Dutch National Ballet Academy

Academy of Theatre and Dance
Amsterdam University of the Arts

Information book

Preliminary course

School year 2020 - 2021

Contents

page

1. General information 3
    1.1 Address and contact details 3
    1.2 Reporting sick 3
    1.3 Change of contact details 3
2. Introduction 4
    2.1. The National Ballet Academy - training in three phases 4
    2.2 The training programme 5
    2.3 Outline of the subjects 5
    2.4 Evaluations, assessments and selections 7
    2.5 Prospects 8
        - Performances and stage experience 8
        - Collaboration with Dutch National Ballet 9
        - Attending Dutch National Ballet's dress rehearsals 9
        - Taking part in Dutch National Ballet's productions 10
    2.6. Practical matters regarding the National Ballet Academy 12
    2.7 House rules of the National Ballet Academy 13
3. MyAHK 15
    3.1. Requesting and activating MyAHK 15
4. Dancewear 17
    4.1. Clothing list for the National Ballet Academy 2020-2021 18
    4.2. Character shoes and boots 19
5. Parents' Committee 20
6. National Ballet Academy Health Protocol NBA 1 – 7 21
    6.1. NBA growth measurements 21
7. Health & Performance 23
    7.1. Advice and guidance 24
    7.2. Consultations 24
    7.3. Health Team contact details 26
8. Regular education 27
    8.1 Olympiaschool 27
    8.2 Gerrit van der Veen College for HAVO and VWO 29
    8.3 Zuiderlicht College for VMBO (BBL, KBL AND TL) 30
9. Important dates: 2020 - 2021 academic year NBA 32
10. Staff of the National Ballet Academy 32
11. Disclaimer 33

1. General information

1.1 Address and contact details

The Dutch National Ballet Academy operates in two buildings. Our youngest students in classes NBA 1 and 2 attend primary school, ballet and dance classes in the Agamemnonstraat. The students of NBA 3 and 4 follow the ballet and dance lessons in the Agamemnonstraat, and attend the Gerrit van der Veen college or the Zuiderlicht college for their secondary education. From class NBA 5, the students follow their ballet and dance lessons in the Jodenbreestraat and secondary education at the Gerrit van der Veen college or the Zuiderlicht college.

Main building (NBA 5 and up):	**Annex (NBA 1 – 4):**
Jodenbreestraat 3	Agamemnonstraat 44
1011 NG Amsterdam	1076 LW Amsterdam

School secretary:	Wendy Tadrous-Paulusma
Present:	Mo and Fri 09:00 – 13:00, Tue-Thu 09:00 – 17:00
Telephone:	020 - 527 78 43
E-mail :	wendy.tadrous-paulusma@ahk.nl
E-mail :	nba-info@ahk.nl
E-mail :	nba-ziekmeldingen@ahk.nl
E-mail :	nba-auditions@ahk.nl

(HNB) Productions:	Linda Witpaard
Present :	Tue 10 :00 – 18:00, Wed 9:30 – 18:00, Fri from home 9:00 – 17:00
E-mail :	linda.witpaard@ahk.nl
Telephone :	020 – 527 76 43

Scheduling :	Marion Vijn
Present :	Mo 12 :30 – 14 :30 Agamemnonstr, Tue 10 :30 – 17 :00 Jodenbreestr.
	Wed 9:30 -15:00 Jodenbreestr., Fri 9:00 – 12:00 home
Telephone:	020 527 76 77
E-mail:	marion.vijn@ahk.nl

Coördination NBA 1-7:	Amanda Beck
Present:	Mo 9:00 – 16:00 Agamemnonstr., Tue and Wed 9:00 – 16:00 Jodenbreestr.
	Thu 9:00 – 16:00 Agamemnonstr.
Telephone:	Agamemnonstraat 020 673 23 55 / Jodenbreestraat 020 527 76 77
E-mail:	amanda.beckers@ahk.nl

Caretakers Agamemnonstraat:

Telephone:	020 673 23 55
Annemarie Blom:	Mo 7:45 – 15:45, Tue 12:30 – 18:30, Thu 7 :45 – 14 :30, Fri 13:30 – 17:30
Heleen van der Hoogt	Wed 8:15 – 17:15, Thu 8:15 - 17:15
Vera Henneman	Mo 12:30 – 17:30, Tue 7:45 – 13:15, Fri 7 :45 – 13 :15

Website : https://www.atd.ahk.nl/opleidingen-dans/nationale-balletacademie/
Intranet : www.MyAHK.nl

1.2 Reporting sick
Pupils from NBA 1 - 4 in the Agamemnonstraat must be reported sick between 08.00 – 08.30.
Telephone number: +31 (0)20 - 673 23 55

Pupils from NBA 5 and upwards must be reported sick to the secretary at the Jodenbreestraat by e-mail: nba-ziekmeldingen@ahk.nl

BE AWARE: We urgently request you to report your son or daughter sick for every day that he or she stays home. When we don't receive a message we assume that the pupil is better and will be present at school.

BE AWARE: Reporting sick/notification of absence must always be done by a parent/guardian.

1.3 Change of contact details
If there is change to your child's address or telephone number, please inform us of this by e-mail: nba-info@ahk.nl
In addition AD/BA students need to change their contact details on Studielink.

2. Introduction

As the leading school for classical ballet in the Netherlands, the National Ballet Academy (NBA) provides the highest level of training to young talented dancers, allowing them to reach the professional standard required by Dutch National Ballet and other leading international ballet companies. The academy provides a safe, caring and stimulating environment for developing the children's talent.

By classical ballet, we mean the dance form seen in the classical repertoire of the 19th century, which in the Netherlands is performed mainly by Dutch National Ballet. Examples are the full-length ballets Swan Lake, The Sleeping Beauty and Giselle. The neo-classical repertoire of 20th-century choreographers like George Balanchine and William Forsythe is also firmly rooted in the classical ballet technique. Dance companies like Nederlands Dans Theater, Scapino Ballet and Introdans, which all have their own individual repertoire, only take on dancers with a good classical ballet technique.

The National Ballet Academy has a long history that goes back to the early 1930's, when a school was affiliated to the ballet company that performed and rehearsed at the Stadsschouwburg, in Amsterdam. The school was renamed the Nel Roos Academy in the 1960's. Its students included the famous prima ballerina Alexandra Radius and Fred Berlips, who was a principal dancer with Dutch National Ballet and has been teaching at the National Ballet Academy from September 1995 until December 2019. Scapino Ballet, founded in 1945, also felt the need for its own academy, which was indeed established not long after and became the Scapino Dance Academy. Students of this academy included international choreographer Didy Veldman and director of Dutch National Ballet Ted Brandsen. In the 1970's, the two schools became part of the Amsterdam Academy of Theatre and Dance, and the classical ballet courses of the Nel Roos Academy and the Scapino Dance Academy merged in 1987 under the name of the National Ballet Academy. The Dutch prima ballerina Igone de Jongh trained at the National Ballet Academy.

2.1. The National Ballet Academy - training in four phases

The NBA is the classical ballet school of the Academy of Theatre and Dance, at Amsterdam University of the Arts (AHK). The NBA training has three phases:

- the first phase: NBA classes 1 - 4 – parallel to primary school groups 7 and 8 and classes 1 and 2 of secondary education
- the second phase: NBA classes 5 - 7, parallel to classes 3 -4 (VMBO), 3 - 5 (HAVO) or 3 - 6 (VWO) of secondary education
- the third phase: the Associate Degree (AD) – this takes two years and culminates in a Associate's degree in Dance.
- The fourth phase: The Bachelor of the Arts program (BA) – consisting of the optional 3rd and 4th year. This program culminates in a Bachelor diploma. The BA program is a specialisation aimed at a theoretical deepening or at teaching in classical ballet.

The AD also admits international guest students, who complete the dance programme in one year. The don't follow the theory classes and are awarded a certificate.

Pupils are admitted to the first phase at the age of ten. The programme integrates regular education and ballet training. Alongside the daily ballet class, pupils take classes in pointework, modern dance, world dance, character dance, improvisation and Pilates. There are special classes for the boys, including jumping technique and strength training.

At the end of the second phase, selections take place for the AD/BA phase of the National Ballet Academy. Students going on to the AD/BA phase can then prepare fully for a career as a professional dancer, in the Netherlands or abroad.

The AD/BA phase involves an intensive training programme, in which students gain the skills required by all leading dance companies. It includes a wide range of classes: pointework, strength training, pas de deux, character dance, repertoire, variations, contemporary dance and various workshops. The studies also include theory subjects: anatomy and injury prevention, music theory and history of ballet. Each academic year traditionally closes with a series of performances in Dutch National Opera & Ballet, in Amsterdam.

2.2 The training programme

Students are trained to function well within the professional field of classical ballet, with regard to both technique and personality. Primarily, this means developing the greatest possible command of the classical technique, which is not restricted to one particular style. Besides the classical repertoire, students are also introduced to neoclassical and contemporary works. As the students learn to master different styles and techniques, they are able to work with a wide range of choreographers in the Netherlands and abroad.

The classes are based on a synthesis of English, French and Russian techniques and aim for openness and exchange, as today's classical dancers are required to have a broad training. In this regard, an important source of inspiration and reference point is the speed and complex musicality of the neoclassical repertoire, ranging from Balanchine to Forsythe. This is reflected in the curriculum and in the repertoire for the school performances. The classes focus on professional practice, with an emphasis on speed, accuracy and purity, as well as on awareness of style.

The classes are given by a permanent team of teachers and (international) guest teachers. In addition, workshops and short courses are regularly given at the NBA by choreographers, dancers and guest teachers from various companies in the Netherlands and abroad.

2.3 Outline of the subjects

Main subject Classical Ballet

Each year group has its own teacher who gives the daily ballet classes. His/her instructions are based on the methods set out in an existing ballet syllabus. Each year has its own specific content and associated requirements.

Pointework

Dancing on pointe is an essential part of classical ballet technique and is used in many classical ballets. Pupils are introduced to pointework in the second half of the first year. Pointework classes are part of the weekly programme for girls.

Boys' classes

In their classes, boys work specifically on jumps and turns. At the start of the learning process, this has a simple structure, which later becomes increasingly complex and challenging, involving ever greater demands.

World dance

In the first phase, pupils are introduced to various styles and forms of dance from different parts of the world. They are confronted with types of music not usually heard in the world of classical ballet, in order to develop an affinity with rhythms and dynamics.

Creative dance/contemporary dance

Before they are introduced to contemporary dance, the pupils have classes in creative dance, where they learn to move and dance more freely. Various methods are used to stimulate the young dancers' powers of expression and empathy. The emphasis in these classes is on developing the dancers' own creativity and imagination and teaching them to work from the inside out.

Supported Adage

Supported Adage is the preparation for the Pas de Deux classes, in which the male dancer supports the female dancer's movements. In the Pas de Deux classes, the dancers also practice lifts, where the girls are lifted up high by the boys.

Variations

In these classes, the pupils learn and become familiar with solo dances from the classical repertoire.

Repertoire

The repertoire classes introduce the pupils to classical ballets of the 19th century, as well as the neoclassical and contemporary repertoire.

Character

In the character classes, pupils are introduced to a variety of techniques and movement idioms from different countries. They learn to link these techniques and idioms to musical rhythms and various dance styles. They also work on excerpts from the classical repertoire.

Mental Skills lessons

It is very important for dance pupils/students to realise that developing as a dancer does not only take place on a physical level. In order to function, achieve and use their talents better, the pupils are given Mental Skills lessons. The lessons address issues like concentration, setting short-term and long-term goals, dealing with disappointment and frustration, dealing with compliments and corrections, the importance of a positive mindset and the value of visualisation.

Other topics addressed include perseverance, group pressure, dealing with tension, fear of failure, jealousy and recognising personal qualities. We look for answers to questions like "how can I get the most out of the dance classes?" and "how do I deal mentally with injuries?" Through class discussions, working in small groups and doing practical and creative assignments, the pupils become aware of the personal mental capacities that help them develop into autonomous young dancers.

2.4 Evaluations, assessments and selections

By appointment

Parents of NBA 1 and NBA 2 pupils can request a talk with the class teacher, if necessary. The class teacher of NBA 1 and NBA 2 pupils can also invite the parents/guardians for a progress talk.

Autumn reports

In December, pupils receive a report with feedback about all the dance subjects, and parents' meetings take place (see below).

Assessment classes and reports

Around March - May, assessment classes are held for NBA 2 - 7. In these classes, the pupils are assessed on their progress by a committee comprising the artistic director of the National Ballet Academy, a number of teachers and an external guest. When the reports have been sent out, parents are invited for a talk with the class teacher, to discuss the results.
For detailed information, please see the NBA assessment regulations, which can be obtained from the school secretary on request, and the complaints and disputes regulations on www.MYAHK.nl
The reports will be sent out by post or email. Once they have been sent, the NBA has no further influence on the exact delivery date. So please be aware that not all the reports will necessarily arrive on the same day.

Parents' meetings

Important meetings are held about the autumn report and the assessment report. For parents, these meetings take place with the teacher and last around ten to fifteen minutes. There are obligatory meetings for the parents of pupils of NBA 2 (group 8) and the pupils of NBA 5 (HAVO/VWO 3). In the meeting, parents and the artistic director or staff teacher and class teacher discuss the important transition from primary to secondary education and the start of the 2nd phase.
If you would like to speak to a teacher outside these meetings (twice a year), you can make an appointment through the NBA secretary. We kindly request you not to call teachers on their home phone number.

Selection

There are various selection moments throughout the training process, as described above under the headings 'Autumn reports' and 'Assessment classes and reports'. They are set out in the NBA assessment regulations, which can be obtained from the school secretary on request.

The artistic director reserves the right to deviate from the aforementioned selection procedure in exceptional cases. You can request detailed information about the assessments from the secretary, in the form of the document: Beoordelingssystematiek vooropleiding Nationale Balletacademie 2017-2018 (Assessment system of the Pre-NBA programme 2017-2018).

2.5 Prospects

A great many National Ballet Academy graduates go on to dance with international ballet companies. Many former National Ballet Academy students are currently dancing with Dutch National Ballet, such as Igone de Jongh, Hannah de Klein, Nathan Brhane, Nancy Burer, Jessica Xuan, Bastiaan Stoop, Daniel Montero Real, Yuanyuan Zhang, Timothy van Poucke, Joey Masserelli, Kayla Fitzpatrick and Manu Kumar.

And vice versa, a great many renowned ex-dancers from Dutch National Ballet are employed as teachers at the National Ballet Academy.

We are also proud that in recent years National Ballet Academy students have been given contracts with leading international dance companies all over the world.

Despite the turbulent period and the closure of academies and theatres in the spring of 2020 due to the corona virus, with which a large part of the audition period was cancelled, there is still a good result in the transfer of students of the National Ballet Academy & Junior Company after the academic year 2019 – 2020

Mila Nicolussi Caviglia	Junior Company Het Nationale Ballet
Giorgi Potskhishvili	Junior Company Het Nationale Ballet
Isaac Mueller	Junior Company Het Nationale Ballet
Philippe Magdelijns	2de jaar Junior Company
Emma Mardegan	2de jaar Junior Company
Sebia Plantefeve	2de jaar Junior Company
Claire Tjoe-Fat	2de jaar Junior Company
Leo Hepler	Het Nationale Ballet
Beatriz Kuperus	Het Nationale Ballet
Elisabeth Tonev	Het Nationale Ballet
Davi Ramos	Het Nationale Ballet
Daniela Thorne	Junior Ballet Zurich
Gregoire Duchevet	Junior Ballet Zurich
Sena Kitano	Northern Ballet
Gaia Finetto	Czech National Ballet
Lea Visser	stage contract Introdans
Leah Reiter	stage contract Introdans
Gene Goodman	Introdans

<u>Transition to the AD/BA course as a continuation of NBA 1 - 7</u>

Admissions to the BA phase of the National Ballet Academy are decided by the artistic director and the ballet teachers of the National Ballet Academy, on the advice of external experts from the professional field. The artistic director and teacher discuss their decision with the pupil.

Performances and stage experience

Stage experience is very important for our pupils and our training focuses on this aspect.
Every year, the NBA organises demonstrations in which parents can see the pupils' development on stage. There are also small studio presentations and presentations of the pupils' 'own work' (NBA 1 and 2).

The main presentation moments are the demonstration performances and the annual end-of-year performance "Dancers of Tomorrow", held in the Dutch National Opera & Ballet or another large local theatre.

All pupils and students take part in the annual performance "Dancers of Tomorrow", to a greater or lesser degree. The artistic director is responsible for casting the programme. The artistic director reserves the right to change the casting at any time (reflecting professional dance practice).
NBA pupils and students also perform with Dutch National Ballet. In the 2020-2021 academic year, pupils will take part in the Dutch National Ballet's Gala, and other productions that are yet to be announced.

NB: To ensure smooth rehearsals for the stage performances, it is important that all pupils attend every rehearsal. During preparations for productions, please be aware that rehearsals may take place at weekends, in the evenings and during holidays.
After the May holiday, rehearsals for the end-of-year performance will also take place on Saturdays.

Collaboration with Dutch National Ballet

The National Ballet Academy is the school of Dutch National Ballet. The artistic director of our school meets with the artistic director of the company to discuss the educational and artistic developments of our curriculum. Ted Brandsen, the artistic director of Dutch National Ballet, has held the position of Artistic Adviser to the National Ballet Academy since the 2013-2014 academic year.

Dutch National Ballet's Junior Company

The Junior Company comprises twelve extremely talented young dancers; six of whom are talented students of the National Ballet Academy.
Each of them has the potential to develop into a future soloist.
Every year, this group tours the Netherlands with an exciting programme of excerpts from the classical and neoclassical repertoire and newly created ballets. The talented youngsters also dance in Dutch National Ballet's large-scale productions, making the Junior Company the ideal springboard for young ballet dancers.

Ernst Meisner, ex-student of the National Ballet Academy and former dancer with Dutch National Ballet and The Royal Ballet in London, is the artistic leader of the Dutch National Ballet Academy and the artistic coordinator of the Junior Company.

The Dutch National Ballet's Junior Company is a collaborative venture between the Dutch National Ballet and the National Ballet Academy.

Attending Dutch National Ballet's dress rehearsals

Every academic year, the whole of the National Ballet Academy is invited to attend some of the dress rehearsals of Dutch National Ballet. They are free of charge and are a wonderful opportunity for pupils to watch the company's programmes before they are shown to the public. Sometimes, the

academy is told that a dress rehearsal is not open to the public. This decision can be taken by the company at short notice. The academy decides which classes can attend the dress rehearsals, depending on the school timetable and the company's programme.

If they are attending a dress rehearsal, NBA 1 and 2 usually stay behind at Agamemnonstraat after their classes and are provided with a simple evening meal by parent volunteers and the NBA. The pupils are then taken to the theatre by teachers and/or parents. Pupils must bring along a public transport pass. Several NBA teachers and parent volunteers are present during the dress rehearsal. After the dress rehearsal, the NBA 1 and 2 pupils are picked up by their parents/guardians.

Pupils of NBA 3 and 4 eat a meal they bring themselves in the canteen of the Academy of Theatre and Dance, at Jodenbreestraat, Amsterdam. The canteen has a microwave for heating up meals. The pupils are accompanied to the theatre by a parent volunteer.

NB: The following house rules apply to attending dress rehearsals:

- Pupils must show respect to the artists on stage. Pupils must also behave quietly in the intervals. In the case of bad behaviour, pupils may be denied permission to attend future dress rehearsals.
- Mobile phones must be switched off during the performance.
- All pupils, parent volunteers and teachers on duty must be in the theatre at least half an hour before curtain-up on the rehearsal.
- Tickets for the dress rehearsal are handed out by a teacher or parent volunteer in the hall of the theatre, from half an hour before curtain-up on the dress rehearsal.
- No sweets, drinks and/or food may be consumed in the auditorium. Pupils may not use the bar facilities in the intervals.
- Coats and bags must be handed in to the attended cloakroom at the theatre.
- Unless notified otherwise, all pupils are expected to attend dress rehearsals by Dutch National Ballet. These visits are part of the curriculum. If a pupil is not able to attend, the school secretary must be notified in advance.
- Not all the classes attend all the dress rehearsals. You will be informed well in advance of which dress rehearsal your son/daughter must attend.
- In the intervals, a special room is allocated to the pupils of classes 1 - 4, supervised by teachers and parent volunteers.
- Parents may only attend dress rehearsals if they are registered as a member of the Parent Supervision core team and have been assigned to the dress rehearsal concerned. (It is possible to register through the chair of the Parents' Committee).
- Pupils may not invite family members and/or friends to attend the dress rehearsals.
- Parents of NBA 1 and 2 pupils must arrive on time to pick up their son/daughter from the main entrance of the theatre.

Taking part in Dutch National Ballet's productions

Besides attending dress rehearsals, pupils also take part in Dutch National Ballet's full-length productions, like Swan Lake, The Sleeping Beauty, Nutcracker, Don Quichot, Cinderella and Romeo & Juliet.

They gain stage experience in this way, and it is an important learning process for NBA pupils and students to become familiar with the professional dance world. Taking part in Dutch National Ballet's full-length productions is done in agreement with parents and with the permission of the Dutch

Inspectorate of Labour and Education. Pupils take part in performances under the supervision of NBA teachers. Performances sometimes take place in school holidays. Rehearsals for these performances regularly take place outside school hours, at Dutch National Ballet or at school. We will inform pupils and parents well in advance.

Parents of pupils taking part in a performance by Dutch National Ballet can book tickets for the performance through the NBA (with the exception of the Gala/ Defilé on the 14th of September). You will be informed in advance of the booking procedure and of how many tickets you can book.

NB: The planning and organisation of these productions is very complicated, so there is unfortunately no room for change. No exceptions can be made with regard to casting and/or performance dates. All decisions about casting the pupils are made by Dutch National Ballet in agreement with the NBA.

In the 2020-2021 academic year, National Ballet Academy pupils will take part in the productions listed below. Announcements will be made well in advance as to which pupils are involved and when your son/daughter is taking part.

NB: All dates and productions are subject to change! Not all the pupils in a class will take part in all the productions.

List of Dutch National Ballet's productions in which the NBA is taking part:

1. Gala / Defilé

Monday the 14th of September 19.30. All pupils and students take part in the Defilé.
NB: for this performance, NO tickets can be booked through the NBA. You can only book tickets through the box office of Dutch National Opera & Ballet.
www.operaballet.nl.

2. La Bayadere – Makarova / Petipa

- Octobre 2020

3. Nutcracker and the Mouseking - Eagling/van Schayk/ Tchaikovsky

(wit hall pupils of NBA 1 en 2 and selected pupils from NBA 3 and students from the AD).

- December 2020 and January 2021 - **NB: there are performances during the Christmas holiday!**

2.6. Practical matters regarding the National Ballet Academy

Registration in the Netherlands

Foreign students must be registered in the Netherlands. The BSN number is requested by the Dutch National Ballet when participating in productions.

Insurance

The health insurance of the parents is the first port of call in the case of accident. Please note that an accident must be reported to the insurance company within 24 and/or 48 hours of its occurrence.
For all curriculum-related activities, including taking part in the Dutch National Ballet's performances, the Amsterdam University of the Arts has taken out an accident and liability insurance.

Reporting sick

Pupils from NBA 1 - 4 must be reported sick to the Agamemnonstraat between 08.00 – 08.30 (telephone +31 (0)20 - 673 23 55).
Pupils from NBA 5 and upwards must be reported sick before 9 am to the secretary at the Jodenbreestraat by e-mail: nba-ziekmeldingen@ahk.nl

If a child is off sick for more than two weeks, a doctor's note must be obtained for the NBA.
This is because the NBA needs to know whether the child is strong enough to take part in the lesson programme. If not, then the lesson programme will be adapted accordingly.

NB: For every day that pupil stays home, they should be reported sick.

Excused absence form

Please arrange appointments with doctors, dentists and orthodontists outside the dancing timetable as far as possible. If this is not possible, please inform us of the appointment beforehand by filling in an excused absence form which is available in the NBA office (Jodenbreestraat)
Also for weddings, auditions or any other reason for which a pupil will miss 1 or multiple days of school, an excused absence form must be filled in. This must be signed by the management for approval. After approval, the student is expected to inform the teachers of his / her absence.

Lockers

At both the Agamemnonstraat and the Jodenbreestraat premises, pupils can use clothes cupboards/lockers. At Agamemnonstraat, pupils pay a € 10 deposit for a key (to Annemarie Blom). At Jodenbreestraat, pupils and students are allocated a locker.

AHK card

All regular users of the Academy of Theatre and Dance have a personal AHK card. All pupils of the NBA also receive an AHK card.
The AHK card can be topped up by debit card on the 6th floor of the Academy of Theatre and Dance, at Jodenbreestraat. Pupils and students can then use the photocopier and get food and drinks from the vending machines.

The card must also be used to gain access to the building at Jodenbreestraat, and serves as an ID when entering the building of Dutch National Ballet.

In some cases, the card also gives a personal discount on tickets for performances by Dutch National Ballet (depending on availability). The Dutch National Ballet box office can provide more information about this.

Parental contribution for the NBA (tuition fee)

For the 2020-2021 academic year, the fee for dance tuition for pupils from the EU is € 1500,- students coming from a country outside of the EU pay € 3500,-.
All parents of enrolled children receive a letter about how to pay this obligatory parental contribution. If you have any questions about payment, please contact the Central Student Administration office: csa@ahk.nl

Travel within Amsterdam and outside

Throughout the whole period they spend at the National Ballet Academy, pupils will have to travel to and from theatres or presentation locations, for rehearsals, presentations and performances, and to attend performances.

In the regular NBA lesson times, pupils of NBA 1 and 2 always travel under the supervision of one or more teachers/parent volunteers.

In the case of travel outside regular NBA lesson times (e.g. from home to the NBA/theatre, or returning home after a ballet class, rehearsal or performance), parents/guardians are personally responsible for their son/daughter.

Travel that takes place as part of activities/lessons at Olympiaschool or Gerrit van de Veen College is not the responsibility of the NBA.

Photographs/videos/filming/interviews

Throughout the academic year, pre-NBA pupils may be filmed, photographed or interviewed for the NBA archives, NBA publications and the AHK website/social media, or for radio, film and television with the permission of the NBA.

It is unfortunately impossible to ask your permission for each individual occasion. We therefore take this opportunity of informing you of the possibility of publishing visual material of NBA pupils. Prior to publication or any other form of making the material public, it will always be presented in advance to the artistic director for approval.

If you object to your son or daughter being photographed or filmed, or if you have any questions about this subject, please contact the school secretary of the National Ballet Academy: www.nba-info@ahk.nl

2.7 House rules of the National Ballet Academy

1. There is a prescribed dress code. Pupils without the correct dancewear may be denied access to a class/rehearsal.
2. Wearing earrings and/or other jewellery (with the exception of small studs for NBA 5 - 7) is prohibited during classes.
3. Wearing conspicuous make-up and/or nail polish is prohibited.
4. Outside the studio, pupils must wear slippers or shoes and only the NBA tracksuit.
5. Pupils are not allowed to leave the building (Agamemnonstraat / Jodenbreestraat) in dancewear/warm-up clothes.
6. Entering the studios in street shoes is prohibited, as is taking food and drink (except water) into the studios.
7. The use of mobile phones and/or tablets or other electronic equipment is prohibited during classes. Electronic equipment must be kept in bags during classes.
8. All pupils must be present well in advance of the start of the class/rehearsal.
9. Absence due to illness or for other reasons must be reported to the school secretary by a PARENT/GUARDIAN. The NBA would like to be informed of a pupil's absence on a daily basis. We kindly request you to make appointments with doctors, dentists and orthodontists outside the dancing timetable as far as possible.

10. Pupils' absence from classes and/or rehearsals for reasons other than illness must be restricted to clear cases of circumstances beyond your control.
11. Rehearsals on Saturdays: there will be regular rehearsals on Saturdays for NBA performances/events or for taking part in Dutch National Ballet's performances. To ensure smooth rehearsals, it is important that all pupils attend every rehearsal. Preparing for and participating in the end-of-year performance is a compulsory part of the training for all NBA pupils and students. After the May holiday, rehearsals for the end-of-year performance will take place on Saturdays.
12. Without the permission of the artistic director, pupils and parents may not take photos/videos of each other at the school and/or at performance and rehearsal locations, and may not post them on the internet or otherwise distribute them.
13. It is strictly forbidden to take photos or to film in the dressing rooms.
14. The only classes that may be attended by parents and other people are the public classes, which are organised once a year. The dates of these public classes will be announced well in advance. Taking photos/filming during classes is prohibited.
15. NBA pupils are not allowed to take ballet classes elsewhere unless permission has been given by the artistic director of the NBA.
16. NBA pupils are not allowed to take part in performances elsewhere (e.g. TV/theatre/productions) unless permission has been given by the artistic director of the NBA.
17. Taking part in performances by amateur schools is only permitted on agreement between the NBA management and the management of the amateur school concerned.
18. Interviews and other contacts that concern the NBA, with newspapers, magazines, radio, television and/or other media, may only take place after receiving permission from the artistic director of the NBA.
19. If pupils deliberately cause damage to the buildings or furniture, the school may hold the parents of the pupil(s) concerned liable for the damage and the costs of repair. We recommend taking out third-party insurance for pupils.
20. Loss/theft: the school cannot be held liable for the loss of clothing, money and other items. Lockers are available at both Agamemnonstraat and Jodenbreestraat for storing money and other valuable items. Unfortunately, theft cannot always be prevented, so we advise pupils not to bring valuable items and large amounts of money to school with them.
21. When pupils take part in performances by the school or by Dutch National Ballet, parents may not enter the dressing rooms or go backstage, unless they are registered as a parent volunteer (through the NBA Parents' Committee).
22. Attending the dress rehearsals of Dutch National Ballet is compulsory.
23. Taking part in the Open Days is compulsory.
24. In cases not covered by these house rules, the decision lies with the artistic director of the NBA.

3. MyAHK

The National Ballet Academy is part of the Academy of Theatre and Dance faculty at Amsterdam University of the Arts (AHK). It therefore uses the electronic environment of this institution.

MyAHK is the intranet of AHK, where you can find your AHK e-mail, the Asimut schedule and the latest news and announcements. Logging in gives you access to the main secure digital services of AHK, such as your e-mail and the website. All students of AHK, including NBA pupils and students, have access to the MyAHK network.

It is important to immediately activate the AHK account after registration and to log in and view the email daily, because all communication takes place via MyAHK. Everyone is expected to be aware of this.
NOTE: Parents / guardians are expected to regularly read the AHK email! No emails will be sent to private email addresses of parents. AHK mail can be forwarded to your private mail, instructions on how to do this can be found on the intranet myAHK.
When activating the AHK account you will be asked for a passport photo. Please upload a recent passport photo less than 1 year old.

MyAHK gives you access to:
Start page
Logging in through the address www.MyAHK.nl takes you to the start page of MyAHK. This is a partly personalised website that combines information from various sources. You can see at a glance the latest e-mails you have received and the latest news and announcements. It also gives you access to the timetable, through the programme Asimut.

School timetable
All up to date timetables can be found in the program called 'Asimut'. Next to viewing the timetables online, there are some screens (touchscreens) present in the building where you can also find the timetables.
The timetables are available through the following steps:

Via MyAHK.nl:	Go to MyAHK.nl
	Login
	Choose the tab 'Schedules ATD'

We have tried to upload the timetables as complete and accurate as possible in Asimut. Nevertheless, should you encounter an error in the timetable or in the system, please let us know! If you have any further questions regarding the timetables, please contact Marion Vijn via the email address marion.vijn@akh.nl

E-mail
Each student enrolled at the AHK and each member of staff has their own personal e-mail address. All of the communication from the AHK, the faculty and the school takes place through this e-mail address. Parents and pupils/students are expected to use this address and check it regularly.

Faults
For all problems and malfunctions regarding the AHK account, please contact the helpdesk via helpdesk@ahk.nl or 020 527 77 52

3.1 Requesting and activating MyAHK:
Since September 2013, e-mail communication from the National Ballet Academy to parents, pupils and students takes place only through AHK e-mail accounts.
New NBA pupils are given a personal e-mail address consisting of:
first name.surname@student.ahk.nl

You can log in through www.MyAHK.nl

NB: If by the end of August you have not yet received an e-mail with instructions for activating MyAHK, you should request MyAHK through the AHK helpdesk.
The instructions are as follows:

In order to activate the MyAHK account and receive the login details, you must contact the AHK helpdesk
From your private e-mail address, send an e-mail to:
helpdesk@ahk.nl with the subject line: “request for login details MyAHK NBA pupil”
The e-mail must state the following:

1. I hereby request the login/activation details for MyAHK for my son/daughter NBA pupil.

   His/ her name is:…….
   Street:……
   Postcode:…….
   Town/city:…….
   Date of birth:
   Telephone number:

   The helpdesk will activate the account after verifying the name and address details for security reasons, and will send the login details and instructions in a reply message (this can take around 3 working days).

2. Follow the instructions in the reply message from the helpdesk for activating the account.
3. You can now access MyAHK. You can log in through www.MyAHK.nl

4. Dancewear

Jane Lord is the coordinator for the clothing of the National Ballet Academy.
Her e-mail address is jane.lord@ahk.nl

The National Ballet Academy has clear rules about the dancewear to be worn during all classes and rehearsals. A number of rules have been drawn up for the compulsory dancewear to be worn at the National Ballet Academy. These rules must be kept. Pupils who do not dress in the correct dancewear may be denied access to classes.
There is a clear dress code for dance classes. Dancewear and shoes must have the pupil’s name in them. Pupils are expected to appear neat and clean in the classes and their clothing must be tidy.

DJANGO DANCE WEAR
Clothing is provided by the Dutch representative of Wear Moi, Frank Paffen of Django Dance Wear. The firm Wear Moi and Django Dance Wear gives NBA pupils a 20% discount on dancewear purchases.

Contact details:
Django Dance Wear / Frank Paffen
Telephone number 0464 42 44 21
info@djangodancewear.nl
www.djangodancewear.nl

Hair

Girls: hair in a neat bun, with no conspicuous hair slides.
Boys: hair neat and off the face; no long or shoulder-length hair.

- Hair gel: hair gel may not be used during contemporary dance classes (otherwise the floor may become slippery during floor exercises).
- Body lotion: pupils may not use body lotion before classes (otherwise the floor may become slippery during floor exercises).

Ballet shoes and pointe shoes

We request that you only purchase ballet shoes made by Sansha or So Danza.
All boys' and girls' ballet shoes must have elastics over the arch. Teachers can advise you on how to attach the elastics to the ballet shoes.
Pointe shoes are fitted for NBA 2 pupils at Agamemnonstraat.

Socks

No socks are worn for contemporary dance classes, unless the teacher decides otherwise.

Jewellery

No jewellery may be worn during classes, partly for reasons of safety, with the exception of small ear studs from NBA 5 onwards.

NBA tracksuit

It is compulsory to wear the NBA tracksuit for all rehearsals, presentations and performances at school, at Dutch National Ballet and outside school.

4.1. Clothing list for the National Ballet Academy 2019-2020

Girls classes NBA 1 and NBA 2

- 2x leotard type Galaté (NBA 1 in the colour white, NBA 2 in the colour sky blue)
- 1x ballet skirt type Alegro (colour of the leotard)
- 2x pink Wear Moi tights with an opening under the sole (Div.03)
- 2x black Wear Moi footless tights (for modern/creative) (Div.60)
- 1 pair pink split-sole canvas ballet shoes + elastics (Sansha/So Danza)
- Pointe shoes + ribbons (NBA 1: fitting and purchase at school in January 2021)
- 1 pair character shoes (for hire, see below)
- 1x tracksuit with NBA logo

Girls classes NBA 3, 4, 5, 6 & 7

- 2 or 3x leotard type Galaté

  NBA 3: in the colour light grey
  NBA 4: in the colour dark grey
  NBA 5 & 6: in the colour navy blue
  NBA 7: in the colour burgundy

- 1x ballet skirt type Alegro (in the colour of the leotard)
- 2x of 3x pink Wear Moi tights with an opening under the sole (Div.03)

- 1x black Wear Moi footless tights (for modern/creative) (Div.60)
- Pink split-sole canvas ballet shoes + elastics (Sansha/So Danza)
- Pointe shoes + ribbons
- 1x black character skirt
- 1x pair character shoes (for hire, see below)
- 1x tracksuit with NBA logo

Girls AD/BA

- 3x leotard type Galaté in black
- 1x ballet skirt type Alegro in black
- 2x pink Wear Moi tights with an opening under the sole (Div.03)
- 1x black Wear Moi footless tights (for modern/creative) (Div.60)
- Pink split-sole canvas ballet shoes + elastics (Sansha/So Danza)
- Pointe shoes + ribbons
- 1x tracksuit with NBA logo
- For AD 1 and guests: 1x pair character shoes (for hire or sale, see below)
  1x black character skirt

Boys NBA 1-7:

- 3x leotard in white (Horacio),
- 3x tights in navy blue, footless (Alban),
- 1x tights in black, footless (Alban),
- 2x dance belts for older students (flesh-coloured)
- White socks and white ballet shoes
- 1 pair character boots (NBA 1-3) or shoes (NBA 4 and higher) (for hire, see below)
- 1x tracksuit with NBA logo

Boys AD/BA:

- 3x leotard in black (Horacio),
- 3x tights in black, footless (Alban),
- 2x dance belts (flesh-coloured)
- Black socks and black ballet shoes
- 1x tracksuit with NBA logo
- For AD 1 and AD 1 guests: 1 pair character shoes (for hire, see below)

NB: Pupils of NBA 1 - 7 + AD 1 and AD guests need character shoes/boots. Boys from NBA 5 need character shoes (not boots).

4.2. Character shoes and boots

Pupils of NBA 1 – 7, the girls and boys of AD 1 and AD guests need character shoes/boots. The boys of NBA 4/5/6/7 need character shoes and the boys of NBA 1 – 3 need boots. In collaboration with the National Ballet Academy, Igor Kourchine from 'Moving Harmony' provides these character shoes and boots. Igor danced professionally himself for many years and knows how important it is to wear the correct high-quality shoes.

The shoes provided are hand-made in Russia. They meet all the requirements of a professional company. Their anatomical form and soft leather mean that the shoes fit the foot well, giving maximum freedom of movement. The leather heels prevent slipping and are long-lasting.

At the start of the academic year, Igor Kourchine comes to the school to fit the shoes/boots. Prior to his visit, pupils/parents must contact him themselves in order to arrange a hire agreement and deposit for the shoes/boots.
All contact and discussion about the hire agreement, fitting shoes, the deposit and payments take place directly through Igor and 'Moving Harmony', and not through the NBA.

Hire fee for the 2020-2021 academic year (subject to change):
Girls' character shoes: € 5 per month; character boots NBA 1, 2 and 3: € 8.50 per month.
Boys' character shoes for NBA 4,5,6 and 7: € 6.50 per month.
The difference in fee is due to the fact that the cost price for boots and male character shoes is higher, as they are specially designed for character dance as taught at the NBA.

If you have any questions, please contact:
Igor Kourchine, Moving Harmony
Tel: +31 (0)6-29048892 or +31 (0)20-7780682
e-mail: dans@movingharmony.nl
website: www.movingharmony.nl

5. Parents' Committee

The Parents' Committee (abbreviated to PC) has a supporting and advisory role. Based on a meeting schedule and if necessary on an ad hoc basis, the PC and the NBA management discuss the daily affairs of the academy. Contact is also maintained with Olympiaschool and Gerrit van de Veen College. The PC assists with theatre visits, the Open Day and the end-of-year performances.
The PC comprises one or two members for each year group, one parent representative for Gerrit van de Veen College and one chair/coordinator. The parents participating in the PC are often, but not always, elected. The PC members are appointed, in principle, for a period of three years.

Meetings
The PC meets around six times a year. In order to serve the interests of parents and pupils and to optimise the contact between parents and the academy, an annual parents' meeting is held. The annual parents' meeting is expected to be held in March 2021, in the Academy of Theatre and Dance (Jodenbreestraat). A lecture related to the dance training will be organised, following which there will be an opportunity for parents to meet and talk to one another.
Previous lectures were given, for example, by Esther van Etten (NBA nutrition expert), Leila Kester (NBA Pilates teacher) Erzi Hoogveld (coordinator of the NBA/AHK Dance & Health department), Marion Vijn (NBA mental skills teacher) and Ernst Meisner (artistic coordinator of the Junior Company/artistic director NBA).

Spearheads of the PC
The PC has several spearheads in its policy, through which it aims to help the NBA raise the quality of the school in areas considered important on the basis of its own experience and input from parents. Spearheads for the coming year include optimising communication and collaboration between NBA, Olympiaschool, Gerrit van de Veen and the PC. In the coming year, the PC also wants to enter into dialogue with Zuiderlicht College. The PC will also try to organise a visit to a well-known dance company (e.g. NDT or Introdans) this academic year, for NBA pupils and teachers. A film evening will

also be organised, led by a prominent guest. Previous guests have included Igone de Jongh, Jane Lord, Rachel Beaujean and Marijn Rademaker.

Core team of parent volunteers

Since 2011, the NBA and Dutch National Ballet have joined forces in forming a core team of parent volunteers, who supervise NBA pupils backstage during Dutch National Ballet's performances in Dutch National Opera & Ballet.

In the 2020-2021 season, NBA pupils will be taking part in some productions by Dutch National Ballet. You can find the productions in this information book.

The core team of parent volunteers also helps out at dress rehearsals by Dutch National Ballet in Dutch National Opera & Ballet and with the organisation of the annual end-of-year performance. A number of parents from the core team are asked to supervise each production. The number of parents required depends on the scope of the production and on the number of rehearsals and performances. For supervising Dutch National Ballet's productions in Dutch National Opera & Ballet, Dutch National Ballet usually refunds the travel expenses incurred by the members of the core team.

As of the 2015-2016 academic year, the NBA and Dutch National Ballet ask the parents from the core team of parent volunteers to submit a Certificate of Conduct (VOG). The cost of applying for this certificate is refunded by the NBA.

NB: Parents who would like to sign up as a member of the core team of parent volunteers can send an e-mail to: nbaoudercommissie@gmail.com

Contact: If you would like to contact the Parents' Committee, you can do so through the PC representative of the class of your son/daughter or through nbaoudercommissie@gmail.com

6. National Ballet Academy Health Protocol NBA 1 – 7

Screening

- Pupils accepted for the NBA are obliged to undergo a medical examination by the school doctor. Pupils may also be sent to the school doctor throughout the academic year by the NBA and the Health & Performance team. Parents of pupils who wish their child to undergo further medical examination can go to their own GP. If relevant, the results of this examination can be shared with the NBA's health representative.
- In addition, prospective pupils are examined by a physiotherapist affiliated to the academy.

Costs

- On acceptance for NBA 1 - 4, the costs of both the medical examination and the examination by the physiotherapist are € 65.
- On acceptance for NBA 5 - 7, the costs of both the medical examination and the examination by the physiotherapist are € 115.
- The costs for the medical examination upon entry from the preliminary course to AD / BA are € 50.00. If desired, an examination will also be performed by a physiotherapist at € 65.00
- The costs for the medical examination, examination by the physiotherapist and Follow-up together amount to € 115.00 upon entry into AD / BA.
- The costs for the medical examination, examination by the physiotherapist and Follow-up together amount to € 145.00 when guest students enter AD / BA.

General information

- Three times a year, an evaluation of two objectives (growth and physique) is carried out.
- Parents are requested to share all relevant information about their child(ren) that may influence the NBA training with NBA's health representative.
- NBA's health representative gathers all the relevant details, so that doctors, parents and the NBA can consult them, if necessary. There are strict agreements between these three parties with regard to confidentiality.
- All details are included in the pupil's medical file and can be consulted if necessary by the parents and NBA's health representative.
- These details may not be used in any way for records outside the school or for any other purpose.
- If the NBA has any concern about a pupil being underweight or overweight, the parents and the Health & Performance team will immediately be called in to gain further advice or to draw up a suitable treatment plan.
- In consultation with the parents, and with their permission, the Health & Performance team will refer the pupil to a psychologist and dietician affiliated to the Academy of Theatre and Dance for advice. In the case of further treatment, pupils may be referred on to an external specialist.

6.1. NBA growth measurements

As part of the curriculum of a leading ballet academy, it is important to monitor pupils' growth progress, so that personal advice and guidance can be given regarding the workload, various aspects of training and nutrition.

Strength

If a pupil's strength is diminished, measures are taken to guide the young dancer in regaining their health and full strength. Sometimes, there is a clear reason for strength diminishing, but in other cases it is important to take measurements in order to obtain correct information and an objective picture.

With regard to this, the growth of the pupils of NBA 1 – 7 is measured. By measuring height and body composition, we can monitor whether and when a pupil is experiencing a growth spurt that is diminishing their strength. Based partly on these measurements, action can be taken to make adjustments for the strength of the pupil and thus to optimise the training process.

There are many possible situations that can diminish strength, including:

- Rehabilitation after an injury
- Physical exhaustion/stress
- Mental exhaustion/stress
- Insufficient stamina
- Insufficient power or jumping power
- Underweight/overweight
- Medical complaint (illness)
- Growth spurt

Growth spurt

Fast growth (a growth spurt) may have an effect on concentration, movement coordination and learning new material, etc. It is important to recognise a growth spurt, so that teachers can make adjustments in their classes, if necessary.

It is also important to monitor any change in body weight. A healthy body weight is very important for the strength of a growing pupil.

On average, girls experience the most growth up to the age of 14, peaking at the age of 12 (the maximum growth speed is around 8.3 cm), and boys grow most up to the age of 16, peaking at the age of 14 (the maximum growth speed is around 9.4 cm). As a rule, the growth period extends to the age of 18, although there are exceptions. Development growth as a whole goes on till about the age of 21.

First of all, the hands, feet and head of the young adolescents start to grow, followed by the arms and legs, and lastly the torso grows and the shoulders broaden. Body weight usually increases for girls when they are 12 and for boys when they are 14.
There is a strong correspondence between a growth spurt and sexual maturation, as a growth spurt is caused by sex hormones, rather than by growth hormones. Growth hormones regulate the total growth process and ensure the correct balance of fat, water and muscle in the body. They stimulate cell reproduction and the generation of strong bone tissue. Growth hormones also influence powers of concentration and memory.
The NBA follows pupils' personal growth and physical development. If a pupil's growth curve deviates from the norm, this does not necessarily mean there is something wrong. In these cases, we look at whether the pupil is experiencing individual progressive growth.
The growth of NBA pupils is measured three times a year by a regular paramedic from the Health & Performance team. Growth of 1 cm per 4 weeks is regarded as strong growth and between 0.8 and 1 cm per 4 weeks as reasonable growth.

<u>Measurements of growth and body composition</u>

NBA 1 - 7: 3 times per year
- Measurement 1: September 2020
- Measurement 2: January 2021
- Measurement 3: May 2021

<u>How is the measurement information used?</u>
The results are processed and stored in the pupil's personal file, which is not public. The data is gathered by the Health & Performance coordinator of the Academy of Theatre and Dance, and if it deviates from the norm it is discussed with medics and paramedics affiliated to the NBA.
Any subsequent actions are taken on the advice of the paramedics and discussed with the coordinators of the NBA and with the parents.

For more information, parents can contact the Health & Performance coordinator of the Academy of Theatre and Dance, Erzi Hoogveld (erzi.hoogveld@ahk.nl).

<u>IN THE EVENT OF INJURY</u>
The NBA protocol:
1. On their own or with the help of a teacher, pupils make an initial assessment of the pain and the seriousness of the injury.
2. If it appears to concern normal muscle pain – caused by intensive training – the advice will be to stop and/or rest, and to check the pain again after a few hours or a day.

3. If the pupil and/or teacher suspects that the pain is serious, the pupil is referred (possibly through the artistic director) to the school physiotherapist, who is specialised in diagnosing and treating dance-related injuries. If the physiotherapist advises the pupil to stop completely or not to do certain technical aspects of the class, the pupil is given a form stating the physiotherapist's recommendations. The pupil gives the form to all the teachers and the artistic director. The physiotherapist monitors the pupil's recovery and refers the pupil, if necessary, to a medical specialist for further examination (X-ray, etc.).
4. If a pupil suffers more often from the same injury or related injuries, he/she will be referred to the physiotherapist, remedial therapist or one of the two experts in body conditioning for dancers who are part of the NBA team. The pupil may be prescribed specific exercises or treatment, or may be referred to a specialist.
5. In the case of serious pain and/or a fall or other accident, the teacher will call on the assistance of the receptionist of the Academy of Theatre and Dance, who is a trained health & safety officer (and a first aid officer at Jodenbreestraat). The parents/guardians are then informed and are advised to make an appointment with their GP for further diagnosis. If necessary, the pupil is accompanied to the accident and emergency department of the hospital. In the case of underage pupils who are treated by an outside medic or paramedic, the parents are responsible for communicating all relevant information to the NBA health representative. Adult pupils are expected to provide all the necessary information to the health representative themselves.
6. On the basis of the medical diagnosis, a rehabilitation procedure/recovery therapy will be drawn up, including a medical follow-up examination, if necessary. The GP concerned, the parents and the National Ballet Academy agree on the strategy to be followed and share all relevant information concerning the pupil through the health representative.

7. Health & Performance

Paying attention to health and well-being is a crucial investment when it comes to improving the quality and duration of a dancing career. Exceptionally high demands are made on dance students and professional dancers. It is therefore of primary importance that students/pupils take a responsible approach to their work.

Within the sub-faculty of Dance, at the Academy of Theatre and Dance, in Amsterdam, a unique Dance & Health programme has been developed since the early 1990's. There are three parts to the programme: education, advice & guidance, and research. The programme focuses mainly on dance students and was developed by the Health & Performance department.

At the National Ballet Academy, dancers learn from an early age how to achieve the best results in a responsible way, what and when it is best for them to eat, how to take a smart approach to training, how to prevent injuries and cope with them, and other issues related to dance health.

The Health Team of medics and paramedics (including a physiotherapist, a podiatrist, a dietician, a Mensendieck remedial therapist and a psychologist) and teachers of physical fitness training deploy their skills for the education and guidance of our pupils, students and teachers. Pupils of the National Ballet Academy (and their parents) can go to them with all their questions related to dance health, such as injuries, nutrition, growth, work and relaxation, workload and stress, etc. The Health Team's paramedics hold consultations for advice and guidance, and if necessary students are referred to one of the specialists from the external network of the Health & Performance department.

7.1. Advice and guidance

Physical examination

All new pupils who are accepted to the academy undergo a physical examination, consisting of a structural movement examination by the physiotherapist and a medical examination by the school doctor. The aim is to chart the physical capacities and restrictions that are relevant to dance. The examination also serves to inform pupils and parents of the pupil's structural physical capacities and restrictions, and to advise on individual or class-based practice material in order to support the dance technique and prevent injury.

Measuring growth

Based on the results of research into the growth of NBA dance pupils (since 2001), it has been decided to make growth measurements a structural part of the curriculum and to monitor the growth of NBA 1 – 7 pupils. The aim of these measuring sessions is to inform the dance pupil and the dance teacher of the growth of the individual pupil. During the sessions, the physical build (height and weight) and the body composition are measured. Regularly measuring growth-related aspects can lead to a number of recommendations for more individually tailored attention, support and guidance of the dance pupil, thus promoting good health.

Consultations

Individual questions or complaints can be discussed at the consultations. Problems can be signalled at an early stage and guidance can be given in good time. In the case of injury, a recovery programme can be drawn up. Pupils can go to consultations on their own initiative or on the advice of a ballet teacher or mentor, or the school coordinator. The consultations serve an educational and advisory purpose, rather than offering treatment. The consultations are free of charge.

Referrals

If medical or paramedical treatment is necessary, the Health Team can provide specific advice. The team maintains close contact with a network of specialist care providers (e.g. a GP, manual therapist and physiotherapist, Mensendieck therapist, orthopaedic surgeon, podiatrist, dietician, neuropsychologist and health psychologist).

These treatments are for your own account and are largely refunded by your health insurance. In view of the special nature of the training course, you are advised to take out supplementary cover for extra medical and paramedical treatments once your child reaches the age of 18.

7.2. Consultations

Consultation - posture and movement, injury prevention

These consultations are held by a physiotherapist and a Mensendieck remedial therapist.
The consultation provides an opportunity to discuss questions regarding the daily workload, posture and movement. Problems can be signalled at an early stage and guidance can be given in good time.

The physiotherapist Iva Lešić (also the NBA's Health Representative at Agamemnonstraat) investigates the problem and gives advice on recovery training or a referral to a GP or therapist. Marleen Grol, the Mensendieck remedial therapist (also the NBA's Health Representative at Jodenbreestraat) gives advice in her consultation on posture and movement, and recovery training. She also gives referrals to a GP or therapist. If necessary, contact is made with parents or guardians,

for example if there is a problem that needs extra attention or guidance. If in any doubt about physical risks or adverse effects, you can always contact one of the two Health Representatives.

Location Agamemnonstraat

Monday	Marleen Grol	Mensendieck remedial therapist	10:30–11:30
Wednesday	Iva Lešić	Physiotherapist	9:45–10:15 NBA 3+4
			12:00-12:30 NBA 1+2

Location Jodenbreestraat, room 8.47 Health & Performance consultation room 8th floor

Monday	Iva Lešić	physiotherapist	18:30-19:30
Wednesday	Marleen Grol	Mensendieck remedial therapist	18:30-19:30

You can always contact us about the advice of the physiotherapist or Mensendieck remedial therapist.

Consultation - nutritional advice

Held by a dietician.

Pupils can come with questions about:

- how best to eat and drink during the busy school and dance programme
- concerns about personal eating habits
- explanation about the growth measurements (e.g. body composition and growth)

Location Jodenbreestraat, room 8.45, next to the Health & Performance consultation room, 8th floor

Wednesday:	every 2 weeks	17:00 – 18:00 by appointment

Consultation – psychological advice

On the recommendation of the NBA coordinator or the artistic director, a pupil may be advised to talk to the psychological counsellor of the Academy of Theatre and Dance. Here too it concerns advice rather than treatment.

Location Jodenbreestraat, room 8.45 next to the Health & Performance consultation room, 8th floor

Thursday:	09:15 - 16:45 by appointment

Consultation - Health & Performance coordinator

Location Jodenbreestraat, room 8.47 Health & Performance consultation room, 8th floor

Tuesday:	16:00 - 17:00 by appointment
Thursday:	16:00 - 17:00 by appointment

Appointments can be made through the website MyAHK or by e-mail.

Questions about dance health can be taken to the NBA Health Representatives Marleen Grol and Iva Lešić, who can provide information and personal advice.

Nutrition lessons

Every year, pupils have a number of lessons about healthy food for dance pupils. In the 2020-2021 academic year, these lessons are given by sports dietician Dafna Tsadok-Hai.

7.3. Health Team contact details

Erzi Hoogveld, Health & Performance coordinator
Coordination of H&P programme and data processing of NBA growth measurements
Tel. Academy of Theatre and Dance Jodenbreestraat: (020)5277639
E-mail: erzi.hoogveld@ahk.nl

Brig van den Acker, psychologist
Consultation ATD Jodenbreestraat (020)5277637
E-mail: brig.vandenacker@ahk.nl

Marleen Grol, Mensendieck remedial therapist & NBA Health Representative
Consultation Agamemnonstraat and Jodenbreestraat
Tel. Academy of Theatre and Dance Jodenbreestraat: (020)5277639
E-mail: marleen.grol@ahk.nl

Wim van Kernebeek, GP
Medical examination NBA
Practice address: Reguliersgracht 78, 1017 LV Amsterdam (020)3449247

Iva Lešić, physiotherapist
Consultation Jodenbreestraat and Agamemnonstraat; movement examination NBA
Practice address: Nw. Keizersgracht 45 , 1018 VC Amsterdam (020)6231833
E-mail: iva.lesic@ahk.nl

Ellen Meijer, transition class teacher
E-mail: elleneleonora@xs4all.nl

Lobke Mienis, Mensendieck remedial therapist
Taking NBA growth measurements / deputy for consultation Agamemnonstraat/Jodenbreestraat,
Practice address: Spuistraat 239-4, 1012 VP Amsterdam
Tel. Academy of Theatre and Dance Jodenbreestraat (020)5277639
Tel. Practice (020)4266545
E-mail: lobke.mienis@ahk.nl

Peter Stoelhorst, physiotherapist and podiatrist
Movement examination at auditions for NBA
Practice address: Nw. Keizersgracht 45, 1018 VC Amsterdam (020)6231833
E-mail: peter.stoelhorst@ahk.nl

Dafna Tsadok-Hai, sports dietician

Consultation Jodenbreestraat and nutrition lessons
Practice address: Amstel 62, 1017 AC, Amsterdam 06-422058500
E-mail: dafna.tsadok-hai@ahk.nl

8. Regular education

8.1 Olympiaschool

General information
Stadionkade 113b
1076 BN Amsterdam
Telephone: 020 – 471 22 65
info@olympiaschool.nl
www.olympiaschool.nl

NBA Dependance
Agamemnonstraat 44
1076 LW Amsterdam
Telephone: 020 – 4702165

School director
Marjan de Smit

Internal supervisor
Yvon van der Meer

Groep 7B
Klaas Laan
Saskia Oelen

Groep 8B
Michelle Leeman
Saskia Oelen

The first-phase NBA pupils do their primary education at Olympiaschool.
Besides offering a reasonable working day for the talented dance pupils, this school gives them the opportunity to complete the most important aspects of their general education. The primary school for the NBA pupils comprises one group 7 and one group 8.

Olympiaschool guarantees the possibility of moving up to any form of secondary education.

All the legally required subjects are given, apart from PE, as the children get enough physical exercise in the ballet and dance classes. At Olympiaschool, the children receive lessons in art and music, which are given by specialist teachers. The ballet schedule includes creative dance and world dance classes, as well as rehearsals for performances.

The timetable
The primary school has an integrated timetable that is set each year. The school day begins at 08.30 and ends around 16.30. The basic timetable is handed out before the school holiday. Changes to the ballet timetable will be communicated by the NBA, changes to the school timetable will be communicated by the Olympiaschool.

Pupil reports
Three times a year, the class teacher invites parents for an individual talk, to discuss their child's progress. The pupils receive an autumn report in October and take home reports twice a year (in February and June).
Parents can also access the parent portal on our digital pupil monitoring system Parnassys. Login details are provided automatically on enrolment or on request through info@olympiaschool.nl

Staying at school for lunch
Staying at school for lunch is obligatory for all pupils in these groups, as most children do not have the option of going home for the lunch break. The children bring their own bread, fruit and drinks. They are supervised by one of the class teachers and a volunteer supervisor, or by two volunteer supervisors.

Contact
The group teachers regularly inform parents by e-mailor the Parro-app (you will receive an invitation through e-mail) of class activities. The year calendar is also to be found on the Parro-app. Every week, parents receive the 'Olympiajournaal' newsletter, with information about the school. Teachers and management can be contacted by telephone or e-mail.

The parent council / participation council
Olympiaschool has a parent association, of which every parent is automatically a member. The parent association is represented by the parent council, which assists with the organisation of various festivities, such as St Nicholas and Christmas parties, the leaving party for group 8, and museum visits and school trips. These activities are funded by the parent fund, into which all parents pay a voluntary contribution.
The contribution to the parent fund is € 75,- for group 7 and € 42.50 for group 8. (There is a school camp for group 8 that has to be paid separately € 125).

There is a participation council, in which parents and teachers are represented. The participation council meets to discuss various areas of policy within Olympiaschool. The school director attends the meetings by invitation. A representative of the NBA Parents' Committee is also regularly invited to attend.

8.2 Gerrit van der Veen College for HAVO and VWO
Under the authority of Stichting Zaam

General information
Gerrit van der Veenstraat 99
1077 DT Amsterdam
Telephone 020 – 679 9905
Fax 020 – 679 8836

Head master
Jan-Willem Dienske

Coördinator preliminary courses (among which NBA)
Nienke Bakker

The education
The Gerrit van der Veen College is a VWO / HAVO school under the authority of Stichting Zaam. Pupils do their secondary education at 'Gerrit van der Veen College'. In the school's educational and organisational setup, account is taken of the dance timetable and its intensity, and of the academy's special activities. For classes 1, 2 and 3, all the National Ballet Academy pupils are together and have lessons at HAVO level (senior general secondary education) and/or VWO (pre-university education) level.

Gerrit van der Veen College
There is an adapted lesson timetable and programme for pupils in the first three years. Dutch, French, English, history, geography, maths, music, biology and drawing are taught in the first class. In the second class, music and drawing are replaced by German, physics and chemistry.
In the upper years, the pupils can choose between four subject clusters. A lesson guarantee is given for the subject cluster Culture and Society. Pupils taking this subject cluster can take all the lessons. If another subject cluster is chosen, then it may be the case that a maximum of 10% of the lessons cannot be taken, although the school tries to keep it to a minimum. It can sometimes happen that a pupil taking a subject cluster other than Culture and Society misses one or two lessons per week. Through a well-structured arrangement of the lessons, the school aims to give pupils the best opportunity to follow education that suits their standard. In collaboration with the NBA, the school

also ensures that pupils who stop their dance training can continue their regular education without any hold-ups.
In Gerrit van der Veen College, there is a Study Centre for pupils on professional courses. Using laptops, pupils can work independently in this study centre.

Small scale
Gerrit van der Veen College is a relatively small school. This small scale has distinct advantages. There is scope for a personal atmosphere, security, clarity and closer contacts between pupils and staff.

Culture and Art Education
Education involves more than just amassing theoretical knowledge, which is why culture and art education occupies an important place at Gerrit van der Veen College. This focus is seen clearly in the curriculum of the first three years, particularly for the regular pupils, and in the subjects offered to regular pupils in the upper years, where they can choose from Fine Art, Music and Theatre as exam subjects. In this regard, there is a special collaboration with another three professional art courses: the Conservatorium van Amsterdam, the 5 o'clock class at the Academy of Dance and Theatre (both part of Amsterdam University of the Arts, like the NBA) and LMIPA/ Lucia Marthas – Institute for Performing Arts. The havo-vwo pupils on these courses also take their regular education at Gerrit van der Veen College.

Pupil supervision
An important element in the school is the pupil supervision. Each class or group provides personal supervision from a mentor. The mentor is the first contact person for pupils and their parents.

Clarity and structure
The school thinks it is important for pupils to have guidance and structure, and that there are clear rules for the pupils. The school also thinks it is important that pupils feel safe at school, feel that they are taken seriously, experience daily affairs at school as reasonable, and have scope to make a personal contribution.

Pupil population
The pupil population is a reflection of the composition of the population of Amsterdam. The pupils come from all districts, as well as from outside Amsterdam. 15% of the pupil population is formed by the pupils of the aforementioned professional art courses.

Information
For more information about Gerrit van der Veen College, please see the school prospectus and the website www.gerritvdveen.nl

8.3. Zuiderlicht College for VMBO (BBL, KBL AND TL)
Under the authority of Stichting Zaam

General information

Location year 1 and 2
Karel du Jardinstraat 54
1073 TC Amsterdam
Telephone 020-6620011
www.zuiderlicht.org

Location year 3 and 4
Rustenburgerstraat 438
1072 HK Amsterdam
Telephone 020-662 4883

Director:
Mw. E.A. Lefrandt (She will retire after schoolyear 19/20, successor still unknown)
m.lefrandt@zuiderlicht.org

Team leader year 1 and 2 (contactperson NBA)
Elvira Beers
e.beers@zuiderlicht.org

The education

Zuiderlicht College is a school for VMBO (preparatory secondary vocational education), which teaches the vocational subject cluster Health and Personal Care and Welfare (basic and advanced vocational track and theoretical track). Pupils do their secondary education at Zuiderlicht College. In the school's educational and organisational setup, account is taken of the dance timetable and its intensity, and of the academy's special activities. The NBA pupils take lessons in a regular class and have their own mentor, who keeps an eye on progress and the learning pathway, and can provide supervision during hours outside the schedule.

Zuiderlicht College

Zuiderlicht College teaches the vocational subject cluster Health and Personal Care and Welfare. Besides the regular programme (cluster subjects), pupils can put together part of their programme themselves (optional subjects) and great attention is paid to Career Orientation and Guidance (LOB). This gives pupils the opportunity to gear their education to their interests and talents. Zuiderlicht College can best be described as a combination of the subject cluster Health and Personal Care and Welfare on the one hand, and dance on the other. Art and culture play a central role at Zuiderlicht College. Our traditional motto is "focus on study and love of art". Alongside the usual subjects and skills to be expected at a vmbo school, Zuiderlicht College pays a great deal of attention to dance and art education. We regard both forms of education as a way of broadening pupils' horizons and enriching their knowledge and skills. Through structured lessons and the possibility of customisation, we aim to give pupils the best opportunity to follow education that suits them.

Caring and small-scale

Zuiderlicht College has two separate locations: a location for years 1 and 2 at Karel du Jardinstraat and one for years 3 and 4 at Rustenburgerstraat. Both locations are small-scale, providing enough scope for a personal atmosphere, security and good contact between school and home.

9. Important dates: 2020-2021 academic year NBA

NB: all dates are subject to change!
NB: HNB productions can take place in holidays!

Education periods:

block 1:	the 24th of August – the 9th of October	7 weeks
block 2:	the 19th of October – the 18th of December	9 weeks
block 3:	the 4th of January – the 19th of February	7 weeks
block 4:	the 1st of March – the 30th of April	9 weeks
block 5:	the 10th of May – the 3rd of July	8 weeks
	Total of education weeks	**40 weeks**

Holiday periods students:

Autumn Holiday :	the 10th of October – the 18th of October	1 week
Christmas Holiday:	the 19th of December 2020 - the 3rd of January 2021	2 weeks
Spring Holiday:	the 20th of February - the 28th of February	1 week
May Holiday:	the 1st of May - the 9th of May	1 week
Summer Holiday:	the 3rd of July - the 22nd of August	7 weeks
	Total holiday weeks	**12 weeks**

Holiday/ Extra free days outside the holiday periods in 2021:

Good Friday:	Friday the 2nd of April
Easter Monday:	Monday the 5th of April
King's Day:	Tuesday the 27th of April
Ascension Day:	Thursday the 13th of May
Whit Monday:	Monday the 24th of May

Joint ATD events 2020 - 2021

Introduction week

- The NBA the 24th of August 2020
- The ATD the 25th to the 28th of August 2020

Open Day ATD Saturday 23 January 2021

Final performance NBA
July 2021

The full digital annual schedule can be found on the website from 1 June 2020
https://www.atd.ahk.nl/en/dance-programmes/dutch-national-ballet-academy/preliminary-course/

10. Staff of the National Ballet Academy

Interim Director Academy of Theatre and Dance	Marjo van Schaik
Patron	Hans van Manen
Artistic Adviser	Ted Brandsen
Artistic director	Ernst Meisner
Managing director	René Vlemmix
Coordinator preliminary course	Amanda Beck

Teachers

Classical Ballet	Amanda Beck, Nathalie Caris, Dario Elia, Simona Ferrazza, Ainara Garcia-Navarro, Rinat Gizatulin, Laurence Korsenti, Jane Lord, Ernst Meisner, Emanouela Merdjanova, Grigory Tchitcherine, Maiko Tsutsumi

Modern Dance	Marion Vijn and Lia Witjes Pool
Character Dance	Grigory Tchitcherine
Creative Dance	Lilja Hermannsdottir
World Dance & Anatomy	Iva Lešic
Music Theory	Han-Louis Meijer
History of Dance	Anna Seidl
BA tutor, Mental Guidance	Marion Vijn

Pilates & Floor Barre	Leila Kester
Body Conditioning / Strength Training	Jurgen Paulusma
Progressive Ballet Technique	Marieke van der Heijden
Forsythe technologies	Amy Raymond
Pre-NBA	
Coordinator	Marieke van der Heijden
Teachers	Marieke van der Heijden, Iva Lesic
Coordinator Outreach & Scouting	Jane Lord
Coordinator Auditions	Jane Lord, Marieke van der Heijden
Pianists	Abel Bakema, Elizabeth Ford, Andrea Garcia, Celia Garcia, Eri Hayase, Frauke Leuhning, Etsuko Oga, Alekander Pavlov, Dessy Radeva, Olga Smirnova, Bella Tubejeva, Olga Somers
Health Coordinators	Iva Lesic and Marleen Grol
Caretakers	Annemarie Blom, Heleen van der Hoogt Vera Henneman
NBA support	Wendy Tadrous-Paulusma
Timetables	Marion Vijn
Production	Linda Witpaard

Disclaimer:
The information in this booklet is provided under the responsibility of the National Ballet Academy (NBA), The Academy of Theatre and Dance. The NBA takes the utmost care in making this information booklet as up-to-date, accurate and complete as possible. It is, however, possible that the contents of this booklet are out-of-date, incomplete and/or inaccurate. No rights may therefore be derived from the contents of this booklet. The NBA reserves the right to makes changes to this information at any time. Changes will always be communicated as soon as possible. Information from this booklet may not be copied or duplicated in any way without the express permission of the NBA. For more information and/or questions, please contact the National Ballet Academy through nba-info@ahk.nl or 020-5277643.