

# Ballet West & Academy

**U** THE UNIVERSITY OF UTAH  
DEPARTMENT OF BALLET  
Summer Intensive Program 2011



## Resident Handbook

~ 2011 ~



Welcome to the 2011 combined summer program with Ballet West Academy and The University of Utah Department of Ballet. This program is packed with a full spectrum of enriching classes and exciting activities. This handbook is filled with helpful information for making the most out of your summer experience.

Lisa Hoyt will be your contact person at the Dorms. We will provide you with cell phone contact numbers as we get closer to your arrival date. Lisa Hoyt will serve as our Head RA for the full session. She is a member of the Ballet West Faculty and has served in this capacity for a number of summers with us. We have also engaged 5 resident advisors to assist students with questions, supervise in the dorms and to be a liaison between the dorms and Bené Arnold and Peter Christie, co-directors of the summer Intensive. There is also a supervisory person on duty at the dorms.

The program has been carefully designed and refined to create a positive environment for all dancers. We look forward to you joining us for an adventurous and productive summer.

## Table of Contents

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|                               |    |
|-------------------------------|----|
| Intro.....                    | 2  |
| Arrival.....                  | 2  |
| Orientation.....              | 4  |
| Class Program Details.....    | 5  |
| Dorm Policies/Procedures..... | 5  |
| Dorm Life.....                | 7  |
| Packing List.....             | 10 |
| Departure.....                | 12 |

## Arrival

### Travel

All students from outside the Salt Lake City area are expected to make their own travel arrangements to and from Salt Lake City. Students will also be responsible for making their own arrangements for transportation to and from the Salt Lake International Airport to the University of Utah campus. As soon as your travel plans have been finalized please email Lisa Hoyt at [Lhoyt@balletwest.org](mailto:Lhoyt@balletwest.org) with your arrival information. Please make sure your plans give you ample time to arrive during your designated check-in time listed in the dorm check-in section below.

**Cabs-** The approximate cost for a cab from the airport to the University Guest House is \$25 - \$30 (not including tip). Please tell the Cab Driver to take you to the Heritage Center on the campus of the University of Utah. The Heritage Center is on Lewis Street (approximately 200 South and 2000 East). The Heritage Center is at the top of the semi-circle that is Lewis Street.

**Xpress Shuttle-** A shared-ride shuttle with express shuttle is \$18 one way or \$36 for a round trip (not including tip). Xpress Shuttle has a space at the "Ground Transportation Desk" located in the baggage claim area of both terminals in the Salt Lake International Airport. Look for the sign over their section that says "Express Shuttle". A representative will be stationed there to check passengers in when they arrive. It is suggested you make a reservation at least 24 hours in advance.

**Driving-** Driving directions from the airport to housing is listed below. Please send us an email with information about when you will be arriving. This will help us in our planning to meet you as you arrive in the dorms.

Driving Directions from the Salt Lake International Airport to the Heritage Center

Leave SLC Airport onto ramp towards I-80 E City Center/Ogden/Provo.

Keep LEFT at the fork, follow signs for I-80 E and merge onto I-80 E.

Stay in the RIGHT lane.

Stay STRAIGHT and Exit 121, “600 South” and continue EAST on 600 South (Martin Luther King, Jr. Blvd).

Turn LEFT onto State Street (heading North) travel 0.3 miles.

Turn RIGHT at 400 South (heading East towards the mountains) travel 2.8 miles. The road will make a jog to the SOUTH and become 500 South and then Foothill Drive.

Turn LEFT onto Mario Ceppechi Drive travel 0.4 miles.

Turn RIGHT onto Hempstead, travel 0.3 miles. Hempstead is the east section of road at the first light once you turn onto Mario Ceppechi. The west road is South Campus Drive.

Turn LEFT onto Fort Douglas BLVD, which is the first stop sign, and take an immediate RIGHT onto 2000 E/Lewis St.

The Heritage Center is at the Top of the Semi-circle Drive

If you are driving into town from the SOUTH take I-15 Northbound to the “600 South” Exit (Exit 306). Follow the directions above starting with heading eastbound on “600 South.”

If you are driving into town from the NORTH take I-15 Southbound to the “400 South” Exit (Exit 307). Turn LEFT to head EAST (toward the mountains) on 400 South. Follow the directions above starting from where they turn onto “400 South” heading Eastbound.

**Parking** - Parking on the University of Utah campus is limited however, during the summer months most of the parking lots are not monitored on Saturday or Sunday. Feel free to park in any of the metered stalls along Lewis Street during the weekends.

**Heritage Center-** As you reach the crest of Lewis Street you will see the University shuttle stop awning with stairs on either side. Walk up the stairs and you will see a large red building with lots of windows. This is the Heritage Center Building, commonly referred to as the H.C. Proceed into the building for to check-in. If you need to contact the Heritage Center please call their front desk at 801-587-2000.



## Dorm Check-in

Upon entering the H.C. (Heritage Center) you will be able to spot the Ballet West Academy/University of Utah Summer Intensive Check-in table. The table will be manned with some of our friendly R.A.'s and our University Liaison.

### **IMPORTANT**

***Full Session and Session One-*** Students may check in as early as **3 PM on Saturday, June 11, 2011** and as late as **4 PM on Sunday, June 12, 2011.**

***Session Two-*** Students may check in as early as **3 PM on Saturday, July 11, 2011** and as late as **4 PM on Sunday, July 12, 2011.**

**\* If students arrive after 8:00 PM on Saturday and before 10:00 AM on Sunday they will need to call Lisa Hoyt to arrange their check-in as the R.A.'s will be needed elsewhere.**

At check-in you will sign a paper with the University Liaison to receive your keys, be reminded about a few policies regarding your keys, and get a lanyard for your keys.

Key Policies-A \$1.00 fee will be charged each time a participant is locked out. Additional fees may apply. Lost

key is \$65.00 and lost swipe card is \$10.00. These charges are payable to Ballet West. Please treat your card as you would cash. The card is also used as your food. Be smart, do not loan anyone your keys for any amount of time. Make a habit of checking to make sure you have your key with you whenever you leave your dorm room.

With the R.A.'s you will check to make sure we have your correct contact information. Then an R.A. will take you on a tour of the dorm area concluding with a stop at your room. During our busy times this may be a group tour. Then feel free to get settled in your new home away from home.

### **First Two Days**

Students arrive throughout the first two days of the program. As a result many students do not meet their room or suite mates until Sunday afternoon. There will be entertainment and activities available throughout the first Saturday and Sunday. One popular activity is an interactive “getting to know you” session on Sunday afternoon where we learn about each other through skits. Another activity will be trips to the local super store where students will be able to pick up any last minute or forgotten items. Friends and family are welcome to help you move into your room. However, after orientation we ask that only those who are staying in the dorms be aloud in your new residence.



### **Parent Accommodations**

The University Guest House, our on-campus hotel, will be offering a special daily rate of \$78 per night for parents June 11th - August 6th, 2011 based on availability. The University Guest House is located in close proximity to the residence halls. When making a reservation please mention the “University/Family” rate. The toll free reservation number for the hotel is 1-888-416-4075.

## **Orientation**

There will be an orientation meeting for the full Eight week session and Session 1 held at the Marriott Center for Dance on the University of Utah Campus on June 12, 2011 at 6:00 PM. New students for Session 2 will have their orientation meeting at the Marriott Center for Dance on the University of Utah Campus on July 10, 2011 at 6:00 PM. All students are expected to attend these orientation meetings. At the orientation meeting you will receive information regarding your classes, extracurricular activities, rules of the University of Utah, and other information. Parents are encouraged and recommended to come. You will see our beautiful facility, meet some of our faculty, have an opportunity to ask questions and meet your fellow students. A short dorm orientation will immediately follow the main intensive orientation.

At 5:15 PM on each orientation day the dorm students will meet near the ladies dorms to walk down with the R.A.'s to the Marriott Center for Dance. All students are encouraged to walk down with the group so that they know how to walk to and from classes. However, if the students have parents with them who can provide alternative transportation they may go down with their parents. Any parents wishing to walk down with the group are welcome to join us.

Students should plan to eat before they go to orientation due to the fact that the dining hall is often not open by the time we return to the dorms. Many families choose to take their student out for a final meal after orientation. We understand the importance of this family time but would also like to kindly remind parents that their students have a very busy week ahead of them and they need their rest.

# Class Program Details

All classes will take place at the Marriott Center for Dance Education on the University of Utah Campus. Students will receive their class placement immediately following the orientation. Class schedules will be posted at the dance building and at the dorms. Our rigorous schedule will keep the students on their toes.

## Dance Attire

**Women/Girls:** Pink footed tights, pink ballet slippers, black leotard in style of personal choice. A black chiffon skirt (13 inches) may be used for pointe, variations and repertoire class. Jazz classes require jazz shoes. Any color or style of leotard may be worn in the jazz classes and tight fitting Jazz pants are also allowed. Character classes require a hard soled character shoe or jazz shoe and a longer character skirt may be worn.

**Men/Boys:** Black or gray tights, black or white compression style shirt (i.e. Under Armour), black ballet slippers or white socks with white ballet slippers, dance belt. Black jazz pants may be worn for jazz. Jazz shoes should be worn for character classes.



All Dancers must bring a Yoga/Pilates mat for Conditioning and Yoga classes. Since the summer session will entail some classroom work, students should bring notebooks, paper, pencils, pens, etc. We encourage you to bring water in your own water bottle (think green!) and drink continuously throughout the day. Please label all of your items with your first and last name so that in the event you misplace an item it has an increased chance of returning to you. **Students will be responsible for all personal effects brought with them to the summer session and neither Ballet West Academy nor the University of Utah assumes any responsibility or liability for the loss, theft, or damage of any student's personal property.**

## Lunch

Dorm students typically walk to the Student Union a short walk northeast of the dance building for lunch. There the students can use their food card to purchase a variety of foods a la carte style. An average of \$5.00 a day is typically spent at the Union. There is a large amount of seating at the Union and students who pack their own lunches ahead of time are welcome to eat there with their peers. The first few days of classes the R.A.'s will walk groups of students up to the Student Union.

There is also a small store and seating area in the basement of the library where swipe cards can be used. The University Bookstore has some food available for purchase with cash or credit card. A bit farther away on 1300 East there are several restaurants, as well as a 7-11 and a drugstore.

This is an intensive program, which will require high energy from all students. We believe in good nutrition and proper eating habits and nutritious snacks between classes will help to maintain your energy level. Please remember to drink water continuously throughout the day. If you need help finding healthy choices please contact your RA's.

# Dorm Policies and Procedures

We are interested in every student having a successful summer they will remember throughout their lives. In order to ensure this success we have several carefully chosen policies and procedures that will keep our students healthy, happy and safe.

## Daily Check-in/Check-out

We will expect all students to coordinate with the resident advisors to go off campus at any time. Students under the age of 16 are required to travel in groups of three people or more. Students age 16 and older may travel in groups of two or more. There is safety in numbers and larger groups are encouraged.



There will be a Resident Advisor on duty for checking students in and out from the conclusion of classes until curfew on weekdays and from 8:00 AM until curfew on the weekends. This RA will be stationed in the lounge on the main floor of the girls dormitory.

When students have their entire party gathered they should meet with the check-in/out RA to sign out in the book. Each student needs to sign their own name, trip itinerary, time at check out and estimated time to return. If the designated itinerary changes in any way, including returning later than your estimated return time, students must contact the check-in/out RA as soon as possible with a status update.

If there is a question as to the safety of an activity Resident Advisors and/or the Head Resident Advisor may decline a student's request to check-out. Dancers are asked not to enter the University Guest House unless their parents are currently staying in a room there.

There are two exceptions to our check in/out policy. Dancers do not need to check out to go to the dance building for regularly scheduled classes. Dancers also do not need to check out when spending time at the Heritage Center, including the dining hall, or any area in close proximity to the dormitories our students inhabit. We do ask that students wishing to stroll extensively through campus and the dorms please check-out.

### **Curfew**

It is important for students to learn responsibility for taking care of their bodies. Part of that is getting enough sleep. In order to encourage proper sleeping habits Sunday through Thursday curfew is 10:00 PM for all students staying in the dorms. On the weekends this curfew is extended to 11:00 PM for all students staying in the dorms.

Lights out begins 30 minutes after curfew. During lights out students should be as quiet as possible. This would mean limited phone calls and walking around. If you are on the second floor please be aware of those who are staying under you and please be respectful of their right to peace and quiet.

The Check-in/out RA(s) for that day will come around to each room starting just before the designated curfew time. Students are expected to answer their doors in a timely fashion. Every student must be seen in their own room by the RA's. After the RA has checked that you are in your room you are expected to stay in your room until the next morning. In the event of a fire or natural disaster you are encouraged to leave your room and meet at our designated meeting area. Please plan ahead and fill your water bottle, etc., before your curfew. If the RA has not checked your room yet it does not mean you should be out of your room.

We will not authorize any "sleepovers" in other student's rooms, including with suite mates. You are expected to sleep in your own bed every night. This is for your own health and safety. Please keep your mattress on your own bed frame at all times.

Early bed check is available for students wishing to go to sleep early. As soon as a roommate pair is ready to have an early check they will locate the check-in/out RA on duty and request an early check. The RA will bed check these students at their earliest availability. If only one person is ready for bed check we will not be able to check them because the RA will still need to knock on the door to check for their roommate. Please remember once you have been bed checked you are expected to stay in your room for the remainder of the night.

## Follow the Law

Any students found to be violating federal, state, local, and/or University laws and codes of conduct will be reported immediately to the proper authorities and may be dismissed from the program without a refund. Students are expected to be respectful of everyone throughout their summer.

## Health Insurance

Neither the Ballet West Academy nor the University of Utah provides any type of health insurance for non registered University of Utah students. Each student must be covered by health insurance or other appropriate policy obtained by parents. All parents are required to notify the Academy about the insurance covering their dancer. As indicated in the release form, representatives of the summer session are authorized to obtain medical attention for your dancer in the event of injury or sickness, and it is expected that your health insurance will cover all costs of required care. Parents, be assured we will notify you immediately of any health problem or disciplinary problem we encounter during the time your dancer is in our program. Please send a copy of the proper insurance card(s) with your dancer so that they are prepared in the event they need medical attention.

No refunds will be given for early departure without medical documentation.

## Notice of Nondiscrimination Policy

The Ballet West Academy and the University of Utah admit students of any race, color, national and ethnic origin to all rights, privileges, programs, and activities generally accorded or made available to students of the summer session. It does not discriminate on the bases of race, color, national and ethnic origin in administration of its educational policies, admission policies, and other programs.

## Dorm Life

We are scheduled to be housed in building GH 807 which is just south of the Heritage Center. The dormitories on the University campus were the site of the 2002 Winter Olympic Village. Each student will stay in a room that Olympic and Paralympic team members resided. We are excited to share this piece of history with the students. We ask that students take good care of their environment so that the building will stay nice for years to come. On and off campus activities will enhance student's summer experience.



## Your Room

Dorm accommodations consist of a suite that has two students in a room, each with their own bed, sharing a corner bathroom with another two person room. When students have their rooms checked for final check-out they should look as they did on their very first day.



Provided linens consist of sheets and a pillow case (for one provided pillow), a light blanket and one bath towel and face cloth. You are welcome to bring your own additional towels, blankets and pillows. Most students bring items to supplement from home!

Toilet paper is provided. When a suite starts to run low students should request more from the Heritage Center front desk. We ask that our students be courteous and kind to the front desk at all times. We suggest students keep a few extra rolls of toilet paper on hand at all times and that everyone in the suite take their turn in keeping the bathroom fully stocked.

Students are requested keep their window shades drawn at all times. The privacy of all of our students is important to us.

A limited number of small refrigerators are available for a fee of \$75. Please contact Ballet West to arrange. Although we attempt to deliver refrigerators promptly they may take up to 48 hours to arrive.

On every floor there is a kitchenette available where students enjoy access to a sink, a microwave and a table and chairs. Due to University policy students may not have any cooking devices in the dorms including toasters and coffee makers.

Dormitory rooms do not contain televisions, radios or computers (computer service is available at the Marriott Library). Wireless Internet is available in the dorms if a student chooses to bring a laptop. However, this connection is not secure and should not be used for any banking.

Decorations are a nice way to personalize your space. All decorations should not damage the room in any way. Anything affixed to the walls should be hung with painters blue tape. Decorations should not be hung in the windows. Always remember that you are sharing the space with a roommate and suite mates. Please keep this in mind when choosing your decorations so that they are not offensive or hurtful to anyone else.

### **Roommate Requests**

We will pair the participants in their rooms. Please direct roommate requests to Ballet West. Roommate request must be emailed to Ballet West from each person concerned.

### **Trash**

Each room contains two trash cans. Residents are responsible for emptying their trash on a regular basis. There are large bins in each hallway where trash can be dumped. There is also a trash chute located on each floor. If the large bins are full students should empty their trash in the chute. Do not pile trash next to the large bins.

### **Laundry**

Laundry (pay) machines are available in the dorms. Bring five and ten dollar bills to buy, load and reload money on the laundry card. Cards are available from the vending style machine near the HC front desk.

At the end of the first week there will be an activity centered on learning to do laundry. Those who have never done their own or could use some tips are welcome to come learn more about the process.

### **Food**

Swipe cards used for building access are also the student's food cards. If the card is lost, anyone can use the card, so we ask that you treat the card as cash. Directions for arranging funds on the food card are available on the Ballet West web site.

When paying for your meals present your card to the cashier and say, "U points, please." They will swipe your card and return your card and receipt to you. The receipt will have the remaining balance on your card listed. Please be aware of your balance and make sure you are not running low near a weekend when your card will not be able to be refilled.



At the dorms there are two places to obtain food with the food card. The first is the all-you-care-to-eat buffet style dining hall. This is a great place to have breakfast and dinner during the week and brunch and dinner on the weekends for a flat price. The second is a convenience type store where an array of items may be purchased.

A short Trax ride away on 400 South, there are many restaurants as well as a Whole Foods and Smith's Marketplace grocery stores. We will have weekly trips planned for an RA to take those interested on a shopping trip to Smith's.

### **Mail**

Mail should be sent to:                 Student Name  
  C/O Ballet West  
  6 Heritage Center  
  Salt Lake City, Utah 84112

Mail will be delivered to each student's dorm room. Mail may not be available every day. Every effort will be made for the timely delivery of mail; however, Ballet West Academy and the University of Utah take no responsibility for the successful and timely delivery of packages and letters.

Mail can be sent several different ways. Between the dance building and the student Union there is the University Bookstore which houses a post office. There, any complicated mailing can be performed, including box mailing. Outside of the building there is a blue mailbox where letters can be sent.



### **Activities**

For all students, there will be scheduled extra-curricular activities, which you may wish to attend. Students are responsible for paying for all extra-curricular activities. Particularly for students residing in the dormitory, trips will be planned at local points of interest in Salt Lake City. Further information including several activities that can be paid for in advance will be provided as soon as possible and updated at the orientation meeting. Involvement in our fun activities is the best way to prevent homesickness.

There will be two basic types of activities dorm students can participate in. The first are free daily activities that take place at the dorms. These activities range from ultimate Frisbee and hiking, to movies and crafts, with everything in between. Most of these activities will not require signing up.

The second type of activity will be off campus activities. These activities generally cost money. We try to get discounts whenever possible. All of these activities will have a sign-up sheet in our information area. Some activities have prepayment required so that we can buy tickets ahead of time. These activities will vary widely from amusement parks to museums. Students are encouraged to participate in as many activities as they are able.

There are two mandatory activities, one each session. This is a mandatory meeting on the last Wednesday evening of each session. This is a vital meeting where students are given more information about the final check-out process and/or how one session will progress into the second session. Please plan family time around this meeting.

### **Church Services**

Students in the dormitories who wish to attend religious services, sign-up with Lisa Hoyt, and transportation will be made to the service of your choice, within a 5-mile radius of the University.

## Spending Money

We anticipate about \$100-\$150 to be needed for tickets or admissions to any weekend activities dorm students will attend each session. Any money you wish to spend for purchasing souvenirs, etc. is your own responsibility. Salt Lake City offers a variety of shops, restaurants and other facilities, which students may wish to visit. Please do not send your child with travelers checks or personal checks. We suggest students get a plus system debit card linked to a bank account. That way parents can add money to the account at home and students can retrieve the money from any of the convenient ATM's on campus and throughout the valley. If your student will be purchasing food off campus often they will need money for that as well.

## Pointe Shoe Fittings

Phillip Broadbent from Empire Dance Shop of Spokane, Washington, will once again be visiting our Summer Intensive along with another of member his excellent staff. They will be here the weekend between the two 4 week sessions from June 10-14. He is one of the best people around at fitting pointe shoes! He will be bringing a very large supply of different brands of shoes to try on and purchase. The fitting fee is \$10 and we highly recommend that all female dancers take advantage of the opportunity to have their feet looked at for a professional fitting. He can also take your measurements and do a fitting so you have information of what works for you for future purchases.



## Travel

University shuttle service is available to and from the dorm rooms to a shuttle stop Monday-Friday, which is no more than a few minutes walk to the Marriott Center for Dance. The TRAX line will take you from the dorms to downtown Salt Lake City. We suggest students bring at least \$25 a week for travel expenses. There is also a discounted student pass that is available for students under the age of 18 that can be obtained from [www.rideuta.com](http://www.rideuta.com).

## Security

Campus police are available 24 hours a day, 7 days a week; however we recommend that students always travel in groups of three or more. Throughout campus there are blue light posts where there is a button that can be pushed to call the campus police in case of an emergency.

Keep to yourselves when on public transit, walking around downtown, and on campus. Salt Lake City is generally a safe place but it is always important to pay attention to your environment and act accordingly.

## Departure



The summer intensive goes by quite quickly. Although friendships students make may last forever, our program does not. Preparation will help the process run as smoothly as possible.

## Dorm Clean-up

The last Tuesday evening of each session is reserved for dorm clean-up. If the packing and cleaning starts on Tuesday it is likely to be completed without last minute scrambling. Dancers use this evening to remove any adornments they may have decorated their rooms with. They also have access to cleaning supplies so that they can clean their rooms and bathrooms so that they are even cleaner than when they arrived. At bed checks that evening the R.A.'s have the pleasure of observing the state of each room which culminates in awards for cleanest and neatest rooms.

Dancers participating in the full program should use the first session clean-up day to clean and organize their rooms as well.

## Parent Observations

Dancers whose parents are from out of town are invited to observe classes the last two days of the last session the dancer is involved with. Legal guardians are the only people invited to watch. Brothers and sisters, extended family and friends should find other activities for these times. Parents should remember to be respectful of the class setting. Parents are encouraged to bring their own comfortable seating if they wish to sit on the floor.

## Final Check-out

Dancers may proceed with final check out when they are completely moved out of their clean room. As soon as all personal items are removed from the room students should locate an RA that is on final check out duty. The RA will accompany the student to their room where they will walk through and make sure nothing has been forgotten, the room is clean of trash and arranged in the manner it was when you arrived. After the room is approved the student will turn in their room key and their swipe card in the envelope they came in to the RA. Please note that the student will not be able to buy any meals with their swipe card after it has been turned in. After final check-out is completed students are expected to exit the building in a timely manner, after some heartfelt goodbyes.

Some dancers choose to check out early in the week so that they can stay with their parents the last few days. Dancers are welcome to check out early. Prearrangements can be made with Lisa Hoyt for any final check-outs that need to be made before the final two days of each session.

Students, be ready to check out with ample time to make your trip home. You should not be looking for an RA to check you out when your shuttle is outside ready to pick you up. Each student is responsible for being ready for their scheduled pick up.

Students are expected to arrange their own transportation home. We suggest all of the means mentioned in the arrival section of this handbook. It is also suggested that return transportation plans are scheduled at least 48 hours in advance of the departure date. The shuttle services typically require advance notice for pick up.

**Important - All session one (1st 4 weeks: June 12- July 9, 2011) dancers must be checked out by 9 am on Saturday, July 9, 2011. All full program (8 weeks: June 12 - August 6, 2011) and session two (2nd 4 weeks: July 10 - August 6, 2011) dancers must be checked out by 9 am on Saturday, August 6, 2011.**

If a dancer needs to stay at the University longer than 9 AM on the last departure day for their session they may wait in the commons area of the Heritage Center. However, students will need to check out of their rooms before 9 AM and they will not have any form of supervision after that time. We suggest students make their way to the airport earlier rather than wait around at the University.

As check-out is completed we hope dancers have the time to reflect on their accomplishments and enjoy the fulfilled memories during their summer with the Ballet West Academy and the University of Utah Department of Ballet Summer Intensive.

## Packing List

Listed on the following page are items we suggest the students bring with them to the Summer Intensive. Every student is different but these are the items we find most students need. Summers in Salt Lake City tend to be quite warm and dry, with temperatures in the 90s. Evening may be cooler, with temperatures in the 70s. Students should bring casual summer clothing and several long-sleeved shirts, pants and a light jacket.

The first few days there will be scheduled trips to a super center store where the students can purchase some last minute items. Please make sure all items are clearly labeled with the student's name. **REMINDER: Students will be responsible for all personal effects brought with them to the summer session and neither Ballet West Academy nor the University of Utah assumes any responsibility or liability for the loss, theft, or damage of any student's personal property.**

## **Clothing**

- Warm Jacket
- Sweatshirt
- Shirts/ Tank Tops
- Jeans (at least 1 pair)
- Shorts
- Sweatpants
- Pajamas
- Undergarments
- Socks
- Dress Clothes
- Closed Toe Shoes  
(at least 1 pair that are good for walking)
- Shoes (flip-flops are discouraged)

### *Ladies*

- Black Leotards
- Pink Tights

### *Gentlemen*

- Plain White or Black Compression Shirts
- Black and/or Gray Tights
- White Dance Socks
- Black Dance Pants
- Dance Belt

## **Bedroom**

- Blanket\*
- Sheets (twin long)\*
- Pillow\*
- Alarm Clock
- Reading light

## **Bathroom**

- Bath Towel
- Hand Towel\*

### *Gentlemen*

- Black or White Ballet Technique Shoes

## **Other**

- Laundry Bag
- Laundry Detergent
- \$5 Bills for Laundry Card Loading
- Water Bottle
- Prescription Medications
- Contacts and Solution (if needed)
- Prescription Glasses (if needed)
- Spending Money

## **Optional**

- Microwave Safe Bowl/Plate
- Eating Utensils
- Healthy Snacks
- Stationary Supplies
- Address Book

- Washcloth\*
- Shampoo
- Conditioner
- Body Wash/ Soap
- Toothbrush
- Toothpaste
- Antiperspirant/Deodorant
- Brush/Comb
- Hair Maintenance Supplies
- Sunscreen
- Tissues
- Nail Clippers
- Lip Balm
- Lotion
- Shaving Gear (if appropriate)

### *Ladies*

- Feminine Hygiene Products

## **Dance Bag**

- Warm-up/Yoga Mat
- Sewing Kit
- Scissors
- Thera-Band
- Ice Bags (freezer bags)
- Jazz Shoes
- Notebook
- Writing Utensils

### *Ladies*

- Pink Ballet Technique Shoes
- Pointe Shoes and Accessories
- black chiffon skirt (13 inches)
- black character skirt
- Colored Leotard (for jazz class)
- Postage Stamps
- Book(s)
- Flashlight
- Camera
- Sunglasses
- Shower Caddy
- Swimsuit
- Umbrella/Poncho
- Lint Roller
- Cell Phone
- Cell Phone Charger
- Room Decorations
- Wall Putty/Blue Painters Tape
- Disinfecting Wipes
- First-aid Kit
- Picture from Home

\*These items are provided in some form or another but many students find they would like to use their own which may be larger, warmer, higher quality and/or generally more comfortable.