

BALLET 5:8

Summer Intensive Housing Packet

Summer Intensive |
Choreography Intensive | Pas De Deux Intensive

Summer 2024

WELCOME

Dear Students and Families,

We are excited to have you stay with us over the summer!

This packet contains important information about Ballet 5:8 Summer Intensive housing. Please read over carefully – this is the best way to ensure that everyone has a safe and enjoyable experience. Your housing forms (keep reading for details) must be submitted no later than May 15 to complete student registration.

Please let us know if you have any questions!

Sincerely,

Ballet 5:8 Directors and Staff

Summer Intensive Contact Information

Main Office - (708) 329.8773

Main Email - schooloffice@ballet58.org

Fax - (708) 840.3697

Physical and Mailing Address -

Ballet 5:8, 11545 W. 183rd Place Unit 101 Orland Park, IL 60467

Trinity Christian College Address - For all programs June 26 - July 30th

Alumni Hall

12425 S Cheyenne Dr

Palos Heights, IL 60463

HOUSING OVERVIEW

Ballet 5:8 Summer Intensive housing is at Trinity Christian College in Palos Heights, IL. The campus is a short drive from Ballet 5:8's studios in Orland Park and includes amenities such as a dining hall, suite style rooms, and on campus laundry.

Registration For Housing Includes:

- A shared room and one bed per student - twin XL bed at Trinity; sheets, blanket and pillow provided
- Breakfast and dinner provided by the Trinity dining hall
- Daily transportation between housing and the Ballet 5:8 studios
- Weekday lunch at the Ballet 5:8 studios, professionally catered by [Healthy Nation](#) and accommodating most dietary restrictions.
- At Trinity, weekend lunch and dinner is provided at the dining hall
- Several Chaperones/Resident Advisors (RA)
- Weekend activities, including trips to downtown Chicago, may have an additional cost for actual activities and outings.

Daily Schedule

Students and RAs travel to the Ballet 5:8 studios each morning for the start of Intensive classes at 9:15am. Housing students remain at the Ballet 5:8 studios from arrival through dinner, which is served after the conclusion of the Intensive day at 5:00pm (during week three, dancers cast in works being created by Choreography Intensive choreographers will have some evening rehearsals lasting until 8:30pm at the latest). Evenings are spent at Ballet 5:8 housing and do not include structured activities.

Weekend activities vary from weekend to weekend but include a combination of sightseeing, grocery runs, and relaxation at the college campus or hotel. Students may share input as the RAs plan and finalize each weekend's activities with the preferences of the student group in mind. Students may also choose to spend weekends off campus with family or other approved persons (please see required forms for details!)

Laundry

Laundry services are available at Trinity. Students can receive a card and add money to the card to pay for laundry. Students should budget \$1 per wash cycle and \$1 per dry cycle. Students are responsible for bringing their own laundry detergent, dryer

sheets, drying rack, and any other supplies needed.

Mail

All student mail should be sent to Ballet 5:8's studios. Please address to:

Student's Name
c/o Ballet 5:8
11545 183rd Place, Suite 101
Orland Park, IL 60467

When sending student mail, please allow ample time for delivery; Ballet 5:8 is unable to forward student mail received after the conclusion of student programs.

Spending Money

Dancers will need to bring spending money for laundry, personal items needed during the intensive, weekend meals, and any weekend sightseeing trips.

Attending Church

Dancers may attend Sunday church services with their RAs at a local non-denominational church, which gives students a chance to worship and recharge over the weekends. Ballet 5:8 is not affiliated with any Christian church or denomination; Ballet 5:8 simply attends a nearby church that provides a place where students of various denominational affiliations and backgrounds can attend church services during Summer Intensive.

WHAT TO PACK

Here is our list of recommended items to bring to the intensives. Make sure to also think over anything else you may need as this list is just a starting point.

- Clothes, including dancewear, warmups, "regular" clothes, and pajamas
- Toiletries, including shampoo and conditioner, body wash, face wash, toothbrush/paste, deodorant
- Favorite non-perishable snacks such as granola bars, trail mix, etc. for between meals and weekends
- Supportive shoes for walking during weekend activities
- Cash for laundry, laundry detergent, and a laundry bag or portable hamper
- A clothesline or drying rack for laundered dance items

- Dish soap and a sponge/scrubber for cleaning water bottles between uses
- Cold packs and hot packs for sore muscles
- Board games, favorite movies, or other leisure items for evenings
- Spending money for weekend activities
- Letoards, tights, shoes (see student handbook for dress code details)
- T-shirts for use in class during stretching and conditioning classes
- An exercise mat & ball
- Medicine and/or supplements
- A reusable water bottle (or two or three!)
- A Bible (not on your cell phone please)
- A journal or notebook and pens/pencils

TRAVEL & CHECK IN

Travel Form

ALL housing students must submit a completed Travel form regardless of whether they require assistance from Ballet 5:8 for travel!

The Travel Form is an **online form** and can be accessed by copying the following link into your web browser: <https://forms.gle/EazjVvC1dU6bEp589>

The deadline to fill out the travel form is May 15. Please notify Ballet 5:8 immediately if travel plans change.

Booking Travel

For students requesting transportation from Ballet 5:8 upon arrival in the Chicago area, **Ballet 5:8 strongly recommends travel through O'Hare International Airport.**

Alternate options include:

- Midway International Airport.
- Amtrak Trains arriving in Union Station, Chicago
- Megabus arriving at O'Hare International Airport or in Chicago, IL

Ballet 5:8 will notify students of their pickup person and contact information about one week prior to their arrival day.

Flight arrivals **MUST** be scheduled on the Sunday prior to the beginning of the program, with an arrival time between 12:00-6:00pm. Ballet 5:8 is not responsible for picking up students outside of the specified arrival window.

Departures **MUST** be scheduled on the Saturday morning following the conclusion of the program, between 7:00am - 12:00pm.*

*See below for special Friday check out circumstances.

Arrival and Departure

For students arriving and departing using their own transportation:

- Check-in at the dorm is on the Sunday prior to the beginning of the program, from 3:00-6:00pm.
- In case of last minute travel delays, email the Front Desk at schooloffice@ballet58.org or call 708-329-8773.

- Upon arrival, start by checking in at the dorm lobby. You will meet your RA, who will provide you with your room number and your building key and room key. *Cost for losing a key is \$100, and this fee will be added to your Jackrabbit account.*
- Dancers may choose to get dinner with family after check-in, or with their chaperone/Ballet 5:8 group. Please notify your chaperone of your plan at check-in.
- There will be a short orientation at the start of each program on Sunday at 7PM.

Departures and Check-Out

Students who do not need Ballet 5:8 transportation upon departure can choose to check out on the Friday evening following the conclusion of their program and showcase, or on Saturday morning. Checking out includes checking room for any belongings left behind, restoring room to the condition it was in upon arrival, and turning in keys to the RA. Students will need to select their check-out day on their Travel Form.

HOUSING RULES

Attendance, Illness and Injury

Dancers are required to attend all regularly scheduled classes at the Ballet 5:8 studios under most circumstances, including in the case of injury or minor illness such as a cold. Dancers dealing with injuries or minor illnesses will be asked to participate in their regular classes as much as possible and to observe the remainder of the classes (reference the Summer Intensive Handbook). Dancers may not stay at the hotel during summer intensive hours except in the case of a moderate to severe illness, including those causing fever or vomiting. In the case of either illness or injury, dancers may work with Ballet 5:8 staff to facilitate a trip to a doctor as needed.

Car and Driving Policy

Any dancers ages 18 or older may choose to drive their own car to the intensives. If a dancer plans to keep their car with them at the dorm during the intensives, they must indicate this on the online travel form no later than May 15. **Dancers over the age of 18 are permitted to drive with other dancers as long as they give their RA's notice ahead of time.**

Conduct

All student conduct rules listed in the [Summer Intensive Handbook](#) apply to Housing students, including during their time at the Trinity on evenings and weekends. In general, dancers need to be prepared to be respectful of Ballet 5:8 staff, RAs, and other students during their stay. This includes submitting to the authority and requests of RAs. The following items are specific to students staying in Ballet 5:8 Housing.

Conflicts

Conflicts should be resolved promptly to avoid the development of bitterness and disunity. If a student has a conflict with a roommate or another housing student, and after attempting to resolve one-on-one, is not able to resolve it directly, they should bring the matter to the attention of the RA's, who will assist in resolving the matter.

Group Etiquette

A Monday-Friday morning departure time will be announced to all housing students during housing orientation at the beginning of their program. Dancers will be responsible to be present and ready to leave at the assigned departure time and place each morning. Similarly, students will be responsible to be present and ready to leave after dinner at the Ballet 5:8 studios.

During trips and weekend activities, dancers are also responsible to be ready at the agreed upon departure times, and to stay with the group at all times

Curfew

Dancers are asked to be in their rooms by 10:00pm on weeknights and 11:00pm on Fridays and Saturdays. This promotes proper rest, which is crucial given the highly athletic and physical nature of the intensive.

Guests

Students may not invite guests (anyone who is not a Ballet 5:8 housing student or RA) onto the housing campus at any time. Students who would like special permission to invite a guest onto campus should seek permission from their assigned RA. Please note that for various safety and liability reasons, Ballet 5:8 may deny most student requests for guests.

Trinity Property

Students must keep their assigned room and suite in good condition for the duration of their stay. Students and their parents will be held financially liable for any damages caused by the student to the bedroom or bathroom during their stay. Students will be responsible for paying the \$100 fee if they lose their building key or room key. Ballet 5:8 will not be financially responsible for any incidental expenses

Personal Electronic Devices

Dancers are invited to bring personal electronic devices such as cell phones, tablets and laptop computers for communication and leisure on evenings and weekends during the intensive programs. However, there are a few important things to know about packing electronic devices:

- Dancers are not allowed to use electronic devices during classes at Ballet 5:8 studios. They will be asked to silence cell phones brought with them to the studios; additional electronic devices should be kept in a secure place at the housing campus. If students prefer to take their devices with them to the studios, these should be left inside a bag and turned off during classes.
- Dancers who spend large amounts of time on their electronic devices on nights and weekends may be asked by their assigned RA to turn off the device(s) for a period of time to facilitate face-to-face fellowship and engagement with other students, an important part of the intensive experience!
- Dancers may not use electronic devices to view or listen to inappropriate media while staying in Ballet 5:8 housing. This overarching rule applies to things as extreme as pornography, but students may also be asked to avoid viewing, listening to or sharing media that contains even small amounts of offensive language, sexual content, excessive violence, or the like. In general,

a PG13 rule applies to movies viewed at Ballet 5:8 housing. However, Ballet 5:8 RAs reserve the right to deem even PG13 or PG movies inappropriate for the context.

Relationships with Members of the Opposite Sex

Dancers will be asked to take care when navigating relationships with members of the opposite sex. Dancers with an existing relationship should be prepared to abide by all the student policies – no exceptions will be made to policies, including curfew hours, visitor policies and permission to leave policies. Dancers may also meet members of the opposite sex at Ballet 5:8 Summer Intensives - while this is perfectly normal, summer intensive programs are not the place for romantic relationships. All dancers are asked to avoid being in the same room, alone, with a member of the opposite sex at any time, for any reason, during the intensives. Boys are not allowed in girls' rooms at any time, and girls are not allowed in boys' rooms at any time. Public displays of affection will not be tolerated at any time, and "dating" or pairing up with other students is not allowed. In the case that a student is interested in pursuing a relationship with a member of the opposite sex he or she met at the summer intensives, the dancer should wait until after the conclusion of the intensive to pursue that relationship.

Room Sharing

Dancers are each assigned a room and roommate at check-in. Visiting with other dancers in the evenings and on weekends is encouraged. Nonetheless, dancers are required to be in their own rooms/beds at curfew each night (no "sleepovers").

Whereabouts and Leaving the Building

Dancers will be asked to keep their assigned RA informed about their whereabouts at all times. Minors are not allowed to leave the housing unless accompanied by a RA or a Ballet 5:8 staff member. RAs will coordinate trips to grocery stores, church, restaurants for weekend meals, and weekend activities with their student groups.

If a minor has a reason to leave the hotel (such as visiting family or friends in the area on weekends), the student must have a Permission to Leave Form on file prior to the start of the intensive.

RA's and Ballet 5:8 staff are not responsible for student transportation outside of the intensives - for example, if a student wishes to leave the hotel for a personal trip over the weekend, the student will be responsible for their own transportation to/from the airport.

Termination of Stay

In the case that a student is found to be in breach of the Housing Rules or the policies listed in the Summer Intensive Handbook, and the issue(s) cannot be

resolved, the student may be sent home at his/her own expense. In the case the student becomes sick or injured with a condition that requires repeated one-on-one attention from Ballet 5:8 staff, multiple trips to the doctor or hospital, or other ongoing attention outside of Ballet 5:8 summer intensive classes, the student may be sent home at his/her own expense. Finally, in the case that a student participates in any ongoing behavior that presents a distraction to other students, or any ongoing behavior that puts the welfare and safety of other students or Ballet 5:8 staff at risk, the student will be sent home at his/her own expense. All termination of stay decisions are made at the sole discretion of Ballet 5:8 staff. In any such case, no tuition or housing refund will be issued.

HOUSING FORMS

In addition to online registration, housing students must submit the following forms to Ballet 5:8 no later than May 15. *Housing forms are only due for those dancers registering for housing, NOT for local/commuting students.* Paper forms can be submitted via email or mail:

Email: schooloffice@ballet58.org

Fax: 708-840-3697

Mail: Ballet 5:8 Summer Intensive
11545 183rd Place, Suite 101
Orland Park, IL 60467

Housing forms can be accessed in a separate PDF document online at ballet58.org/summer-intensive-housing