

Drexel Pilates
Summer Mat Training Program 2014
Registration Packet

This packet includes:

1. Registration and Evaluation Instructions
2. Participant Information and Plan of Action Form
3. Intermediate Mat Order

Registration and Evaluation Instructions

Registration begins upon receipt of this packet, and is confirmed by completing a one-hour evaluation session. The purpose of the evaluation session is to ensure that you are physically prepared to work through the Pilates mat system and establish common ground between the prospective apprentice and the Drexel Pilates Team before commencement of the training program.

1. Schedule your evaluation by emailing pilates@drexel.edu subject line “summer evaluation.” Include three times you are available between June 9 and June 20th. Studio Manager Megan Quinn will confirm your appointment. This evaluation is one hour long and costs \$65. (Cash or checks accepted. Checks made out to Drexel Dance Program).
2. Bring to your evaluation:
 - \$65 for the session
 - \$100 deposit for the program
 - Your Participant Information and Plan of Action Form

Evaluation Details

1. Performance Assessment.
You will be instructed through the full Intermediate Mat Order.
2. You will be given either a PASS or a PENDING on the evaluation.
 - Individuals who PASS will move on to the Plan of Action review.
 - Individuals who are given a PENDING will be given feedback on the issues that require attention before entering the program. The Prospective Apprentice and Studio Manager will discuss options for addressing these issues – in most cases this means agreeing on a plan to attend private sessions or Mixed Equipment classes before seminar week begins.
3. Plan of Action Review
 - The Prospective Apprentice and Studio Manager will review the Plan of Action.
 - Upon approval, the Apprentice will pay their \$100 deposit, which opens their personal Summer Mat Training Portfolio in the studio, where the Plan of Action will be filed.

Drexel Pilates Summer Mat Training Program 2014

Participant Information and Plan of Action Form

Name:

Evaluation Date:

Relationship to Drexel Pilates: Drexel Dance Major Drexel Student Outside Affiliate

I am currently schedule to be out of town/unavailable the following dates between July 12th and September 19th:

___ I commit to attending Boot Camp and Seminar, 9:30am - 3:30pm Monday, July 7th through Friday, July 11th at a cost of \$ _____. I will pay this amount in full by Monday July 7th.

___ I commit to scheduling and attending 8 private sessions with a Drexel Pilates Instructor between July 12th and September 19th at a cost of \$55/hr.

___ I commit to scheduling and attending 2 private sessions with Director Jennifer Morley between July 12th and August 12th at a cost of \$65/hr.

___ I commit to scheduling and teaching 10 practice sessions between July 12th and September 19th, during Practice Session hours (TBA).

___ I commit to attending Assessment Days, which include performance and pedagogy testing. I understand the beginner assessment must be completed before July 25th, the intermediate before August 15th, and the advanced before September 5th. I understand that if I cannot attend the group assessment days, it is my responsibility to reach out to the Director and/or Studio Manager to make other arrangements.

___ I understand that I am responsible for maintaining my portfolio and tracking documents, as well as scheduling each piece of my training following seminar week. I understand that upon completion of ALL of the above requirements, I will receive a Certificate of Completion from the Drexel Pilates Training Program and that I will be eligible to move into the year-long full training program.

The signature below indicates your commitment to the above plan of action:

Apprentice Signature _____

The signature below indicates that the above apprentice has been approved to undergo the plan of action noted above.

Studio Manager Signature _____

Body Precision Mat Level III

Hundred	100
Roll-up	5-8 Strap for feet, mat bar
Single Leg Circle	5 ea
Rolling Like a Ball	5-8
Stomach Series:	
Single Leg Stretch	5 ea
Double Leg Stretch	5
Scissors	5 ea.
Double Leg Lower	5
Elbow to Knee	5 ea.
Spine Stretch	5-8
Open Leg Rocker	5-8
Corkscrew	5 ea.
Saw	5 ea.
Swan Dive (mild)	3
Single Leg Kick	8 ea.
Double Leg Kick	3 ea.
Neck Pull	5-8 Strap for feet
Shoulder Bridge	3-5
Spine Twist	3 ea
Jacknife	3-5
Side Kicks (all)	3 - 5 ea
Teaser	3 ea
Hip Circles	3 ea
Swimming	10 cts.
Seal	5-8
Push ups - two leg	1- 3 sets