

2020-2021 VIRTUAL High school Practice Log

Name _____ week of _____

- All High school dance majors are required to practice in class concepts/technique/specific goal given by teacher.
- ALL grades must have a total of: **3 hours**
- **Only 1.5 hour can be used for your outside dance studio time or if you do not attend an outside dance program can take a virtual class.**
- **1.5 hours MUST be dance technique that we have been working on in class.**
(also acceptable is you can also do one hour of technique we have done in class and half hour of cross training/stretch)
- A dance teacher or parent must sign off on the hours listed on log.
- Logs are due every Monday By the end of your class time.

Dance studio I attend (if any)

	Date <i>(i.e Monday Oct 10th)</i>	Time <i>(i.e. 9:15-10:15)</i>	What you did at your studio/ online class. Be specific. <i>(ie. took alvin ailey online class, did flatbacks, laterals, fortification 1 and repertory from Revelations)</i>	What did you practice at home on your own that reflects what we did in class? <i>(I stretched for 10 mins (splits, right left and center, then reviewing ballet barre combinations focusing on proper alignment.)</i>
virtual class or dance studio class (only 1.5 hrs)				
Practice/rehearse/ review Technique that we have been working on in class (only 1.5 hrs)				
Parent or dance teacher signature				