

**Carolina Aerial and Dance Exchange
CADE 2018**

FRIDAY, AUGUST 10

6:00pm - 7:30pm

Shapeshifter: Transforming Classic Moves into Undiscovered Creatures

Teacher: April Skelton

Work a new angle! This workshop is designed to develop dynamism and versatility in our core aerial skills by way of reshaping common lines and forms to broaden the expressive range. We will begin with exercises to increase active range of motion in all major joints, as well as training exercises for improving proprioception, our body's sixth sense of knowing exactly where it is in space. We will address "proper" alignment in some of the most-common aerial forms, then the real fun begins as we stretch, twist, skew, and fold ourselves to find new and powerful expression in often-overlooked moments.

Student Prerequisites: Students should be able to comfortably hold themselves in straddle inversions, back balances and front balances, on a variety of apparatus, for at least 30 seconds to a minute at a time. Endurance of grip when hanging from hands is necessary.

Sling

All Levels

Teacher: Sarah Small

An introduction to the aerial sling (a looped fabric). Learn different mounts in addition to skills sitting and standing in the sling. A perfect class to get your feet wet in the aerial world!

Prerequisite: None.

Intermediate Lyra Combinations

Teacher: Rachael Strickland

Turn a basic lyra vocabulary into something cool- take these combos and frankenstein to your own devices.

7:45 – 9:15pm

Beat It! (Rope Beats)

Teacher: Jill Scheidt

Work on flares and beats of all kinds. Harness momentum to learn how to get into skills using beats.

Pre-reqs: Comfortable with climbing and inverting.

Bring tape and band-aids as back up

The Buttermelt Workshop: How to stop posing and start being fascinating**

Teacher: Rachel Strickland

Avoid the pitfalls of performing trick...trick...trick...that can turn all your hard work into a snoozefest. Without the artistic application of movement quality, aerial is just fitness. This workshop is designed to add expression to your work, fine tune your ability to master and manipulate your own, unique movement quality, and take your aerial work from a series of tricks to something that can't be duplicated. We will work alone and in groups and pairs in a fun,

comfortable environment to become familiar with our own natural compulsions for movement and how to pull it out of thin air with confidence when you need it. This workshop takes place mostly on the ground but with some time spent in the air.

****Must take all 3 classes of The Buttermelt Workshop during the weekend.**

Anatomy for Movers – Upper Body

All Levels

Teacher: Amy Eli

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!

SATURDAY, AUGUST 11

9:00 – 10:30am

Crossed Wires: Twisty, Wrappy, Spirally Vocabulary for Dance Trapeze

Teacher: April Skelton

Workshop Description:

The dance trapeze is a malleable and forgiving partner, allowing all sorts of shapes and pathways that beget infinite spirals and twists. Learn some of April's signature and most-unique vocabulary, a dialect of dance trapeze that merges vertical skills borrowed from fabric with the precision and power of static trapeze. We will use a "choose your adventure" format to understand transitions in a way that emphasizes the underlying theory behind common setups. This is my most-requested instruction and I'll be sure to include some "personal treasures" in the class.

Student Prerequisites:

Hammock/sling practitioners will quickly see commonalities in the way April likes to manipulate the dance trapeze. Students should have been working on dance trapeze for at least two years of focused study, and be able to comfortably invert in the ropes many times, should have an easy forward fold (hands to floor), straddle flexibility of 135 degrees. Strong spatial orientation or familiarity with wrap / knot / fabric theory a plus.

Special Instructions?

Students should wear pants that completely cover the back of the knee and calf and won't ride up, to protect from rope burn. Acknowledge that some bruising of legs and hips may occur from rope wrapping.

Silks Repertory

Teacher: Sarah Small

An introduction to aerial silks sequencing and choreography. Must be willing to play! This class will focus on introducing and refining aerial repertory

Pre-req: Must be able to hold yourself in the air for at least 15 seconds with long and bent/lock-off arms. Must be able to invert in the air and accomplish a hip-key from inverting

Deconstructing Gyrokinesis

Teacher: Amy Eli

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.

10:45 – 12:15

Let Go: Drops on Dance Trapeze

Teacher: April Skelton

Drop lovers unite! We will work on dives moving both forward and backward (and stacked drops combining the two.) Unusual setups and rotations included in this downward journey!

Student Prerequisites:

Students should be comfortable with drops of all types on sling/hammock or fabric, and preferably have done some kinds of drops on trapeze. Proficiency with wrapping the ropes of a trapeze around the body and inverting in trapeze ropes is key.

Special Instructions?

Students should wear pants that completely cover the back of the knee and calf and won't ride up, to protect from rope burn. Acknowledge that some bruising of legs and hips may occur from rope wrapping.

Intro to standing acrobatics: Counterbalances

Teacher: Kerry Donny-Clark

Sharing weight, with grace and poise. We will learn a variety of poses that create a shared center, using body tension and a strong connection with our partner. The class will also cover entrances and exits to some counterbalances, and how to create a standing a counterbalance focused flow. No partner necessary.

Pre-reqs: 3+ months of partner acrobatics.

The Buttermelt Workshop: see above description

12:30 – 2:00 pm

Cyr wheel - Int.

Teacher: Jen MacQueen

Cyr Wheel is a fun and unique ground apparatus that uses a large, body-sized ring that students can roll and spin from while hanging on or inside of the wheel. Students will learn intermediate level wheel manipulation for safety with the focus of finding control and predictability of their apparatus.

Hand2Hand & Hand2Foot Basics

Teacher: Kerry Donny-Clark

Students need to be comfortable basing and flying in a two high. In this class, students will work standing in hands at various heights and hand two hand basics.

Contemporary Dance

Beg/Int.

Teacher: Caroline Calouche

Become comfortable moving your body in new ways. Explore floor work as well as unique movements and making them work for your own body! This class is perfect for beginners who want to try out a new dance style or just dance for the first time!

Bridging the Gap: From Amateur to Pro

Teacher: Rachel Strickland

Ready to make the transition from student to performer? Or maybe you are already working but feel like you're walking around in the dark, wondering how everyone else is getting so many gigs? This workshop is for emerging artists. It is designed to arm you with the best practices for transitioning to a career as a professional aerialist, and how to succeed once you get there.

2:00 – 3:30pm

Cyr Wheel - Beg.

Teacher: Jen MacQueen

Cyr Wheel is a fun and unique ground apparatus that uses a large, body-sized ring that students can roll and spin from while hanging on or inside of the wheel. Students will learn basic wheel manipulation for safety with the focus of finding control and predictability of their apparatus.

Fabric Brain – Beg/Int

Teacher: Amy Eli

Beg/Int The theory behind the threads. How to think about your fabric practice from a theoretical standpoint and actually understand your wraps and pathways.

Limber Up

Teacher: Rachel Strickland

Work on your active flexibility through safe and informative exercises.

3:30 – 5:00 pm

Contemporary Dance

Int/Adv

Teacher: Caroline

This class will begin on the floor focusing on releasing and gathering energy from the floor for acrobatic yet fluid movement. The class will progress to standing with inversions, jumps and specificity of movement.

Aerial Straps

Int

Teacher: Carlos Alexis Cruz

Students will learn several methods to safely wrap and hang from the straps to assume various body positions while exploring dance movements such as spinning, rocking, lifting, flipping, rolling, pulling, and pushing. Students will also look at intermediate level skills including meat hook, flag, and drops.

Anatomy for Movers – Upper Body

All Levels

Teacher: Amy Eli

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!

5:15 – 6:45pm

Spin Theory 101: Using Spiral Momentum

All Levels

Teacher: Rachel Strickland

This workshop is for all levels of aerial practitioner who want to master the art of generating a beautiful fast spin, and then using that spin to create choreography with ease. In other words, this is your ticket for beautiful spins without riding the struggle-bus all the way to town. All you need is a few tools in your toolbelt and anything done with a spin can be much easier and more fluid, allowing you to freely dance inside a fast spin.

Good for any spinning apparatus; trapeze, hoop, straps, and invented apparatus. Prerequisites: ability to invert without kicking, confident knee-han

Vertical Dance

Teacher: Amy Ell

Open to all levels. Learn how to flip, spin, spiral safely in rope and harness.

Dancing on the Edge: Skills Using the Edge of the Fabric

Int/Adv

Teacher: Spril Skelton

Workshop Description:

One of the most pleasing things about the fabrics is the flowing curtain of its yardage. How can we incorporate more “spread-fabric” into our aerial work? We can use the edge of the fabric as an anchor, a lock, a climbing surface. Specific skills using fabric edge will be taught. Get ready to use the tiny muscles in your fingers!

Student Prerequisites:

Students should have comfortable footlocks, very strong knee climbs, and good grip strength. Patience for working through the fussiness of “fabric management” is a plus!

Bollywood Fusion - Beg

Teacher: Byron McDaniel

Merges Bollywood and jazz styles of dance for a high energy, fun workout.

SUNDAY, AUGUST 12

9:00 – 10:30am

Spanish Web

All Levels

Teacher: Jill Schiedt & Javier Gonzalez

Spanish web is the mesmerizing aerial art where a “web setter” on the ground spins a “flyer” in the air on a corde lisse-style rope, often with 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 a setter’s assistance, as well as explore simple skills in the hand & foot loop. Prerequisite: Students should have previous vertical apparatus experience on either fabric or rope, be able to climb and invert in the air with confidence, be familiar with basic footlocks and have strong shoulder engagement.

Fabric Brain - Advanced

Advanced

Teacher: Amy Eli

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!!!!

Intro to Standing Acrobatics: Lifts, Swings, and supports

Int

Teacher: Kerry Donny-Clark

-Description: Dynamic moves sure to wow a crowd. This class focuses on moves that get the flyer off the ground and onto the base. We will explore a variety of ways to use timing and momentum to decrease the strength needed to get a flyer into the air. No partner necessary.

-Pre-reqs: Please choose one role, base or flyer, for this workshop.

Flyer: Handstand on the wall for 10 seconds. Can grab your calves or lower in a seated pancake stretch.

Base: Handstand on the wall for 20 seconds. Comfortable squatting to thighs parallel to the floor.

InBody scans for Targeted Nutrition

Teacher: Rachel Strickland

Get a detailed scan of your body composition and an evaluation of your results! Rachel is hauling her BIA scanner over to CADE to shed some light on what's really going on in that meat suit you're wearing. Results include lean body mass of each individual limb (feel uneven? Let's get some real data on that!), accurate body fat percentage, BMR, and more! This service is offered free of charge for educational purposes and space is limited.

10:45 – 12:15 pm

Partner Trapeze: Intro to dynamic partner trapeze

Int

Teacher: Kerry Donny-Clark

-Description: Swing, beat, throw and catch. This class will introduce partner moves that rely on momentum and catch-release mechanics. We will focus on contributions of flyer and base in each move, and how to safely train in this inherently dangerous discipline.

-Pre-reqs: Students should choose a flyer or base role for this workshop. Students should bring wrist wraps or tape. No partner necessary, we will pair up solo participants at the workshop.

--Flyer: 1+ years aerial experience. Experience with beats. Comfortable falling on a crash mat from 5 feet up.

--Base: 1+ years aerial experience. At least 2 pullups. Very strong catcher's lock. One arm straight arm hang for 10 seconds.

Musical Theater

Beg/Int

Teacher: Jen MacQueen

Focus on learning proper dance technique while exploring the various dance styles used in Broadway shows and Broadway style jazz movement. Emphasis will also be placed on learning performance skills such as connecting with the audience and telling a story through dance and facial expressions.

12:30 – 2:00 pm

Aerial Straps

All Levels

Teacher: Carlos Cruz

Aerial Straps are two pieces of webbing that are suspended from the ceiling to the floor that students can climb and wrap themselves in, while executing various moves, maneuvers, and tricks. Students will learn several methods to safely wrap and hang from the straps to assume various body positions while exploring dance movements such as spinning, rocking, lifting, flipping, rolling, pulling, and pushing.

A Perfect Circle: Advanced Spinning and Sequences

Int/Adv

Teacher: Rachel Strickland

This workshop is all about the magic ingredient of SPIN on aerial hoop, but it can also easily be translated to any spin-based apparatus such as dance trapeze or straps. We will learn some challenging sequences you can chop up and use in your own choreography, and drill some of Rachel's proprietary techniques for getting a very fast spin with minimal contact with the ground, and we will practice flares as well! Students should be familiar with aerial work, able to invert easily, and have both single knee hangs. Students are encouraged to spend some time getting comfortable with a spin leading up to the workshop. No puking allowed. :)

