



DFD ONLINE MENTORING

INFO PACK

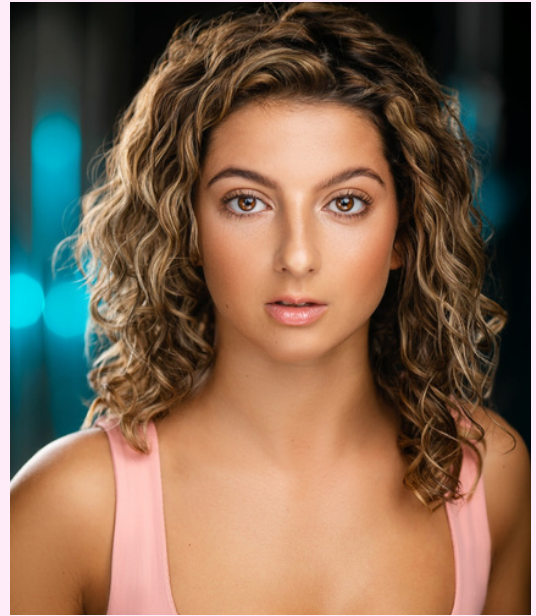
DFD

@danielafabbricatorredance

www.danielafabbricatore.com

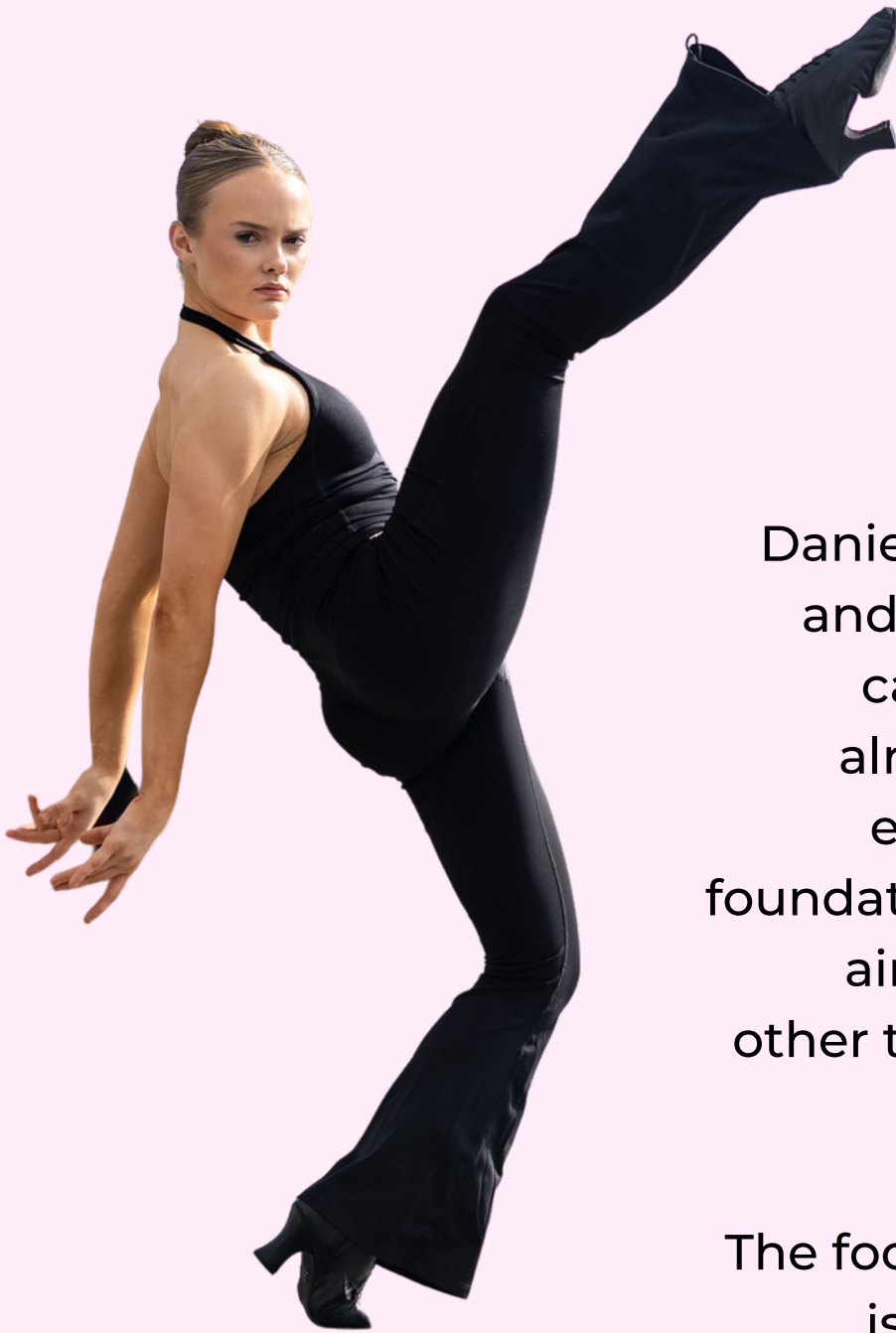
ABOUT DANIELA

Daniela is a highly qualified and experienced educator, renowned for her expertise within the UK dance community. With a distinguished career teaching at some of the country's leading dance institutions and conservatoires including Addict, LIPA, Bird College and more, she has built a reputation as a sought-after instructor.



Daniela has lectured and delivered masterclasses for prominent industry organisations including Move It, Can You Dance (CYD), the International Dance Teachers' Association (IDTA), the British Theatre Dance Association (BTDA), the British Association of Teachers of Dancing (BATD), and many more.

Her comprehensive knowledge of dance, paired with her passion for educating and nurturing the next generation of dancers, makes her a respected figure in the field. Daniela's commitment to professional development, coupled with her proven ability to inspire and motivate students, ensures that she remains at the forefront of dance education in the UK.



AIMS

Daniela's online coaching and mentoring sessions cater for dancers that already have clear and established technical foundations. These sessions aim to work alongside other training as a 'add on' or 'top up'.

The focus of these sessions is to hone in on these foundations to aid dancers in mastering advanced technical skills including turns, kicks, jumps and leaps.



ENQUIRY PROCESS

To ensure that all students are well-suited for the level of training offered in these sessions, a brief video submission is required.

Given the online format of the sessions, it is essential that dancers possess a good understanding of foundational jazz dance terminology and techniques. This knowledge will allow them to safely and effectively progress towards more advanced training.

WHAT TO FILM

VIDEO SUBMISSION



01

Technical Combination

Please learn the linked technical combination and film it.

Requirements-

- Please learn it on the side demonstrated in the video and film it
- Please also work out the combination on the other side and film it
- Ensure to film the correct material for your age.
- Please dance the combo at the tempo in the video. Feel free to dance along to the video sound when filming to help with tempo and timing.

Tech Combos-

https://www.youtube.com/playlist?list=PLfBzPMt_vrQ8n-MC2ham8dxoh9Abel2z1

02

Performance Piece

Please upload a short video of your choice dancing either Jazz or Lyrical choreography.

Requirements-

- No longer than 1 minute of choreography
- Please ensure this is danced to music.



Please do not worry if your combinations and routine aren't perfect. Daniela is looking to get an idea and understanding of your ability and to spot a students potential to develop through a coaching environment.

HOW TO SUBMIT VIDEO SUBMISSION



01

Follow the Link

Head to

www.danielafabbricatore.com/enquire

Enter the password **DFDonline** to access the page.

02

Fill out

Fill out the form

03

Upload

Upload your videos to the form via the upload button. Ensure all clips are edited into 1 video file.

04

Submit

Press Submit



WHAT TO EXPECT



TAILORED LEARNING

Lessons are tailored to each student, with drills and exercises carefully selected to aid their personal growth.

COMBINATION TRAINING

A combination of strength training, flexibility development, technical drills and technical combinations are used to keep lessons varied, exciting, challenging and progressive.

POSITIVE LEARNING ENVIRONMENT

A learning environment that is safe and supportive. There is a heavy focus on work ethic, commitment and discipline, but in a fun and engaging way. Daniela aims to ensure students always leave a session feeling positive and fulfilled.

WHAT WE'LL USE

TOOLS & RESOURCES

Daniela uses a range of methods, techniques, equipment and tools to help dancers develop and reach their goals.

EQUIPMENT & TOOLS

1. Foam Blocks



2. Resistance Bands



3. Loop Number band



4. Pilates Ball



TECHNIQUES & METHODS

Filming and Playback

Daniela often films snippets of students in lessons so that Daniela and the student can work together to analyse the students execution and highlight areas of strength and areas for improvement.

Demo Videos

Daniela has a bank of footage that is often used as inspiration and demo footage to help students understand and visualise certain skills.

GOOD TO KNOW...

KEY INFO

How much are sessions and how do I pay?

£45 for a 55 minute session paid via bank transfer. Details of this will be sent once sessions have been organised.

Is there an age limit?

No! There is no age limit as dancers all develop at their own rate. The focus is more on a dancers experience and ability level when seeking to be part of a coaching programme.

How much space do I need?

It is important that dancers have sufficient space for their lesson, whether this be a dance studio or a home space that is free from obstructions. Roughly 8/9 meters squared is recommended as a minimum amount of floor space. Daniela will work to tailor exercises to fit the space the student is working in, provided that is is safe.

How often can I have a class?

Recurring sessions can be weekly or Bi-weekly. For students who do not require a recurring slot, they can book on an as and when basis.

How do I book each session?

Lessons are booked through an online booking system. Details of this will be sent out providing a successful application,

Can I change my class day or time?

Lessons can be managed, rescheduled or cancelled using the online booking system providing cancellation aligns with the cancellation policy. (This is available to view once accepted onto the programme)

What platform is used for sessions?

Lessons are ran on the Zoom platform. Daniela will send a link once lessons are organised for you to access your session via Zoom.

CONTINUED

KEY INFO

Do I need strong wifi?

Yes! A strong wifi connection is really important to ensure the zoom meeting doesn't lag, freeze or jump!

What sort of webcam & video set up do I need for zoom?

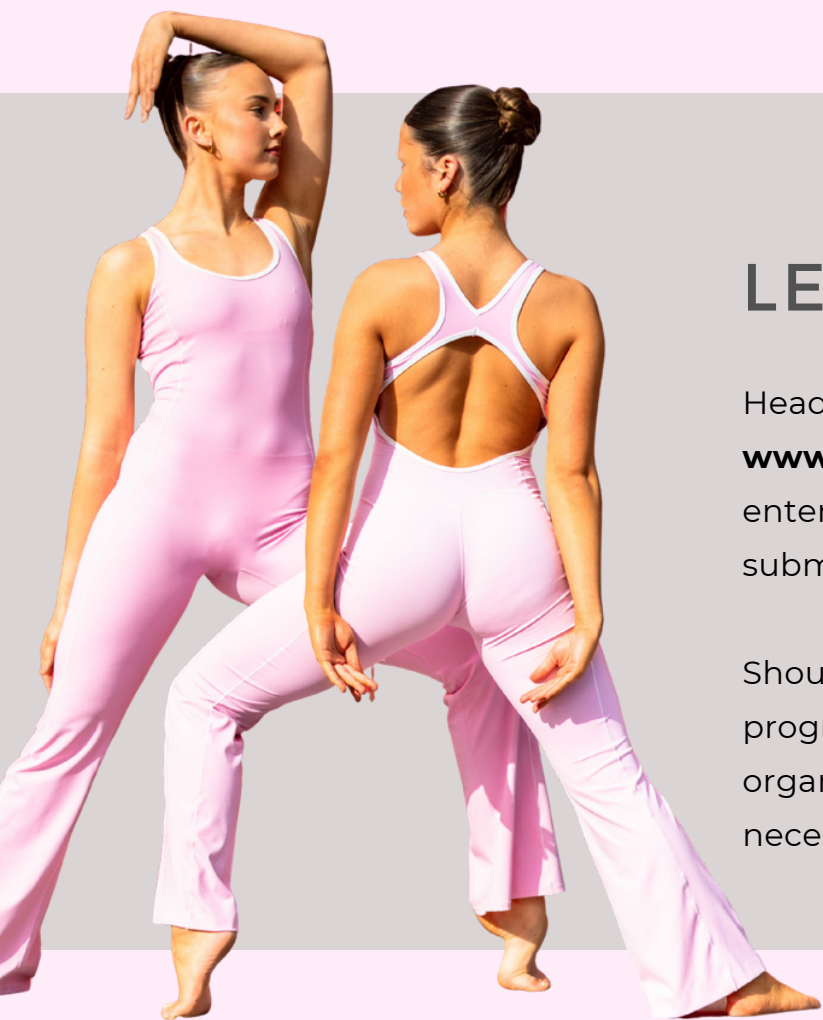
A good quality webcam is important to ensure the video quality is clear and not blurred, fuzzy or pixelated. Daniela recommends a webcam that is 1080HD or 4K.

It's also important to have good lighting. A dark room makes it much harder for zoom to capture a clear image. For darker spaces, using a ring light behind the camera can help to brighten the space.

Will I have to fill out any further documents.

Once accepted onto the programme a waiver will be sent over. This covers safeguarding, contact info, social media consent and more.





LET'S GET STARTED!

Head over to

www.danielafabbricatore.com/enquire and enter the password **DFDOnline** to fill out your submission form.

Should you be accepted onto the programme Daniela will be in touch to organise your first session and send over the necessary documents and additional info.

Thank You for taking the time to read through the information and expressing an interest in DFD online coaching & mentoring.
I look forward to receiving your submission!

DANIELA X

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