

# PUSH THE LIMIT

## IDTA Summer Intensive July 20th – 22<sup>nd</sup>, 2010

**Holiday Inn Hotel & Conference Center**  
1001 Killarney Street  
Urbana, IL 61801 217-328-7900

Room Rate: \$99.50/ night  
Group Rate Code: IDTA SUMMER INTENSIVE

<p>Tuesday Night:</p> <p>5:30pm Check-in</p> <p>6:00-6:30pm Warm-up 6:30-8:00pm Krump-All levels (Toya)</p>	<p>Coaches Meetings:</p> <p><i>Mandatory Meet &amp; Greet: Information for Push the Limit</i></p>																																												
<p>Wednesday:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;"></th> <th style="width: 25%;">Beginning</th> <th style="width: 25%;">Intermediate</th> <th style="width: 35%;">Advanced</th> </tr> </thead> <tbody> <tr> <td>7:00 am</td> <td colspan="3" style="text-align: center;">////////////////////////Breakfast////////////////////////</td> </tr> <tr> <td>8:00 – 8:30am</td> <td colspan="3" style="text-align: center;">All Levels- Conditioning/Stretching - Tokyo</td> </tr> <tr> <td>8:30 – 9:30am</td> <td>Hip Hop <i>Toya</i></td> <td>Leaps/Turns <i>Toyo</i></td> <td>Ballet <i>Dani</i></td> </tr> <tr> <td>9:30-10:30am</td> <td>Kick <i>Dani</i></td> <td>Hip Hop <i>Toya</i></td> <td>Leaps/Turns <i>Tokyo</i></td> </tr> <tr> <td>BREAK</td> <td colspan="3"></td> </tr> <tr> <td>10:45-11:45am</td> <td>Lyrical <i>Kyle</i></td> <td>Ballet <i>Tokyo</i></td> <td>Kick <i>Dani</i></td> </tr> <tr> <td>11:45-1:00pm</td> <td colspan="3" style="text-align: center;">////////////////////////Lunch////////////////////////</td> </tr> <tr> <td>1:00-2:00pm</td> <td>Ballet <i>Tokyo</i></td> <td>Lyrical <i>Mollee</i></td> <td>Hip Hop <i>Toya</i></td> </tr> <tr> <td>2:00-3:00pm</td> <td>Leaps/Turns <i>Mollee</i></td> <td>Kick <i>Dani</i></td> <td>Lyrical <i>Kyle</i></td> </tr> <tr> <td>6:00pm</td> <td colspan="3" style="text-align: center;">Push the Limit Competition</td> </tr> </tbody> </table>		Beginning	Intermediate	Advanced	7:00 am	////////////////////////Breakfast////////////////////////			8:00 – 8:30am	All Levels- Conditioning/Stretching - Tokyo			8:30 – 9:30am	Hip Hop <i>Toya</i>	Leaps/Turns <i>Toyo</i>	Ballet <i>Dani</i>	9:30-10:30am	Kick <i>Dani</i>	Hip Hop <i>Toya</i>	Leaps/Turns <i>Tokyo</i>	BREAK				10:45-11:45am	Lyrical <i>Kyle</i>	Ballet <i>Tokyo</i>	Kick <i>Dani</i>	11:45-1:00pm	////////////////////////Lunch////////////////////////			1:00-2:00pm	Ballet <i>Tokyo</i>	Lyrical <i>Mollee</i>	Hip Hop <i>Toya</i>	2:00-3:00pm	Leaps/Turns <i>Mollee</i>	Kick <i>Dani</i>	Lyrical <i>Kyle</i>	6:00pm	Push the Limit Competition			<p>Coaches Meetings:</p> <p><i>Forum: What makes a routine successful?</i></p> <p><i>Forum: Get inside an IDTA judge's head Why did I get that score?</i></p> <p><i>Forum: How to help any soloist on your team</i></p>
	Beginning	Intermediate	Advanced																																										
7:00 am	////////////////////////Breakfast////////////////////////																																												
8:00 – 8:30am	All Levels- Conditioning/Stretching - Tokyo																																												
8:30 – 9:30am	Hip Hop <i>Toya</i>	Leaps/Turns <i>Toyo</i>	Ballet <i>Dani</i>																																										
9:30-10:30am	Kick <i>Dani</i>	Hip Hop <i>Toya</i>	Leaps/Turns <i>Tokyo</i>																																										
BREAK																																													
10:45-11:45am	Lyrical <i>Kyle</i>	Ballet <i>Tokyo</i>	Kick <i>Dani</i>																																										
11:45-1:00pm	////////////////////////Lunch////////////////////////																																												
1:00-2:00pm	Ballet <i>Tokyo</i>	Lyrical <i>Mollee</i>	Hip Hop <i>Toya</i>																																										
2:00-3:00pm	Leaps/Turns <i>Mollee</i>	Kick <i>Dani</i>	Lyrical <i>Kyle</i>																																										
6:00pm	Push the Limit Competition																																												
<p>Thursday:</p> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 15%;"></th> <th style="width: 25%;">Beginning</th> <th style="width: 25%;">Intermediate</th> <th style="width: 35%;">Advanced</th> </tr> </thead> <tbody> <tr> <td>7:00 am</td> <td colspan="3" style="text-align: center;">////////////////////////Breakfast////////////////////////</td> </tr> <tr> <td>8:00-8:30am</td> <td colspan="3" style="text-align: center;">All Levels- Conditioning/Stretching- Tokyo</td> </tr> <tr> <td>8:30-9:30am</td> <td>Jazz <i>Mollee</i></td> <td>Pom <i>Bridie</i></td> <td>Musical Theater <i>Kyle</i></td> </tr> <tr> <td>9:30-10:30am</td> <td>Contemporary <i>Tokyo</i></td> <td>Jazz <i>Mollee</i></td> <td>Pom <i>Bridie</i></td> </tr> <tr> <td>BREAK</td> <td colspan="3"></td> </tr> <tr> <td>10:45-11:45am</td> <td>Pom <i>Bridie</i></td> <td>Musical Theater <i>Kyle</i></td> <td>Contemporary <i>Tokyo</i></td> </tr> <tr> <td>11:45-1:00pm</td> <td colspan="3" style="text-align: center;">//////////////////////// Lunch////////////////////////</td> </tr> <tr> <td>1:00-2:00pm</td> <td>Musical Theater <i>Kyle</i></td> <td>Contemporary <i>Tokyo</i></td> <td>Jazz <i>Mollee</i></td> </tr> <tr> <td>2:00pm</td> <td colspan="3" style="text-align: center;">Awards/Scholarships</td> </tr> </tbody> </table>		Beginning	Intermediate	Advanced	7:00 am	////////////////////////Breakfast////////////////////////			8:00-8:30am	All Levels- Conditioning/Stretching- Tokyo			8:30-9:30am	Jazz <i>Mollee</i>	Pom <i>Bridie</i>	Musical Theater <i>Kyle</i>	9:30-10:30am	Contemporary <i>Tokyo</i>	Jazz <i>Mollee</i>	Pom <i>Bridie</i>	BREAK				10:45-11:45am	Pom <i>Bridie</i>	Musical Theater <i>Kyle</i>	Contemporary <i>Tokyo</i>	11:45-1:00pm	//////////////////////// Lunch////////////////////////			1:00-2:00pm	Musical Theater <i>Kyle</i>	Contemporary <i>Tokyo</i>	Jazz <i>Mollee</i>	2:00pm	Awards/Scholarships			<p>Coaches Meetings:</p> <p><i>Forum: Program, Difficulty, Choreography &amp; Technique Where is the best balance for my team?</i></p> <p><i>Forum: Common misconceptions... and how we can fix them together</i></p> <p><i>Forum: Improving team flexibility &amp; strength</i></p>				
	Beginning	Intermediate	Advanced																																										
7:00 am	////////////////////////Breakfast////////////////////////																																												
8:00-8:30am	All Levels- Conditioning/Stretching- Tokyo																																												
8:30-9:30am	Jazz <i>Mollee</i>	Pom <i>Bridie</i>	Musical Theater <i>Kyle</i>																																										
9:30-10:30am	Contemporary <i>Tokyo</i>	Jazz <i>Mollee</i>	Pom <i>Bridie</i>																																										
BREAK																																													
10:45-11:45am	Pom <i>Bridie</i>	Musical Theater <i>Kyle</i>	Contemporary <i>Tokyo</i>																																										
11:45-1:00pm	//////////////////////// Lunch////////////////////////																																												
1:00-2:00pm	Musical Theater <i>Kyle</i>	Contemporary <i>Tokyo</i>	Jazz <i>Mollee</i>																																										
2:00pm	Awards/Scholarships																																												

# PUSH THE LIMIT

## IDTA Summer Intensive- Workshop Registration

### July 20<sup>th</sup> - 22<sup>nd</sup>, 2010

*All forms must be post marked 45 days in advance of event*

Coach \_\_\_\_\_ Name of School/Team \_\_\_\_\_  
 Address \_\_\_\_\_ Varsity/ JV/ Junior High (*please circle one*)  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ No. Attending summer camp \_\_\_\_\_  
 Email \_\_\_\_\_

Class Type Please indicate how many will be participating in each level

Krump All level \_\_\_\_\_

Jazz Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Contemporary Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Hip Hop Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Turns & Leaps Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Lyrical Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Pom Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Kick Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Ballet Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

Musical Theater Beginning \_\_\_\_\_ Intermediate \_\_\_\_\_ Advanced \_\_\_\_\_

<p><b><u>IDTA Members:</u></b>          Individual Dancer fee.....\$185 per dancer          Coaches fee.....\$65</p>	<p><b><u>IDTA Non-Members</u></b>          Individual Dancer fee.....\$195 per dancer          Coaches fee..... \$75</p>
--	--

**Dancer fee includes:**  
 \*3 days instruction by professional choreographers  
 \* Breakfast, lunch (day one)  
 \* Breakfast, lunch (day two)  
 \*Push the Limit t-shirt  
 (\*\*Price does not include hotel room\*\*)

**Coaches fee includes:**  
 \* Admission to coaches forums & meetings  
 \*Breakfast, lunch (day one)  
 \*Breakfast, lunch (day two)  
 \*Push the Limit t-shirt  
 (\*\*Price does not include hotel room\*\*)

*Method of Payment:*

1. **ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTENSIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCPETED.**
2. Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! *Sending one without the other will not hold your spot in this venue.*
3. Send all entries by mail to:  
 PUSH THE LIMIT, IDTA SUMMER INTENSIVE  
 ATTN: Lynn Gelatka  
 9102 Maplewood St.  
 St. John, IN 46373

# PUSH THE LIMIT

## IDTA Summer Intensive- Competition Registration

### July 20<sup>th</sup> - 22<sup>nd</sup>, 2010

*All forms must be post marked 45 days in advance of event*

Coach \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Name of School/Team \_\_\_\_\_

*(Please copy this page and fill out one registration form PER PERFORMANCE)*

Name of Routine \_\_\_\_\_

Dancers:  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_

Division:     JH     JV     Varsity  
*(Average of Dancers performing, see rule #3 below)*

Category:     \_\_\_\_\_  
*(I.e. jazz, hip hop, lyrical, etc.)*

Size:           Solo     Duet/Trio     Small Group (4-6 dancers)

<p style="text-align: center;">IDTA Members:</p> <p>Solo entry fee.....\$30/routine (max. 2)          Duet/Trio fee..... \$60 total          Small Group fee.....\$90total</p>	<p style="text-align: center;">Non IDTA Members:</p> <p>Solo entry fee.....\$35/routine (max.2)          Duet/Trio fee..... \$65 total          Small Group fee.....\$95 total</p>
--	--

*Entry Rules:*

1. *All competition and intensive entries will be accepted on a first come first serve basis. The number of solos and duets/trios allowed at the competition will be based on the amount of time that permits.*
2. *A soloist may perform a maximum of 2 solos, but must be in different categories. A dancer may not be registered for more than a total combination of 3 routines.*
3. *Division levels are based on an average age. 11-13 junior high/ 14-16 JV/ 17-18varsity, please round-up when taking the average.*
4. *Performance times for the competition will be mailed to coaches 2 weeks prior to summer intensive.*

*Method of Payment:*

1. **ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTENSIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCPETED.**
2. *Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! Sending one without the other will not hold your spot in this venue.*
3. *Send all entries by mail to:*  
 PUSH THE LIMIT, IDTA SUMMER INTENSIVE  
 ATTN: Lynn Gelatka  
 9102 Maplewood St.  
 St. John, IN 46373

# PUSH THE LIMIT

## IDTA Summer Intensive – Student Roster

### July 20<sup>th</sup>-22<sup>nd</sup>, 2010

Name of Participants	Attending Workshop	Competing	T-Shirt Size
	Y/N	Y/N	any size
<i>Participants must attend the workshop in order to participate in the competition.</i>			
1. _____ <u>(COACH)</u>	_____	_____	_____
2. _____ <u>(COACH)</u>	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____

<u>IDTA MEMBERS</u>	<u>NON-IDTA MEMBERS</u>
# of dancers attending workshop _____ x \$185= _____	# of dancers attending workshop _____ x \$190= _____
# of coaches attending workshop _____ x \$65 = _____	# of coaches attending workshop _____ x \$70 = _____
# of solos performing _____ x \$30 = _____	# of solos performing _____ x \$35 = _____
# of duets/trios performing _____ x \$60 = _____	# of duets/trios performing _____ x \$65 = _____
# of small groups _____ x \$90 = _____	# of small groups _____ x \$95 = _____
Subtract 2009 PTL scholarships Total Amt. Received= _____	Subtract 2009 PTL scholarships Total Amt. Received= _____
(Please include original or a copy of scholarship along w/payment)	
Grand Total payable to:	Grand Total payable to:
IDTA Push the Limit, Summer Intensive = _____	IDTA Push the Limit, Summer Intensive = _____

#### **IDTA SUMMER CAMP & COMPETITION RELEASE**

*I hereby release all directors, officers, or representatives of this event from any and all claims for damages or injuries sustained while participating in any activity related to this summer intensive. The proper signing of this agreement on this form is a condition of participation in this camp & competition event.*

\_\_\_\_\_  
Signature of Coach/ Parent/Guardian Date

## Push the Limit Do's and Don'ts

- Registration bracelets must be worn throughout the convention
- Quiet must be maintained at all times during instruction
- Coaches/chaperones are to be actively present in or around the designated ballroom areas when dancers are present or competing
- Dancers must wear cover-ups when leaving the convention area
- Food is not permitted in the ballrooms
- Please keep all areas clean and free of litter, especially restrooms.
- Misconduct of any kind will not be tolerated as determined by the *Push the Limit* staff and IDTA representatives. Infractions may result in immediate dismissal from the venue.
- ***All dancers are to be in their rooms by 11:00 pm, lights out. A security officer will be patrolling the hallways from 11pm- 6am, to prohibit any misconduct and disruptiveness.***

## OFFICIAL RULES & GUIDELINES

1. All dancers competing in the competition or attending the workshop must be a registered high school/junior high student
2. A minimum of one chaperone from the attending high school must be registered for the intensive.
3. No parents/spectators are allowed to attend the workshop. However, we welcome all parents/spectators to attend the competition portion of the intensive at no admission fee.
4. All competition and workshop entries will be accepted on a first come first serve basis. The number of solos and duets/trios allowed at the competition will be based on the amount of time that permits.
5. A soloist may perform a maximum of 2 solos, but each must be in different categories. A dancer may not be registered for more than a total combination of 3 routines.

### CATEGORIES

Hip Hop	Ballet	Contemporary
Jazz	Pom	Musical Theater
Modern	Kick	Lyrical

6. All competition entries have a maximum time limit of 3:00 min.

#### ENTRY FEES (IDTA members)

Solo.....	\$30
Duo/Trio.....	\$60
Small Group.....	\$90
Workshop fee.....	\$185 per dancer
Coach fee.....	\$65

#### ENTRY FEES (non-IDTA members)

Solo.....	\$35
Duo/Trio.....	\$65
Small Group.....	\$95
Workshop.....	\$195 per dancer
Coach fee.....	\$75

8. Workshop fee includes:

#### For the Dancer:

\*3 days instruction by professional choreographers

\* *Breakfast & Lunch for both days*

\* *Push the Limit t-shirt*

(\*\*Price does not include hotel room\*\*)

#### For the Coach:

\* Complimentary meet & greet, admission to coaches forums

\* *Breakfast, Lunch for both days*

\* *Push the Limit t-shirt*

(\*\*Price does not include hotel room\*\*)

9. ***ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTENSIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCEPTED.***

10. Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! *Sending one without the other will not hold your spot in this venue.*

11. All competition entries must be suitable for family viewing. Inappropriate routines, choreography, costumes and/or music could result in point reduction or disqualifications as deemed by the judges. The decisions of the judges are final.

12. Routines are permitted to have handheld props. Dangerous props are not allowed, which is a type of prop that has the CAPABILITY of causing any injury or compromising performance space.

13. There are no performance penalties given at the competition, except for illegal knee slams. Performers may wear any type of dance shoe, barefoot, jewelry, make-up and appropriate costume.

## **Competition Scoring Guidelines**

1. *Push the Limit* competition will be adjudicated by the professional choreographers. Each judge has a total of 100 points to award to each routine. Routines are judged as a total entity with points be awarded but not limited to: choreography, technique, showmanship, presentation, precision and costuming.
2. The score sheets for each routine will be given to coaches at the conclusion of the competition.
3. Decisions of the judges are final. Coaches/dancers are not permitted to discuss scoring, comments or results with judges.

## **Competition Awards**

1. Medals will be presented to all participants in each category.
2. The over-all top 3 routines in each division (junior high, JV and varsity) in each solo, duet/trio and small group will receive a trophy.
3. The first place winners will receive a full scholarship to the 2011 Push the Limit Summer Intensive. For the duet/trio and small group winners, the full scholarship will be divided among the winners in equal amounts.

## **Workshop Awards**

1. During classes the choreographer may distribute “outstanding effort” ribbons to dancers they feel are pushing their own limit. Each participant has the opportunity to receive multiple ribbons for each class they attend.
2. During the workshop classes, the professional choreographers will be on the lookout for the “Push the limit Dancer”. This is a person who sticks out in the crowd, trying her hardest and “pushing her own limit.” There will be 6 recipients of this award, and all six chosen will receive a full tuition scholarship to the intensive the following year.
3. In the case of a senior dancer, she is able to pass it along to any team member, which must be put in writing and signed by both the dancer and the coach. Failure to comply with this rule will result in a forfeit of this scholarship.
4. This award is not refundable, or transferable, with the exception of senior dancers.
5. All recipients of this award will be presented with a certificate and ribbon at the conclusion of the workshop.

## **Workshop Levels & Class Attire**

1. We strongly recommend that teams dress in attire that will allow the freedom to move, stretch, bend and be comfortable in. We do not require “matching camp clothes”, but they are acceptable. Dance attire, such as booty shorts, t-shirts, tank tops, leotards, etc. is what is commonly worn during class.
2. We recommend that teams wear shoes that are appropriate for each class. For example, Hip Hop & Pom: tennis shoes; Contemporary: bare feet; Turns & Leaps and Jazz: jazz shoes. If you do not have shoes for every class, we recommend whatever feels natural and best for the dancer. (Socks are allowed)
3. Beginner level class description
  - a. This class is designed for dancers who don’t have, or rarely have, any experience in that specific genre of dance.
  - b. Some of the terminology used in that specific genre of dance would be fairly new to them.
  - c. The dancer needs guidance on how execute movements with proper technique.
  - d. The instructor gives choreography at a slower pace and focuses on how to get better technique and performance from the dancer.
4. Intermediate level class description
  - a. This class is designed for dancers who have a fair amount of experience in that specific genre of dance.
  - b. The dancer would know terminology and have a basic understanding of what is required of them technically in that specific genre of dance.
  - c. The dancer needs no guidance on basic movements, but needs help with proper technique on harder elements.
  - d. The instructor can give choreography at a reasonable pace.
5. Advanced level class description
  - a. This class is designed for dancers who have many years of training/experience in that specific genre of dance.
  - b. Has complete understanding of the terminology and understands fully the technique required for that specific genre of dance.
  - c. The instructor can give challenging choreography at a reasonable/moderate pace.