

BKS Aerial Showcase Guidelines - Winter 2023

The BKS Winter 2023 Aerial Showcases are scheduled for the week of Monday, December 11th through Saturday, December 16th during class time. It is important to mention our Aerial insurance company has some strict guidelines surrounding performances. All students, families, and guests should please review these guidelines as we start planning for the showcases. We appreciate your help with this.

Safe Skill Progression - For the safety of BKS students, instructors, and guests, all showcase routines must be confirmed and approved ahead of time. Students should not expect to showcase skills they are not ready for. In order to perform a certain skill, the student should be able to demonstrate all prerequisite skills for their level placement. We understand this can be frustrating for students, but their safety will always remain our top priority. If there are any questions, the student / family is invited to schedule a skill test. Thank you for your understanding with this.

Individual Responsibility - Performers are responsible for creating and knowing their showcase routines. The BKS Faculty will coach the students every step of the way, but it is the student's duty to be prepared come showtime. We are happy to set routines for any students who are interested. There will be time to work on routines during class every week, but the entire class will not be dedicated to showcase prep and we will continue covering new material.

Mock Showcase - The week before the showcase, aerialists will do a mock performance for their instructors during class. At this time, the student must be able to safely demonstrate all showcase skills consistently, at appropriate height, without needing instruction. If any skills present a risk or a doubt, the student will not be allowed to perform the skill during the performance.

Dress Code - Aerialists must arrive performance-ready the day of their showcase. This means dressed in Aerial attire, with hair pulled back, and all jewelry removed. We recommend wearing a leotard or tank top with leggings that cover the backs of the knees. Avoid loose-fitting clothing and anything with zippers, strings, buttons, or hoods. Training barefoot is best. Students with long hair should consider putting it into a bun.

Make-up Classes - Out of respect for the performers, there will be no Aerial make-up classes during showcase week or the week before.

Attitude - At BKS, a positive and productive attitude is expected at all times. Negative or distracting behavior will not be tolerated, as it promotes an unsafe environment. Aerial is difficult. It takes a lot of time and we are here to learn. Please remember the BKS Aerial Program welcomes students of all ages, abilities, and backgrounds. Some students are new to the program, and some have been with us for years. Students may have access to silks at home, study a similar discipline, or have previous training on the silks. We encourage students to keep this in mind as they prepare for the showcases.

We appreciate the opportunity to showcase the BKS Aerial Students and we look forward to celebrating their hard work!

Please let us know if you have any questions,

Jacqueline Goodhue

BKS Dance & Aerial Program

Body Barre Fitness