



KAATSBAAN FOUNDERS (clockwise)  
Gregory Cary, Kevin McKenzie,  
Bentley Roton, Martine van Hamel

Kaatsbaan International Dance Center is a permanent international center dedicated to the growth, advancement and preservation of professional dance. Kaatsbaan provides a professional residence in an aesthetically inspirational and healthy working environment for dance-related artists from all disciplines and ethnic backgrounds.



The Dancers' Inn at Kaatsbaan



**Martine van Hamel**, Director, International Ballerina, was born in Brussels, Belgium where her father was serving as a Dutch career diplomat. Ms. van Hamel received her dance training in Denmark, Holland, Indonesia, Venezuela and Canada. Her first professional appearances were with the National Ballet of Venezuela at age 12. She made her debut with the National Ballet of Canada while still a student at the National Ballet School. Ms. van Hamel won the Gold Medal in the Junior Women's Division and the even more prestigious and seldom awarded, "Prix de Varna" at the 1966 International Ballet Competition in Varna, Bulgaria. After a brief period with the Joffrey Ballet, Ms. van Hamel joined American Ballet Theatre in 1970. In 1973 she was promoted to rank of Principal Dancer after a highly acclaimed debut as Odette/Odile in Swan Lake. Ms. van Hamel has performed all the major classical roles and is well versed in the contemporary ballet repertoire. From 1992 to 1997 she danced with the Nederlands Dance Theater III.



**Kevin McKenzie**, master class faculty, is the Artistic Director of ABT. Mr. McKenzie was a principal dancer with The Washington Ballet, the Joffrey Ballet, as well as ABT. He was a silver medalist at the International Ballet Competition in Varna, Bulgaria.

**Mr. Roberto Almaguer**, Session III, a native from Cuba, studied and danced extensively with the National Ballet of Cuba. In 1993 he joined Cleveland San Jose Ballet and Joffrey Ballet as principal dancer. Mr. Almaguer is the Artistic Director of the Arcadia Dance Institute. He also teaches at Westside Dance Academy, Russian School of Ballet, Long Beach Ballet School and the Inland Dance School, California. At the 2005 Youth America Grand Prix his choreography obtained First Place.



**Sarite Sanders**, Pilates instructor and lecturer, Sessions I-III, trained as a professional dancer with the National School of Canada, and Toronto Dance Theatre, and has worked extensively in deep tissue massage, shiatsu, Alexander technique, Pilates and Graham techniques, nutritional consultation, Breathwork, and in treatment and injury prevention with many dance companies.



**Christian Holder**, master class faculty, is a former principal dancer with the Joffrey Ballet. Mr. Holder's teaching credits include ABT, Steps on Broadway, the MET Opera Ballet, Ballet Arts Minnesota, Broadway Dance Center, and Princeton Dance Theatre School.



**Alla Nikitina**, Character Dance, was born in Ukraine. Early training began at the Donetsk School of Ballet and then the St. Petersburg State Academy of Arts, Russia where she studied the Vaganova method as well as character dance techniques. She was the founder and artistic director of the Rovesnik Dance Company in Kiev, Ukraine and moved to the US in 1997. Ms. Nikitina is on faculty at the Hartford Ballet and the University of Hartford, and a guest teacher at Boston Ballet School, Rochester Ballet School and others.



**Kristine Elliott**, is a former soloist with ABT. She currently teaches dance at Stanford University, CA. She is the Director of Zohar Dance Studio, Palo Alto, CA. Ms. Elliott is a guest teacher with ABT and has danced with Stuttgart Ballet and the New Amsterdam Ballet among others.



**Bonnie Mathis**, Associate Director, is well known and respected on the international dance scene as a former Principal Dancer with American Ballet Theatre and Nederlands Dans Theater, an outstanding teacher of classical technique, a mentor and coach of classical and modern ballet repertoire, and the new director of Boston Ballet II. She has also danced as a principal dancer with Harkness Ballet, Paul Taylor Dance Company, Dennis Wayne Dancers, and the Lar Lubovitch Company originating roles by such luminaries as Alvin Ailey, Jack Cole, John Butler and Benjamin Harkarvey. From 1970 to 1976 she performed as a principal dancer with American Ballet Theatre, including her role as "La Mort" in Roland Petit's *Le Jeune Homme et la Mort* with Mikhail Baryshnikov and featured roles in the ballets of Anthony Tudor, Lar Lubovitch and Eliot Feld. She was a member of the original Broadway cast of *Hello Dolly* and is a co-founder and co-director of Ballet Arts Minnesota.



**Ann Marie DeAngelo**, Session I, is skilled at all facets of dance. She was a principal dancer with the Joffrey Ballet for 10 years, and was featured in TIME Magazine as "one of the most promising ballerinas in America." She has performed internationally as a guest artist in the United States, Europe, Soviet Union, South America, Mexico, Australia, Cuba and the Far East. She was Associate Director of The Joffrey Ballet of Chicago; founding Artistic Director of Ballet de Monterrey, Mexico; Artistic Director of Ballet Omaha; and her own experimental company called Ballet D'Angelo.



**Adam Battelstein**, Composition/Improvisation instructor, danced with Zero Moving Dance Co., Momix and Pilobolus. He has served as master teaching artist and collaborative choreographer for Pilobolus nationally and internationally. He has worked as guest choreographer in Puebla, Mexico, Bates College, Northern Illinois University, U. of Iowa and Oberlin College among others.



**Steven Hyde**, Session II, danced with the Royal Winnipeg Ballet from 1983-1987 and danced with ABT from 1992-1995. Mr. Hyde joined New England Ballet Company in 2000 as Ballet Master and is the Studio Director. He has taught and choreographed for the ABT™ Summer Intensive Program in Alabama from 2000-2003, Kaatsbaan's Extreme Ballet in 2004, and is on faculty of the Jacqueline Kennedy Onassis School at ABT.



**Jessica Lang**, Session III, is a Juilliard graduate and was a member of Twyla Tharp's company, The Peridance Ensemble and the Phrenic New Ballet. Ms. Lang has created works for New York City Ballet, Hubbard Street II, Pennsylvania Ballet, ABT Studio Company, Richmond Ballet, The Ailey School/Fordham BFA Program, and for Princeton University.

## EXTREME BALLET 2006

# KAATSBAAN INTERNATIONAL DANCE CENTER

## AN INTENSIVE PRE-PROFESSIONAL COACHING AND MENTORING EXPERIENCE

Martine van Hamel, Extreme Ballet Director

**EXTREME BALLET 2006** is aimed at the dancer who is capable of crossing the threshold from advanced student to professional dancer.

Classes will focus on improving the classical components of a dancer's training. We will stress the importance of line and placement, technique and strength. However, musicality and the artistic qualities of movement will be explored in unprecedented depth and detail. It is our intent to awaken the special creative qualities in each dancer allowing them to move beyond their present limits. Skillful technique, experience in diverse styles, comprehensive coaching and an enthusiastic desire will give each dancer the tools to excel as a professional dancer.

A close working partnership between the student and the teacher, a personal mentoring relationship, is perhaps the most important aspect of our program. All of the instructors have knowledge of dance developed from highly accomplished professional dance careers. They are well versed in classical ballet technique as well as the most contemporary of approaches. Each is internationally recognized to be among the finest instructors and performance coaches in the field. They will impart their considerable knowledge and train the young dancer on all aspects of becoming a valuable member of any company.

Extreme Ballet 2006 offers a special limited enrollment of only 36 students in each session allowing each and every student personal daily access to the direct individual attention by the instructors.

Attention will be given to strengthening their performance and audition skills and achieving self-confidence as a performer. Each student will leave the course with repertory suitable for performance and competition.



Extreme Ballet 2002 Showcase



Ms. van Hamel in *Don Quixote*  
Photo by Gilles Larrain

**SESSION DATES****Session I June 18-July 7**

Intermediate – Pre-professional

**Session II July 9-28**

Intermediate – Pre-professional

**Session III July 30-August 19**

Advanced-Pre-professional

**A NOTE FROM THE DIRECTOR**

A dancer in a classical ballet company in this day and age requires not only a beautiful and accomplished technique but also, a strong individual identity and a willingness to grow and learn. In this course, we will give the dancer some of the tools they need to launch their professional careers.

**TECHNIQUE CLASS**

Technique class will be taught daily. It will strengthen the dancer and cultivate a refinement of their quality of movement. The execution of all the classical steps will be perfected. Saturday Technique Class will be a Master Class taught by guest instructors including Kevin McKenzie, the Artistic Director of American Ballet Theatre; Lawrence Rhodes, Dance Division Head at The Juilliard School; or Christian Holder, former principal dancer with the Joffrey Ballet.

**COACHING**

Variations and repertoire works will be taught and coached daily in classes of approximately nine dancers. The course explores in depth the stylistic uniqueness of four master choreographers. Special attention will be given to each dancer with emphasis on developing a professional level of intensity and focus. Ms. van Hamel will select solos and variations from the classical and contemporary repertoire specifically suited to the dancers for each session. Variations and repertory by the 19th Century master choreographer Petipa will be taught to strengthen the student's pure classical style while highlighting the subtle character interpretations, which are the basis for a great classical performance.

Selections from 20th Century ballet choreographers such as Anthony Tudor, Agnes De Mille, Glen Tetley, Sir Frederick Ashton, or Jiri Killian will also be taught. Learning specific choreographic excerpts from extensive repertory will expand the student's imagination and provide each student with the experience to excel in today's world of ballet.



Christopher Stalzer, Extreme Ballet 2003

**STYLE REFINING/POINTE CLASS**

Two classes of eighteen students will be given instruction on the specific needs of the dancer. Students will be assigned to classes on alignment and anatomical placement, port de bras, pirouettes, jumping, petite allegro and footwork to improve the dancer. Mime will also be taught as part of the classical vocabulary and as used in more contemporary ballets.

**COMPOSITION/IMPROVISATION**

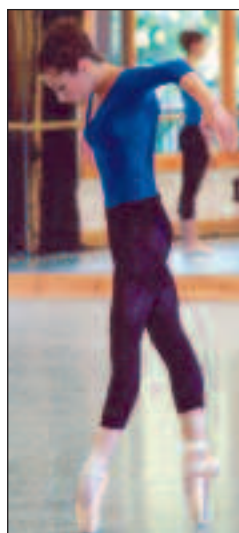
Specialty classes will cover aspects of dance to help improve the dancer's usefulness to a choreographer and ultimately a dance company. The classes will explore alternative ways of moving, experimental movement, improvisation, and the creative process behind movement. Taught in two sections of eighteen dancers each, the classes will help the dancer to be less inhibited when working with or auditioning for a new and unfamiliar choreographer.

**PILATES**

Pilates mat classes are uniquely suited to the training of dancers as a supplement to strengthen the muscles of the 'powerhouse'—the abdomen, lower back, and buttocks. This training stabilizes the core, or center of movement, while freeing the limbs to utilize ballet technique more efficiently. The Pilates Method improves flexibility and strength for the total body.

**MASTER CLASSES/LECTURES**

Master classes and lectures in critical areas related to dance will be held in the evenings. Professionals in the field will lecture or demonstrate a range of subjects both practical and aesthetic. Subjects are carefully selected to assist in the young dancer's preparation for future study and intelligent cultural growth. Music, health, injuries, dance history, theatrical makeup, audition techniques, movement kinetics, folk dance, forms of modern dance and dance theory and design will be explored. Guest instructors include professional performers, faculty from the Juilliard School, ABT, and other acclaimed dance companies.



Coco Karol, Extreme Ballet 2002, now a professional dancer in NYC

**PERFORMANCE SHOWCASE AT THE KAATSBAAN STUDIO THEATRE**

Session I: Friday, July 7, 2006 12 PM

Session II: Friday, July 28, 2006 12 PM

Session III: Saturday, August 19 12 PM

We would like to invite the parents and families of the dancers to an open studio class and performance showcasing the repertory learned and coached in the course. All students will perform in the showcase performance presented in the Kaatsbaan Studio Theatre. It is important to note that limited time will be spent on rehearsing for the performance as Extreme Ballet 2006 is designed as an intensive learning and coaching program not primarily as a performance oriented summer school.

**EXTRA ACTIVITIES**

Field trips will be scheduled for each session to area attractions. These may include ABT at Lincoln Center, New York City Ballet at Saratoga Performing Arts Center, the Bard Music Festival, Maverick Classical Concerts in Woodstock, Dutchess County Fair, the Mills Mansion, Montgomery Place, Vanderbilt Estate and the homes of F.D.R. and Eleanor Roosevelt. Upon arrival, excursions will be scheduled to suit the dancer's interests. Kaatsbaan resident assistants will supervise all activities for students under 18.



Dance Studios at Kaatsbaan

## DAILY PROGRAM SAMPLE SCHEDULE

**MONDAY – FRIDAY**

8:00 – 8:30	Breakfast
9:00 – 11:00	Ballet Technique Class
11:15 – 12:15	Pointe/Pas de Deux/ Men's refining
12:30 – 1:30	Lunch
1:30 – 2:30	Technique and Style Refining Classes
2:45 – 4:00	Individual Coaching (2 groups of 9) or Specialty Classes A (18 students)
4:15 – 5:30	Individual Coaching or Pilates (2 groups of 9) or Specialty Classes B (18 students)
5:30 – 6:15	Dinner
6:30 – 7:30	Guest Speakers / Lectures

**SATURDAY**

9:00 – 9:30	Breakfast
10:00 – 12:00	Master Class with Guest Instructors
12:15 – 1:00	Lunch
1:00 – 5:30	Free for excursions, individual study, relaxation
5:30 – 6:00	Dinner
6:00 –	Cultural activities, movies, etc.

**SUNDAY**

Free for relaxation, individual study and excursions. All meals will be provided at regular hours or as boxed lunches.

## FEES / DEADLINE DATES

**TUITION:**

Fee per Session: \$3,295.00 includes all instruction, room and board at Kaatsbaan in the Dancers' Inn, double or triple occupancy rooms, Liability insurance, activities, and full-time counselors.

**DUE DATES:****February 25, 2006** \$35

Video Auditions, Application Fee, Video Registration Form, &amp; Photos.

**April 1, 2006** \$695

Sessions I, II &amp; III - Non-refundable Deposit on tuition, room &amp; board

**May 15, 2006** \$2,600

Session I – Balance due on Non-refundable tuition, room &amp; board and all forms completed and signed.

**May 30, 2006** \$2,600

Sessions II &amp; III - Balance due on Non-refundable tuition, room &amp; board and all forms completed and signed.

(Transportation to and from Kaatsbaan is the responsibility of the student. A transportation fee will be additional if requiring transportation each way from the Albany Airport or Rhinecliff Amtrak station. There will be no adjustment in tuition or fees for late arrival or early departure.)

## PROGRAM EXPECTATIONS AND REQUIREMENTS

**ATTENDANCE**

All students will attend all scheduled classes and participate in program activities unless specifically excused by the Director. Students are expected to conduct themselves in the highest standards at the studios, residence hall, in the Village of Tivoli, and on all excursions.

**MEALS**

Three meals per day are included in the tuition. Students are required to attend all meals. Recognizing the special dietary needs of dancers, nutritious and well-balanced meals will be provided. Vegetarian and vegan diets will be accommodated.

**THE DANCERS' INN ACCOMMODATIONS**

Dancers will be housed in motel type double rooms and younger dancers in triple rooms in the new Dancers' Inn. Kaatsbaan will provide linens. Linens will be changed weekly, towels twice a week. Rooms will be vacuumed with general cleaning once a week. Cleanliness is the responsibility of the students. Students are held financially responsible for any damage to their rooms or Kaatsbaan property through their actions or carelessness.

**CLASS ATTIRE**

No baggy clothes are to be worn in technique class and female students are to wear leotards and pink tights. Students must supply their own dance and character shoes. Females are required to have soft technique shoes and pointe shoes. Females are required to bring a blue leotard (any shade) and a short variation and character skirt (any color or print) for the performance. Male dancers are to wear tights with t-shirts or leotards.

Each dancer is expected to bring net laundry bags labeled with his or her name. Class practice clothing will be laundered by Kaatsbaan counselors as needed. Personal laundry is the responsibility of each individual.

## AUDITIONS

**ADMISSION REQUIREMENTS**

- 14 years and older
- Intermediate-Pre-professional Session I & II
- Advanced-Pre-professional Session III
- Students are able to register for two sessions with the director's approval.

**AUDITION TOUR** Pre-registration is not required.

Registration is 30 minutes prior to audition. One photo in first arabesque and a headshot is required with a \$25 audition fee. Previous Extreme Ballet Students who have attended a summer session are not required to audition. Please submit one photo in first arabesque en pointe, a headshot, Application Form, and \$35.00 Application Fee.

Jan. 7, 2:00 –3:30 pm	Miami City Ballet School, Miami, FL
Jan. 8, 1:00 –2:30 pm	Orlando Ballet School, Orlando, FL
Jan. 15, 2:00 –3:30 pm	Lou Conte Dance Studio, Chicago, IL
Jan. 21, 3:30 –5:00 pm	City Ballet School, San Francisco, CA
Jan. 22, 3:00 –5:00 pm	Ballet Pacifica, Irvine, CA
Jan. 27, 6:15 –7:45 pm	Ballet West Academy, Salt Lake City, UT
Jan. 28, 3:00 –4:30 pm	Academy of Colorado Ballet, Denver, CO
Jan. 29, 2:30 –4:00 pm	Ballet Academy of Texas, Dallas, TX
Feb. 10, 5:00 –6:30 pm	ABT, New York, NY
Feb. 11, 2:00 –3:30 pm	Metropolitan Ballet, Atlanta (Alpharetta), GA
Feb. 12, 2:00 –3:30 pm	Maryland Youth Ballet, Washington (Bethesda), DC
Feb. 19, 1:30 –3:00 pm	Kaatsbaan, Tivoli, NY
Feb. 25, 5:00 –6:30 pm	Central Pennsylvania Youth Ballet, Carlisle, PA

**VIDEO AUDITION REQUIREMENTS:**

Submit a VHS or DVD recorded no earlier than September 2005 and one photo in first arabesque en pointe, one photo tendu à la seconde, a headshot and \$35.00 Audition Processing Fee. Polaroid's are acceptable. The audition will be viewed with certain qualities in mind: line, placement, physique and quality of movement.

**ACCOUNTABILITY**

Students must checkout with the counselors who are on duty at all times, after all scheduled classes for the day and weekends. Students under 18 may not leave the facilities alone and must travel with at least one other student and/or a counselor. All dancers under 18 must be in the residence by 9:00 p.m. Sunday–Friday, and Saturday by 10:00 p.m. Except in the event of evening excursions or family visits, all dancers 18 and older must be in the residence by 10:00 p.m. Sunday–Friday, Saturday by 11:00 p.m. There are to be no social excursions on weeknights without supervision and the consent of the Lead Counselor on duty or permission from the student's parent/guardian. Sign-out procedures and other rules will be explained in information to follow after acceptance to the program.

**INSURANCE**

Students must have their own health insurance coverage during their residency at Kaatsbaan. If the student's health insurance policy does not cover out of state coverage, an insurance rider must be taken out for the period at Kaatsbaan. Liability Insurance will be carried for each student to include \$10,000 limit for death and accident and \$1,000 sickness benefit paid on a primary basis without deductible. There will also be General Liability with a \$1M per occurrence with a \$2M aggregate. Any serious medical concern will be reported to the parents or guardians immediately. In the case of serious illness or injury, care and/or hospitalization is the financial responsibility of the parents or guardians.

**VIDEO/DVD CONTENT**

Start the recording by stating your name and age. Create your own combinations both at the barre and in the center. Please feel free to add any aspects in which you consider yourself to excel. The audition should be no more than 15 minutes long—keep it simple.

- Grande plié in each position
- Tendu en croix with demi plié
- Tendu and dégagés en croix
- Rond de jambe en dehors and en dedans
- Développé and fondu en croix, end with an arabesque
- Grand Battement en croix

**Center Work:**

- Adage, show écarté and attitude
- Pirouette en dehors and en dedans
- Petit allegro
- Grand Allegro

**Ladies** – Pointe work combination  
**Men** – double tours and pirouettes à la seconde en l'air

Mail application form, \$35.00 fee, video, and photographs to:  
Timothy Hess, Kaatsbaan  
USPS - P.O. Box 482, Tivoli, NY 12583  
UPS or FedEx: 120 Broadway, Tivoli, NY 12583

Kaatsbaan is a new facility situated on 153 rural acres in the Village of Tivoli, New York, two hours north of New York City. Included in the facilities there are two premier dance studios (one which serves as a 160 seat studio/performance theater) and a sixteen-room motel style residence inn, the Dancers' Inn. Set amongst historic buildings, the beautiful grounds offer spectacular views of the Catskill Mountains and the Hudson River in a peaceful, healthy and safe environment.

Additional planned facilities include the Dancers' Lodge with a dining room and lounge, 5 more professional dance studios, accommodations for 92 dancers and dance-related artists, a visitors center in the historic Stanford White Music Barn with extensive dance art and photography galleries, a 600-seat performance theater equipped for video production, and the Oliver Smith Institute of Scenic Design. Kaatsbaan is a 501 (c) 3 nonprofit organization.