

◆ **Diet**

As a young dancer grows, their physical training and disciplined minds are fueled by eating the correct foods to maintain this healthy balance. It is important for serious students to follow a healthy diet to maintain a lean look to perform in the company. The directors are available to help guide students who may have concerns or questions.

◆ **Parental Involvement**

The Northwest Florida Ballet is a non-profit organization that thrives on volunteer involvement. Parents of NFB students are asked to volunteer on at least one committee throughout the season. Committees Include:

- Costumes
- Props/Scenery Crew
- Back-Stage Crew
- Fundraising
- Ballet Boutique
- Dressing rooms
- Make-up



Sybil Lebherz Center for Dance Education
310 Perry Avenue SE
Fort Walton Beach, FL 32578
Phone: 850-664-7787
www.nfballet.org

Find us on Facebook and Instagram



Photography by Lorelei White—Pixl Photography



Company & Trainee Program



Todd Eric Allen, *Artistic Director, Company Director, CEO*
Shari Allen, *Assistant Director, Trainee Director*
Dorothy Daniels Lister, *Ballet Mistress & Rehearsal Coach*

Intensive classical dance training with experienced instructors.

The Northwest Florida Ballet Company and Trainee Programs are designed to identify and train talented dancers in our region. This program requires a higher level of commitment on the part of the students and parents. These programs are separate from the NFB Académie public school. Program commitments run August to June of each year.

To audition, a student must be entering the 8th grade with 6 years of formal training and at least 2 years pointe experience for the NFB Company, or entering 6th grade with 3 formal years of training for the Trainee program.

Our instructors come from outstanding backgrounds in their field.

Levels

Company and Apprentice

Trainee 3

Trainee 2

Trainee 1

Trainee 1 & 2 take a combined class every other Saturday & perform in the Student Concert.

Company, Apprentices & Trainee 3 take class & rehearse every Saturday.

All dancers must re-audition each May.

Program Requirements

◆ Commitments

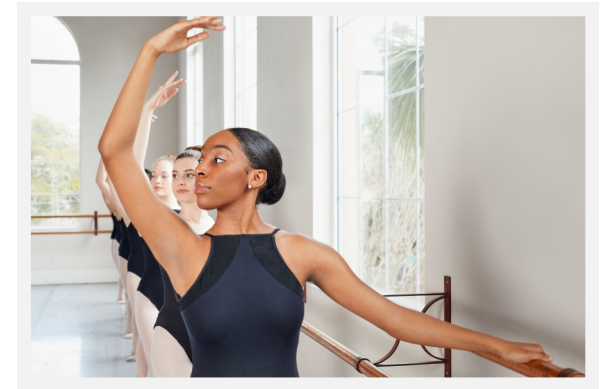
- Please see the requirements form for complete financial commitments
- NFB Trainee and Company members are required to take all FOUR weeks of the NFB summer intensive.
- Dancers are not allowed to be in any other companies, competition groups or training programs.

◆ Attendance

Students must attend all designated weekly classes and rehearsals and are expected to make-up missed classes if possible.

◆ Year-end Conferences

Year-end conferences will be held each season. The directors will set up appointment times for each dancer to discuss goals and achievements.



◆ Absences

Commitment to our programs are crucial. In order to evaluate the student's improvement fairly, please note that 3 excused absences are allowed for this program. Before committing, please make sure to discuss this as a family.

◆ Dress codes

Students are required to wear the assigned uniforms according to their level for every class. (See requirements form)

The teachers reserve the right to ask the dancer to watch class if they do not arrive on time or are not in the correct attire. Students are expected to show respect for their fellow students as well as their teachers. The directors reserve the right to dismiss students who show negative behavior towards peers, teachers or the organization. Students should present themselves in a positive light, upholding the integrity of the NFB organization.