

**Professional Training Program
Information Packet
2025-2026**

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Saint Louis Ballet 2025-2026 Season

- Fall Series:
 - Program
 - *Take Five...More or Less* by Susan Stroman/Dave Brubeck, staged by Ginger Thatcher
 - *The Four Temperaments* by George Balanchine/Paul Hindemith, staged by Victoria Simon
 - *Divertimento No. 15* by George Balanchine/Wolfgang Amadeus Mozart, staged by Darla Hoover, featuring live music with the Chamber Music Society of St. Louis under Maestro Darwin Aquino
 - Performance Dates:
 - Oct 11 at 1:30 pm
 - Oct 11 at 6:00 pm
 - Oct 12 at 2:30 pm
 - Location
 - Touhill Performing Arts Center, AB Hall
- The Nutcracker
 - Full-Length Nutcracker
 - Performance Dates:
 - Thanksgiving weekend, November 29-30: 3 performances
 - December 19-23: 10 performances
 - *The Nutcracker: A Shorter Tale*
 - Date: Monday, December 1st, 11 am (the Monday following Thanksgiving)
 - Description:
 - Condensed, narrated Nutcracker.
 - Typically cuts Snow and Sugarplum Adage (keeps the Coda)
 - PTP also welcomes school field trips in the lobby prior to the performance. It's such a joyous way to connect to young audiences!
 - Location
 - Touhill Performing Arts Center, AB Hall
- Winter Series:
 - Program for "Call It Love"
 - *Saint Louis Blues* by Gen Horiuchi/live jazz music of Toya after W. C. Handy, featuring vocalist Denise Thimes
 - *Hallelujah Junction* by Peter Martins/John Adams, staged by Nilas Martins, featuring live music for two pianos
 - *Chairman Dances* by Peter Martins/John Adams, staged by Nilas Martins

- *Liturgy Pas de Deux* by Christopher Wheeldon/Arvo Pärt, staged by Michele Gifford
 - Performance Dates:
 - Feb 14 at 1:30 pm
 - Feb 14 at 6:00 pm
 - Feb 15 at 2:30 pm
 - Location
 - Touhill Performing Arts Center, AB Hall
- Cinderella:
 - Production by Gen Horiuchi/Sergei Prokofiev, featuring live music with the Springfield (MO) Symphony Orchestra under Maestro Kyle Pickett
 - Production rental from Cincinnati Ballet
 - St. Louis
 - Performance Dates:
 - April 24 at 5:30 pm
 - April 24 at 1 pm
 - April 25 at 5:30 pm
 - April 26 2:30 pm
 - Location
 - Touhill Performing Arts Center, AB Hall
 - Tour to Springfield, MO
 - Performance Date: May at 7:30 pm
 - Location: Juanita K. Hammonds Hall for the Performing Arts
- New & Next:
 - Program
 - New works featuring company
 - New Works featuring PTP
 - Performance Date(s):
 - June 14th, time TBD
 - Location
 - Touhill Performing Arts Center, Lee Theater (smaller theater, same building)
- Non-PTP events
 - Japan Tour
 - Select Main Company members will tour to perform in Tokyo, March 29-April 6.
 - Miami, Jerome Robbins Festival
 - SLB's cast of *Interplay* is invited to join NYCB, Houston Ballet, and MCB in honoring Jerome Robbins. Tentative plans are for April 17th-18th.

Who's Who **PTP Roster for 2025-2026 Season**

*Please visit our website for full company roster and updated headshots as they become available.

2025-2026 PTP Roster:

- 1) Caeleigh Brame
- 2) Chance Cizma
- 3) Aubrey Cordes
- 4) Kristen Day
- 5) Julia DeMarco
- 6) Erin Dormer
- 7) Shyanne Durrenberger
- 8) Gabriella Emerson
- 9) Eleanor Faul
- 10) Delanie Feldman
- 11) Gigi Mae Forsberg
- 12) Eva Gervich
- 13) Ada Gouse
- 14) Alexandra Grace
- 15) Naomi Johnson
- 16) Isabel Koontz
- 17) Juliana Lane
- 18) Reese Longhini
- 19) Ella Martin
- 20) Sarah Mendum
- 21) Maddie Neff
- 22) Dylan Peterson
- 23) Lauren Renner
- 24) Ava Renshaw
- 25) Aspen Ross
- 26) Ana Schreck
- 27) Anna Slade
- 28) Grace Thomas
- 29) Ryann Tucker
- 30) Sofia Tucker
- 31) Clara Wichmer
- 32) Juliana Witiuk
- 33) Katherine Zender

Meet the Staff – PTP Leadership

(AKA “Who do I go to for?”)

- **Leadership**

- SLB Executive and Artistic Director: Gen Horiuchi
 - Celebrating his 25th year directing SLB, founder of Saint Louis Ballet School.
- Company Manager: Emma Kovacs
 - Alumna of SLBS and Webster University, has served as an SLBS Administrator
 - Please welcome Emma in her first season as Company Manager!
 - Her office is located in the front corner of the Main Building, off the lobby near the front desk, Studio 4 and the music room.
 - You can go to Emma with most things, and she can re-direct as needed. This could include but is not limited to the following:
 - Attendance (reporting an absence, making up classes, etc.)
 - Injuries
 - Audition schedule
 - Resume and audition advice
 - Scheduling conferences
 - Performance week questions
 - And so much more!
- PTP Artistic Staff Leadership:
 - SLB Rehearsal Director: CiCi Houston Sudholt
 - Former SLB Company Member and SLBS teacher beginning in 1998.
 - Rehearsal Director since 2015.
 - You will work with CiCi in classes and rehearsals.
 - You can bring artistic-related concerns to CiCi. The Artistic Staff office is located in Studio 5, including CiCi's desk next to the printer.
 - She will be one of the staff members providing one-on-one conferences to PTP.
 - SLB Assistant Rehearsal Director: Christine Settembrino
 - Joined SLB artistic staff in 2022
 - You will work with Christine in classes and rehearsals.
 - You can bring artistic-related concerns to Christine. The Artistic Staff office is located in Studio 5. Christine's desk is on the left side, with no hutch.
 - She will be one of the staff members providing one-on-one conferences to PTP.

Meet the Staff – PTP Teaching Staff and Physical Therapy

- **PTP Additional Teaching Staff**

(As listed as currently on the schedule for 2025-2026. See our website for more background.)

- Michael Burke. Contemporary, Conditioning. SLB company member, SLBS teacher.
- Angela Cassidy – Ballet, Variations. SLBS teacher, and has taught for SLB company class.
- Ellen Costanza – Ballet, Pointe. Former Ballet Mistress for SLB, former teacher for SLBS, guest coached principal repertoire.
- CiCi Houston Sudholt – Ballet, Pointe/Repertoire. (see above)
- Louise Nadeau – Ballet. Teaches company class and has guest coached principal repertoire.
- Donna Patzius – Ballet, Pointe, Variations. SLBS teacher and teacher for SLB company class.
- Christine Settembrino – Ballet, Pointe. (see above)
- Lori Wilson – Conditioning. SLB company member, SLBS teacher, founder of Releve mentorship program.
- Lisa Wolfsberger – Ballet and Pointe. Founding company dancer of SLB. SLBS and SLB company class teacher, frequent guest for character roles in SLB repertoire.

- **Physical Therapists at the Studio**

- Bryan Lind: SLB Physical Therapist. During studio visits, he exclusively works with the main and second company, unless there is an emergency for PTP. He also accepts appointments with all at Athletico (not covered by SLB). He is excellent all around, but considers hips to be a particular specialty of his training.
- Maggie: Working under Bryan's mentorship, Maggie is the person you will most likely work with directly at the studio.
- Hannah: occasionally Hannah returns to assist and provide further care at the studio.

These qualified physical therapists visit our studio often, and PTP have the benefit of signing up, provided free by SLB. PTP sign-ups are available every other week. Please share these opportunities, and, should you need them for multiple weeks in a row, consider scheduling appointments for yourself outside the studio time. Dancers are expected to sign up for times that minimize any conflicts with scheduled rehearsals as much as possible, and to notify your alternate/understudies of these conflicts before the day of the rehearsal.

Meet the Staff – Office and Production

(AKA “Who do I go to for?” Part 2)

- **SLB Administrative Staff**

(Not a complete list, but you'll want to know these people.)

- Tanya Strautmann – Though technically listed as Manager of Design and Media for the company, and Co-Director of SLBS, Tanya has a comprehensive knowledge about all things at SLB! Born in St. Louis, growing up through SLB, becoming a principal dancer, occasional teacher and guest coach, and helping in all arms of administrative operations... The list is endless, and she'll always know which way to direct you if Emma or your artistic staff aren't there. She manages all website and program book listings. Her desk is in the main building's office.
- Julie Abernathy – Director of Finance. Other administrators often handle your payments, but Julie oversees all finance-related things. Her desk is in the main building's office.
- Heather Grahn-Howard – Executive Assistant to Development (SLB) and School Administrator (SLBS). Heather will help you with registration-related tasks including tuition payments, school-related questions including make-up classes, and studio space reservations. She is at the front desk of the main building during company hours before school administrators sit there in the evening hours.
- Kelly Pratt Kreidich and Ian Kreidich: Kelly Manages our social media, Ian joins her in photography and videography for the company. Kelly will visit the studio frequently with a camera. Follow their viral “Dancers and Dogs” account for a guaranteed smile.
- Seana Beard: Box Office. Seana will contact you after casting is posted for a production so you can submit comp ticket requests.
- Brittney Bartlett: School Administrator. Brittney may be at either building's front desk during school hours, and can assist you with school-related items.

- **Production Staff**

- Wardrobe Department: Lauren Cram and Barbara Daniszewski can be found in the back of the main building, just off the PTP locker room.
- Stage Managers: This can change per production, but you will always follow their lead at the theater. This will most often be Katie Adams, Evangeline Whitlock or Kathryn Koch.
- Maureen Berry: Lighting Designer for SLB productions
- Jim Dolan: Frequent assistant and supervisor of production planning, rental transportation, backstage needs at the theater. Bonus: you might get to meet his dog, Shadow, a certified therapy dog who is always ready to bolster our spirits.
- Live Music: Maestro Darwin Aquino (Fall), composer Toya (St. Louis Blues-Feb), and Maestro Kyle Pickett (Cinderella) could visit the studios during preparations.

Weekly Schedule

- This is the general schedule, not including theater weeks or holidays, and is subject to change.
- Each Sunday you will receive an email with the updated link to that week's schedule. This will include detailed rehearsals, costume fittings, donors visiting/observing, repetiteur visits, social media filming, and more.
- Check your online schedule daily! Although we print and post the schedule, the online schedule will be updated in real time through the online link.
- In general, if you don't have a pointe/variation/pas class that day, it is expected you do center in pointe shoes. It is optional on other days. If you need to stay on flat when shoes are expected, please talk to the teacher. Classes at the theater includes wearing pointe shoes for center work.
- During company layoff weeks PTP are usually combined in Studio 5.
- You can be pulled out of your second class if the rehearsal schedule warrants this.
- The Company dancers have a lunch break daily from 1:15-1:45. This might give you a break as well, but you could be schedule into costume fittings, etc. as needed.

Monday

12:00-1:30 – Ballet with Ms. Patzius, Studio 5
1:45-2:45 – Contemporary with Mr. Burke, Studio 5

(3:00-4:30 – Highly unlikely rehearsals. Although it is possible to schedule an emergency rehearsal during this time, we've typically avoided scheduling rehearsals on Mondays.)

Note: we usually cancel Monday classes if it is following a performance weekend that occupied your Sunday. Mondays following a break are mandatory as scheduled.

Tuesday (Physical Therapy day, every other week)

10:00-11:30 Ballet with Ms. Settembrino or Ms. Costanza, Studio 1 or 2
11:45-12:30 Pointe with Ms. Settembrino or Ms. Costanza, Studio 1 or 2
12:35-4:30 Possible Rehearsals

Wednesday

10:00-11:30 Ballet with Ms. Costanza or Ms. Cassidy, Studio 1 or 2
11:45-12:30 Conditioning with Ms. Wilson or Mr. Burke, Studio 1 or 2
12:35-4:30 Possible Rehearsals

Thursday

10:00-11:30 Ballet with Ms. Cassidy or Ms. Nadeau, Studio 1 or 2
11:45-12:30 Variations with Ms. Cassidy or Ms. Patzius, Studio 1 or 2
12:35-4:30 Possible Rehearsals

Friday

12:00-1:30 Ballet with Ms. Wolfsberger or Ms. Patzius, Studio 1 or 2
1:45-2:30 Pointe with Ms. Wolfsberger or Ms. Patzius, Studio 1 or 2
2:35-4:30 Possible Rehearsals (Nutcracker "Maid" can go later)

Saturday

10:30-12:00 Ballet with Ms. Houston, Studio 5
12:00-12:45 Pointe with Ms. Houston, Studio 5
2:15-5:45 Possible Rehearsals

Calendar/Important Dates 2025-2026 Season

PTP Relevant dates are in **BOLD**

- September
 - **1st** Digital Audition Courses are open and will become available shortly
 - **2** First Day of PTP – classes and orientation meeting
 - **4-5** PTP meet with wardrobe for costume measurements for the season
 - **8-9** Bloch fittings
 - **9-20** Victoria Simon sets Four Temperaments (no guarantee of PTP casting)
 - **10** Headshots for new dancers
 - **13-14** SLBS Nutcracker children cast auditions
 - **16-23** Michele Gifford sets Liturgy
 - **23-Oct 11** Darla Hoover sets Divertimento No. 15 (no guarantee of PTP casting)
- October
 - **6-12** Production week for the Fall Series
 - **20-26** Fall break for ALL SLB - PTP, Company, and School
- November
 - **24-26** Theater tech week begins for Nutcracker (in the theater earlier that week)
 - **27** Thanksgiving Day, no classes or rehearsals
 - **28** Rehearsals could resume – plan to stay in town!
 - **29-Dec 1** Performances
- December
 - **15** Production weeks for Nutcracker resume
 - **24-Jan 4** Winter Break for ALL SLB - PTP, Company, and School
- January
 - **5** PTP and SLBS resume
 - **29-Feb 15** Nilas Martins sets Chairman Dances and Hallelujah Junction
- February
 - **9-15** Production Week for the February Series
- March
 - **23-29** Spring Break for ALL SLB - PTP, Company, and School
- April
 - **20-26** Production week for Cinderella
- May
 - **8-10** Springfield, MO tour for Cinderella
 - **24-31** PTP break for 1 week (includes Memorial Day)
- June
 - **8-14** Production week for New & Next
 - **13** Final day of SLBS classes for the 25-26 school year
 - **14** Last day of PTP for the 25-26 Season

Dress Code, Shoes, and Supplies

In general, we expect PTP to “dress for the job you want.” Your daily look should be polished, professional, and a “clean slate” for the work you strive to take part in.

Most of the dancewear requirements can be found at local dancewear stores:

Madison's Dancewear The Dance Bag Head to Toe St. Louis Dancewear

Ladies, dress for classes, rehearsals and at theater when not in costume:

- Leotards:
 - Solid color leotard. Different color “piping” is fine. Avoid overly busy styles.
 - Mondays are now PTP’s “Favorite Leotard Day.” Enjoy wearing prints, color-block, etc. No rhinestones or hazardous items (for you, others, or the marley in floorwork).
- Tights for ballet/pointe/variations/rehearsals:
 - Full foot worn over the feet (convertible is best), and tights worn under the leotard.
 - Our mandatory style must be worn on social media days and on stage. It is Body Wrappers A45 in Ballet Pink or skin tone (available at Madison's Dancewear). As you wear out your existing tights, we suggest you replace them with this style, as the mesh, seamed style provides a flattering and professional look.
- Ballet Shoes:
 - Canvas or Leather, matching tights in pink or skin tone.
- Pointe Shoes:
 - We approve several brands to be worn on stage at the company level, including Freed, Bloch, Capezio, Suffolk, and more. If your brands are not stage-approved you can wear them in class until they are gone, but you'll need to transition into a new look for stage. CiCi is happy to meet with you and provide a consultation. Bloch will provide a free fitting during your second week.
 - Darning is permissible but should be subtle, and is not expected of you.
 - Ribbons should be standard or with the elastic insert, unless a quick-change warrants full-stretch ribbon.
 - Performance shoes must be clean, reasonably broken in, quiet, and shiny unless otherwise advised. Ribbons must be securely sewn in place.
 - Company ladies might have unwanted pairs in your size. You can opt to be connected to a potential “foot twin,” should you be interested in buying their shoes (and testing their specs!). All purchase arrangements are made solely between buyer and seller, and SLB is not responsible for any deals you choose to enter into.
- Skirts:
 - A short ballet skirt is permissible in Pointe and Variations.
 - In rehearsal short skirts are fine unless the role is skirt-less (i.e. 4 T's). If a ballet requires something we can lend – a circle skirt, classical tutu, or romantic tutu – do not wear these until prompted by Artistic Staff. When supplies are limited, the company members take priority, and please be considerate and take turns. Never borrow anything from wardrobe without their expressed permission for that role.

- Contemporary Class
 - Basic uniform: leotard that covers the shoulders (for floor work), black tights (footless or stirrup), and black socks. (Mr. Burke: “A cheap 12-pack of Nike’s at Walmart is usually the best.” High cotton percentage, no cushion or compression.)
 - Mr. Burke can approve specific shirts to provide cover to the shoulders (no tanks, nothing overly baggy) and stretchy, not overly-baggy dance pants.
 - Mr. Burke has the authority to approve or deny any shirts and pants. Always have the basic uniform *in the building*, ready to change into, if he vetoes anything.
- Conditioning Class
 - Please keep available the following supplies, which are all easily found in our shopping centers at Target, Walmart, Dick’s Sporting Goods, or Five Below:
 - A yoga mat
 - A theraband or resistance band
 - A couple of hand-held dumbbells. The teachers said it’s fine to start with 5lb weights, but they might progress to 10lb later, so you might opt for a pack.
 - Close fitting shirts and warm-ups are permissible at the teachers’ discretion.
 - If sneakers are permitted (cardio work), they must be indoor-only shoes.
- Warm-ups
 - Warm-ups are not permitted, except in the following situations:
 - Warm-ups are always fine before and in between scheduled class or rehearsals.
 - In the winter, warm-ups may be allowed at the teachers’ discretion.
 - Leg Warmers must be solid-colored, similar your tights’ color, and fitted at the ankles.
 - If an injury requires it, report the reason to every teacher in every class. If it’s needed beyond one week, provide a note from a physical therapist or relevant doctor. Practice thorough warm-up habits to negate the need for it.
 - Even in winter months and at the theater, all warm-ups must be form-fitting.
 - When warm-ups are allowed during spacing or tech rehearsals, they must be similarly-colored to your costume for the lighting designer to continue their work. (Pink legs warmers on pink tights. No black jackets over a pale costume...)
- Hair, etc.
 - Hair
 - Hair must be neatly secured away from the face in a bun, twist, or similar style.
 - Minimal accessories, never hazardous for partnering. No claw clips.
 - Jewelry
 - Small stud or lobe hugging earrings are permitted. No necklaces, watches, etc.
 - In performance only approved jewelry as assigned for the role.
 - Makeup
 - Daily makeup (if you wear it), in the standard of polished professionalism.
 - Stage makeup will be reviewed with Ms. Lori.
 - Nails
 - Nails must be maintained to not be a hazard, and no colors on stage.
 - Tattoos:
 - Tattoos must be covered on stage, and with materials that cannot rub off.

Policies

By this stage in your training we assume that you have the best intentions to demonstrate professional behavior. While we could never create a policy for every possible issue, we hope this list is a helpful start in avoiding misunderstandings. We hope that you truly take in the concept that policies in ballet exist not for mere obedience, but for you to practice habits that will help you thrive and be seen for your fullest potential as you navigate your future goals in life.

The online registration included an agreement (you checked a box that you read and agree to this).

This abbreviated summary provides an ongoing reference for your convenience.

- Attend classes and rehearsals as scheduled, September through June 14th.
- Sign yourself in every day on the bulletin board. Failure to do so implies an absence.
- Report your absence to the Company Manager prior to class and to the teacher if possible.
- Make up all missed classes with Level 8 in the school. Check in with the School Administrator on duty prior to class, and report the made-up class to the Company Manager upon completion. Failure to make up missed classes lessens your ability to withstand the rigors of a professional program and could impact your standing in the program.
- Commit to full participation in performances. This may require full schedule availability when rehearsals move to the theater.
- Prioritize company obligations above other activities.
- Accept all casting decisions graciously. Casting in ballets is never guaranteed, and will not be challenged. There will be no conferences in the days immediately after casting is posted.
- Handle your own communications with staff in a professional way, without parental involvement except in case of emergency.
- Maintain professional standards of decorum, appearance, and responsibility over your repertoire.
- Maintain optimum health in order to withstand the rigors of dance. If you need resources, please ask the staff to help you navigate St. Louis vast array of reputable health care institutions for your consideration.
- Be prepared with tights, shoes, and accessories (trunks, earrings, etc.) as needed for the repertoire.
- Follow the dress code without reminders.
- Always wear ample cover-ups/street clothes to walk in public spaces between studios or into theaters, with shoes that never go on our dance floors (no dance shoe covers outside).
- Treat costumes with care. Laundry must be given to and picked up from Wardrobe in a timely fashion. Any damages must be reported to Wardrobe immediately. Dancers may be accessed a fee for negligent damages or missing costumes.
- Treat all facilities – studio and theater – with care in and accordance with facility policies.
- Treat all fellow SLB members with respect, including but not limited to fellow trainees, company members, students, staff (artistic, administrative, production, and physical therapy), volunteers, board members, audience members, and all other personnel affiliated with SLB activities (theater facility employees, tour hotel staff, catering companies, and so on).

Company Provides the Following:

- 1) Regular classes as scheduled (established tuition fees apply).
- 2) Rehearsal and performance opportunities (casting eligibility varies per individual at Director's discretion).
- 3) Career guidance through seminars and one-on-one counseling.
- 4) Complimentary physical therapy visits every other week, and resources to seek further care.
- 5) Costumes are provided for all company productions.
- 6) Two (2) comp tickets for all main stage company performances in which the dancer is performing. (May not include smaller venues. Not all Nutcracker dates may be available.)
- 7) PTP are not members of AGMA; therefore, PTP members do not owe union dues, and SLB is not obligated to adhere to AGMA conditions for PTP. SLB will make efforts to provide PTP with reasonable working conditions similar to company regulations whenever possible.

Additional Conditions:

- 1) **Marketing Rights:** The Saint Louis Ballet shall have the right to use the name, image, voice or other likeness of a cast member during the term of this agreement and at any time after the expiration or termination of this agreement for marketing, advertising, promotional or commercial purposes. All such reproductions shall become the exclusive property of the Saint Louis Ballet.
- 2) **Release of Liability:** The PTP member and his/her parent or legal guardian agree to hold harmless the Saint Louis Ballet, the Board of Directors, the Saint Louis Ballet School, and any employee, volunteer or agent of the foregoing, for any liability arising out of or relating in any way to any accident or injury or the person or property of the PTP member while participating in class, rehearsal, or performance of the premise pursuant to this contract.
- 3) **Parents are not allowed backstage, before, during, or after performances unless they have been assigned as a working volunteer for that show.** Dancers sign in at the callboard and proceed to their dressing room. There will be a designated area to receive family and guests after each performance. Dancers should only appear in the lobby in theater appropriate street clothes, and do not go to the lobby wearing any costume items (including headpieces and accessories), warm-ups, or excessive stage makeup.
- 4) **Recordings and photographs of company activities of any kind are strictly prohibited under AGMA law.** This applies at the studio and at the theater, during all classes, rehearsals, and performances. Phones are expected to be on silent mode at the studio and theater unless in cases of emergency. Phones should never be present in the wings at the theater unless specifically designated to by SLB staff (such as SLB's social media "takeover" designations). In such a case, please report this assignment to the Company Manager, Stage Manager, and the Artistic Staff prior to the activities requiring your recording device.
- 5) **Auditions:** Audition travel must be reported *and approved* through our system (as coordinated by the Company Manager) prior to booking travel plans.

The Artistic Director must approve exceptions to any of the above conditions.

Career-Planning

We're here to help! Make the most of your time so you are prepared to pursue the next step.

- Conferences:
 - This year, we will have at least one mandatory conference between each trainee and a staff member. That said, you can always request more meetings at any time of the year (pending staff availability).
 - All conferences should be scheduled through our Company Manager, regardless of whom you'd like to schedule it with.
 - Conferences topics can include but are not limited to your goals, evaluations of your work, audition brainstorming, feedback on resumes, audition video content, etc. The more the you communicate your agenda, the more you will benefit.
- Seminars:
 - We will again provide the digital audition courses from Cecilia Iliesiu, recently retired principal dancer at PNB. The course format has changed, and will now be available over several months. Emma will introduce you to this course.
 - This will continue to provide resources including audition planning calendars, cover letter and resume formats, company lists, and more.
- Resources from Emma
 - Emma is compiling helpful resources for PTP, including helpful tips, forum and social media accounts that list auditions and job openings, and more.
- References and Letters of Recommendations
 - Please always ask before listing any of us as a reference, but don't hesitate to ask.
 - Letters of Recommendation can be requested, but anything less than a month's notice can make it difficult for the staff to oblige (audition season is our busy season, too).
- Audition Photos
 - Kelly Pratt typically hosts a few audition photo session days each year, available for a fee directly to her (not facilitated by SLB).
- Audition Videos
 - In the past we have provided a group video session to give you a head start on classwork materials. A staff member provides combinations and music while you and a friend take turns filming each other. You might augment this by filming additional combinations on your own, shaped to your preference.
 - Studios are available for a reduced rental rate to PTP's, reserved through Heather.
 - Variations class allows you try additional material for your consideration.
 - Our staff usually provides a Contemporary combination with the intent that you can use this on your video material.
 - When copyright allows, we provide links to performance clips that you may also use.
- Traveling to Auditions:
 - All auditions must be pre-approved, but we accommodate this as often as we can.
 - Avoid missing the Friday and Saturday prior to a theater week.
 - Use Fall, Winter and Spring Breaks to the best of your ability.

Health and Wellness Resources

SLB does not provide health care coverage for PTP members beyond bi-weekly physical therapy, but we are happy to connect you to top-quality care in the area, many of whom know SLB.

Hospitals

- St. Louis is fortunate to have a number of nationally-recognized hospitals, including the following:
 - BJC – Barnes-Jewish Hospitals, connected to Washington University Medical Center
 - Mercy Hospital
 - Missouri Baptist Hospital (aka “MoBap”), also connected to BJC
 - St. Luke’s Hospital
 - Cardinal Glennon Children’s Hospital (usually admits patients up to age 21)
- The closest hospitals to the studio are the following:
 - MoBap Hospital: 3015 N Ballas Rd (314) 996-5000
 - St. Luke’s Hospital: 232 S Woods Mill Rd (314) 434-1500
 - Mercy Hospital, Chesterfield: 15740 S Outer Forty Rd (314) 251-0500

Walk-In Orthopedic Clinics

- Ideal for getting a sudden injury checked quickly. (More locations available around STL)
 - Mercy Clinic Orthopedic and Walk-in Care at the Mercy Center for Performance Medicine, 701 S New Ballas Rd Suite 510 · (314) 251-6710
 - Washington University and Barnes-Jewish Orthopedic Center, 14532 S. Outer Forty Rd

Urgent Care Centers

- Ideal for minor maladies that need prompt medical attention.
 - Close not 24/7: St Luke’s Urgent Care: 17421 Chesterfield Airport Rd, (636) 685-7720
 - Open 24 hours: 24/7 Healthcare (Creve Coeur), 13035 Olive Blvd, (314) 548-6550

Physical Therapy (in addition to the PT consultations offered at the studio)

- Athletico, Bryan Lind: (636) 349-8060. Bryan is SLB’s main therapist.

Chiropractor

- Dr. Sturges, in St Charles: (636) 922-4140. SLB’s chiropractor. Mention being an SLB trainee.
- Logan Montgomery Health Center – discounted university chiropractic care in Chesterfield

Orthopedic Doctor

- Dr. Devyani Hunt, Washington University Center for Advanced Medicine (314) 747-2539. SLB’s regular doctor for injuries. Please clarify that this is NOT a Workers Comp case.

Podiatrist

- Dr. Thomas Sehy at Page Foot & Ankle: <https://www.pagefootandankle.com/>

Mental Health Resources

- Students can always come to SLB staff with mental health concerns. We are not qualified to provide treatment, but we can help to connect them to professionals.
 - Behavioral Health Response: (314) 469-4908
 - Care and Counseling Center: (314) 878-4340 (local, and offers a sliding scale)
 - Transformative Performance Psychology: <https://exceedyourperformance.com/> - Former professional dancer and psychologist available for virtual coaching.
 - The Whole Dancer, Jess Spinner, holistic health + nutrition coach for dancers, on Instagram.

Part-time Work

Most PTP's look for part-time work around St. Louis. You may ask the staff for permission to list them as references.

Below are a few ideas as you consider the best fit for you:

Teaching Dance – A wonderful way to build your resume and experience within the field.

- Do you want to be considered for the sub list at SLBS? Bring Tanya your resume with teaching experience to start the conversation.
- Vitality Ballet: Vanessa Woods, former SLB company dancer, founded this organization that brings dance into senior homes. Mostly done while sitting, you lead the class through movement exercises. <https://vitalityballet.com/> or email: vanessamw2@gmail.com.
- St. Louis Dance Network: This Facebook group frequently posts job listings. St. Louis has countless dance studios in every area. There is always someone looking for a new teacher.

Fitness – Dancers have found that working the front desk at gyms often includes benefits such as free access to the facilities or free classes. Consider the following:

- Local Gyms
- Yoga Studios
- Pilates studios (some offer apprenticeships to pursue certification)

Chesterfield Shopping Centers

Our studios are located in Chesterfield Commons, in “the valley.” That said, Chesterfield has endless shopping centers and an outlet mall nearby. If you previously work at a national chain store, you will likely find the same business in Chesterfield:

- Numerous chain restaurants (Starbucks, Olive Garden, Red Robin, etc.)
- National stores (World Market, Trader Joes, Ulta, Petsmart, Old Navy, Target, Walmart)

Sometimes the larger the store/corporation, the easier it is for them to cover your shifts during performance weeks.

Off the beaten path:

- Pet-sitting/dog walking
- House sitting
- Pointe shoe sewing, for others in a pinch.
- Have you connected with a family at the studio? Sometimes parents need help driving their child to or from the studio or theater.

Cross Training Resources

SLB will provide conditioning classes, but for more consistent or in-depth regimens, here are a few places to get you started:

Gyrotonics – Gyrotonic St. Louis Central. Company dancers have mentioned Anne Thomasson's classes as beneficial.

Pilates – The St. Louis area has plenty of options for Pilates, including from instructors that were dancers first.

- Pilates of West County, owned by former SLB member Ginger Hedrick, features the Ramona technique.
- Central Studio – includes Pilates with Mary Ellen Bryan, former member of Ballet Magnificat.

PLNK STL - Their location in Town and Country Crossing is the closest to our studio of their three locations.

Yoga Six – Of their many locations, Des Peres and Creve Coeur are near SLB, and instructor Michelle Devillar is a former company member

YMCA – Chesterfield Family YMCA is near the studio and includes an indoor pool, sauna, fitness center, etc....and a sliding scale payment plan!

Jewish Community Center (JCC) in Chesterfield has great facilities and classes, including Pilates.

Pro tip:

- If you look for part-time work at a gym (i.e. the front desk) you can often get a major discount or free use of the facilities.
- Our company dancers each have their own cross-training habits. Don't be afraid to ask them what they've tried and liked around the St. Louis area.
- Does your apartment complex have a gym or pool? Invite a PTP friend to join you (if allowed). While some people prefer to work out alone, others prefer the motivation of a workout buddy.
- Ask your visiting SLB physical therapists what you should prioritize in your cross training for the maximum benefit in your dancing and injury prevention.

Local Colleges and Universities

Please note that although an address says "St. Louis," that does not mean they are in the city limits of St. Louis, only that they are within the counties.

- University of Missouri – St. Louis (UMSL)
 - o 1 University Blvd, St. Louis, MO 63121 (North County)
 - o umsl.edu
 - o SLB's main theater, the Touhill Performing Arts Center, is on their campus
- Washington University (Wash U)
 - o 1 Brookings Drive, St. Louis, MO (Central County)
 - o wustl.edu
 - o Wash U's CAPS provides an avenue for part-time college study. See flyer.
- Saint Louis University (SLU)
 - o 1 N Grand Blvd, St. Louis, MO (in the city)
 - o slu.edu
- Webster University
 - o 470 E Lockwood Ave, Webster Groves, MO (South-Central County)
 - o webster.edu
- Missouri Baptist University (MoBap U)
 - o 1 College Park Dr, St. Louis, MO (West County, near the studio)
 - o mobap.edu
 - o One former company member lived in their dorms while dancing in SLB's company.
- Maryville University
 - o 650 Maryville University Dr, St. Louis, MO (West County, near the studio)
 - o maryville.edu
- Lindenwood University
 - o 209 S Kingshighway St, St. Charles, MO (*not* the Kingshighway near Forest Park!)
 - o lindenwood.edu
 - o We've performed at their theater and used their facilities for past summer programs.
- St. Louis Community College
 - o This highly reputable community college is a great place to start, and has numerous campuses throughout the area, plus online options.
 - o stlcc.edu
- University of Health Sciences and Pharmacy in St. Louis
 - o 1 Pharmacy Place, St. Louis, MO (Near Forest Park)
 - o uhsp.edu
- Logan University – Specifically for chiropractic education
 - o 1851 Schoettler Rd, Chesterfield, MO (close to the studio)
 - o logan.edu
- Goldfarb School of Nursing at Barnes-Jewish College
 - o 4483 Duncan Ave, St. Louis, MO 63110 (two campuses, at MoBap Medical Center in West County, and at Wash U/Barnes Jewish hospital campus in the Central West End)
 - o barnesjewishcollege.edu

STL – Discover Your New City

Welcome to the 314! St. Louis has a lot to explore. Gather a few friends and explore.

Local Attractions

- Forest Park - larger than NYC's Central Park, it contains so much beyond its bucolic trails:
 - the Zoo (free!)
 - "SLAM" – St. Louis Arts Museum (also free!)
 - The Muny
 - Art Hill (free concerts and film series on the lawn)
 - Missouri History Museum
 - The Jewel Box
 - Shakespeare Glen
- City Museum – You just have to see yourself it to understand. Wear safe shoes, like sneakers.
- Gateway Arch and Museum of Westward Expansion
- Missouri Botanical Gardens
- Soulard Farmer's Market
- Cathedral Basilica of St. Louis – For architecture buffs, the world's largest mosaic collection
- Antique Row on Cherokee Street

Notable Cultural Institutions

- Grand Center Arts District
 - Fox Theater – big musicals and more tour through this iconic theater.
 - Powell Symphony Hall – home to the St. Louis Symphony Orchestra
 - "CAM" – Contemporary Art Museum
- Performing Arts
 - St. Louis Dance Theatre
 - Repertory Theatre of St. Louis
 - Opera theatre of St. Louis

Sports

- Cardinals (Baseball)
- Blues (Hockey)
- St. Louis City SC (Soccer)

Local Cuisine

St. Louis has a wide array of cultural influences, and our restaurants are all the better for it. Whatever your tastes, you can find it here. There are also dishes unique to our area. Toasted "ravs" (ravioli), STL-style pizza (featuring the controversial provel cheese), Ted Drewes Custard, and Gooey Butter Cake are a few things you probably won't find elsewhere.