapeze moves and transitions, including beats, elevators/swan-ups, and beginning release moves. For students with experience sharing the trapeze with a partner. Bases: comfortable climbing a rope to a high trapeze and basing from catcher's lock and seated. Flyers: familiar with all types of beats on solo static trapeze.

**Limber Up - Shannon McKenna** - Come for a chin lifting, rib cage widening, pelvis tilting good time. This workshop is great for those who want to strengthen and stretch their backs safely, and learn proper techniques to safely gain flexibility.

**Goey Drippy Rope - McKinley Vitale** - All sorts of goey, drippy moves on rope (or fabric) to give that smooth look aerialists always crave. Part skills part styling.

**Trapeze: Innovating the Standards - Megan Gendell** - Everybody knows what a perfectly executed trick with clean technique looks like; how can you show them something they've never seen before? We'll transform classic trapeze moves into individualized, unique inventions by modifying pacing and shape, inventing new entrances and exits, and changing key components to generate entirely new skills, using methodical tools and techniques that work even for those who don't think they're creative.

**Splits Technique - Amy Chirico** - Splits technique and form differs from discipline to discipline. Whether you are a dancer, gymnast or aerialist, understanding your body mechanics is crucial to keeping your hip flexors, hamstrings and low back safe during splits practice. Join us in this splits technique workshop to explore the differences, find the similarities and gain take-a-ways for you to deepen your practice safely and efficiently no matter your movement of choice.

**Dancing Upside Down - David Poznanter** - This class combines approaches and movement vocabulary from contemporary dance, capoeira, acrobatics and contact improvisation. Participants are led through the fundamentals of dancing upside down, including skills for many diverse forms of inverted movement, from static or moving handstands to handspins and gentle flips and suspensions. Finally, we explore improvisational exercises in which we combine dynamic movement vocabulary with each person's own personal movement style and goals.

**What Did You See? - Amy Ell** - Learn how to break a dance piece down and see it as a choreographer.

**Musical Theatre - Jen MacQueen** - An “open level class”, this class begins with a solid warm-up. Students will then learn original Broadway choreography from a selected musical, such as “Hairspray”, “Fosse”, or others.

**Marketing Yourself - Scott Belford** - Learn the essential techniques to book the big events and make those important connections.

**Handbalance Clinic - Megan Gendell** - Enjoy life upside down as you build a consistent handstand. Learn proper technique and drills you can practice alone and with a partner, working toward holding a solid handstand in the center of the room. We’ll methodically examine the eight most common reasons students are unable to balance a handstand, then work through progressions and solutions to help students surpass each obstacle.

**Ballet - Pauline LeGras** - This class seeks to dispel preconceived notions of ballet as a restrictive artform by approaching classical vocabulary through the lens of contemporary dance. By focusing on the mechanic and dynamic identity of each movement, dancers gain an understanding of similarities between various dance techniques. Use of the torso and pelvis to propel the body through space, articulation and application of muscular resistance, breath, rhythmic phrasing and bodily cadence, as well as radiating energy through the extremities are emphasized in this fast-paced movement course. Intermediate to advanced levels only.

**Contortion - Katrina Blose** - This class focuses on increasing flexibility and strength using techniques based from Yoga, Pilates, and Gymnastics. By using resistance, stability balance, and core articulation, exercises in contortion class help develop a strong understanding of controlled range flexibility.

**Taster: Partner Acrobatics - Alison Johnson** - We’ll start with the basics of weight sharing with a partner and progress into some fun duo tricks in this intro to partner acrobatics class!

**Get Money, Get Paid - Shannon McKenna** - What is it like to try to make a living as a circus performer? In this Short lecture and Q&A session Shannon will lead an open dialogue based on her experiences teaching, performing, and working in the US and internationally.

**Anatomy for Movers: Lower Body - Amy Ell** - Let's geek out over the body! With a focus on the lower body in this session, learn all about what's happening under the surface when you're moving on the ground or in the air!

**Fabric Brain: Beg/Int - Amy Ell** - The theory behind the threads. How to think about your fabric practice from a theoretical standpoint and actually understand your wraps and pathways.

**Floor Barre - Katrina Blose** - Floor Barre is a floor based technique composed of Ettlins Technique, Yoga, and Pilates. It is designed to emphasize core stability, decreased overdevelopment of thigh muscles, and increase range of motion in the hip joint.

**Costuming - Tricia Comacho** - Tricia Camacho, CC&Co.'s Costume Designer, and Caroline Calouche will team up for a collaborative discussion on how to discuss costuming in relationship to the theme of a dance and construction.

**Fabric Brain: Int/Adv - Amy Ell** - So....you are strong and have great command of the fabric....but do you have 'fabric brain'. Are you able to find new avenues of aerial discovery? It's not about trick, trick, tricks but how you put skills together differently than others. What makes your act/dance different? It's time to discover your individual shimmer ..... how? You will be exposed to combinations beginning similarly and going many different directions....then let's play and find your way!!!!

**Graham Technique - Pauline LeGras** - Graham technique is based on contraction and release, and uses different parts of the body in opposition to one another to create spirals for dramatic tension. Dive into this dramatic and unique technique.

**Acting 101 - Jen MacQueen** - Dig into the basics of acting to expand your capacity as a performer!

**Silks Conditioning and Stretch - Shannon McKenna** - Some people come to aerial classes for a creative outlet, to feel graceful, and access the beauty of flight... this hour and a half is NOT for those people. In this jam, we will look at proper technique for essential drills on trapeze and silks. We look at muscle groups that must be accessed and learn exercises to enhance your training when you don't have aerial equipment around. The workshop will culminate in a grueling circuit that will ensure that you get your sweat on! Prerequisites: A familiarity silks and a willingness to work hard. You do not have to be in great shape to condition- that's what conditioning is for!

**Strength & Power on Static Trapeze - Megan Gendell** - Want to get stronger on trapeze, but not sure what to do? We'll work through conditioning exercises that you can do in a variety of settings (with a buddy or solo; on a trapeze, at a gym, or on a home pull-up bar) to build the strength you need to move around the trapeze with ease and unlock the next level of skills. Then, we'll explore how to maximize your power and momentum by refining knee hang beats, ankle hang beats, and hand beats, then transferring the loft they create into easier, more fluid movements and dynamic tricks.

**Dance Trapeze - Amy Ell** - How to find and keep your spin and swing. Tips and tools to train your core for these dynamic skills.

**Taster: Acrobatics - Becca Carson** - This workshop has something for everyone whether you want to learn a cartwheel or you're working on your backflip. This workshop will help students become comfortable with moving, inverting, rolling, and jumping on the ground.

**Contemporary Dance - E.E. Balcos** - Contemporary Dance is a modern technique class that focuses on range of motion and expression in contemporary styles including fall and recovery and release technique. Students will warm up with proper awareness of alignment preparing for full-out dancing in center and across the floor combinations.

**Bungee - Caroline Calouche** - Explore the dynamic world of budgeting and a harness, on a sling and a trapeze! We will discuss the rigging and equipment needed for bungee.

**Juggling Int/Adv - David Poznanter** - Take your juggling to the next level!

**Movement From the Inside Out - E.E. Balcos** - This class is based on somatic concepts focusing on breath and organic rhythms for awareness of the entire body. Exercises may be based in exploration of body parts and systems that take the student into partnering and investigating falling and inversions that take weight into the upper body.

**Spanish Web - Jill Scheidt** - Spanish Web is the mesmerizing aerial art where the "web setter" on the ground spins a "flyer" in the air on a corde-lisse style rope, often with the use of a hand or foot loop. In this workshop, students will alternately set and fly as we cover the basics of climbing the rope with the setter's assistance, as well as explore simple skills in the hand foot loop.

**Rigging Chat - Carlos Alexis Cruz** - Learn the basic to rigging and rigging safety.

**Handstands: Creative Entrances & Exits - Megan Gendell** - We'll explore a wide variety of ways to get into a handstand (such as pressing, kicking, pushing, jumping, and creative combinations of these) and out of a handstand (including kinds of rolling, pressing, dropping, etc.), to shake up your handstand practice as well as to give you tools to integrate handstands into ground choreography.

**Taster: Hip-hop - D.A. White** - The method of this hip-hop class is not that of a typical class. Yes, students are taught choreography and learn hip-hop techniques, but they leave feeling empowered to try hard and go for any dream they have in life. Sometimes this class could be considered as a means of therapy and release for young adults.

**Nutrition - Helen Gardner-Parks** - Food, food, food. We hear so many messages from our families and from all of our media. We think we know what is healthy, but then we hear the opposite. What do we really need to eat for health and energy? What do we need for our skin, hair, and body to look their best? Join Helen to cut through the hype and learn what to eat for nutrition and a strong body.

**Partner Acrobatics - Javier Gonzalez & Sarah Small** - Partner acro from the ground up. Sequential level changing movements for experienced bases and fliers.

**Static Cloud Swing - Amy Ell** - Almost like a wide, single-rope hammock, all levels are welcome to play on the static cloud swing and learn a variety of mounts, skills, and transitions.

**Conditioning - Alissa Getz Waller** - Work those muscles on the ground for ground and air work! We will be challenging your core, upper and lower body to help you find balance and strength in all movement!