

IDTA Gold Bar One Exam Coaching with Helen Santa Maria

What is Gold bar one and what will I have to do?

Congratulations on reaching Gold Bar One! This represents another level to which you are invited to step up as a dancer. It means that you are expected to demonstrate not only your skills, but your confidence, musicality and stage presence all at a high level. I know that you have it in you to absolutely rock it in the exam and I'm here to help you do so! Read on if you'd like to know how ...

For your Gold Bar One exam you will need to prepare two choreographies. As you know from previous exams, you will probably only end up dancing the first minute or two for the examiner. Even so, as your coach, I would like you to prepare two whole pieces up to a high standard. I suggest you choose two very different styles so that the examiner can see some variety in your musical awareness. You can use your own choreographies or routines you've learned in a class. It doesn't matter if somebody else uses the same choreography.

It's my aim to help you up your game by preparing you to dance at your very best in the exam. You can expect thorough, honest and detailed criticism from me in relation to your technique, choreography, presentation and performance skills. I'll be completely upfront here and let you know that I will be completely honest with my criticism, though it's all meant with love of course (!) so do be prepared to be given plenty to work and improve on. If you only want to hear praise then this coaching probably isn't for you.

How will you coach me?

You will be able to submit up to 3 videos of each of your routines (no less than a week apart, you'll submit either one both routines at the same time) on which I will provide you with detailed feedback and a 'checklist' of what you should work on. I'll give you some of the feedback in written form but you will also get your own personal video from me with direction on what to work on.

What I will expect from you is that you will work on what you've been set and do your very best when working towards, and during, the exam.

To recap, this is how I will coach you for the exam

Gold Bar One Exam Program:

- you will submit up to 3 videos of your routines on which you will receive detailed feedback from Helen in one email per video submission (ie. one video submission of both routines) with clear direction on what to work on and exactly how
- For each submission you will receive a privately videoed 'class' via private youtube link where I will give you personal critique and guidance on what to work on.

I'm also offering a **Gold Bar One VIP Program** option if you feel that you would like even more coaching, feedback and assignments from me. You will also have one 30 minute one on one private coaching session with me at my home to help perfect your routines and work on the assignments you've been set as part of the video feedback (we'll really hit the ground running in this session). You are invited to film parts of this session to refer to when you practice at home. This includes:

- **unlimited** email support with help, advice and guidance (I'll aim to reply within 24 hours) on any elements of your dance, e.g. choreography, technique, dancer mindset etc.
- submit up to **5** videos (no less than a week apart) on which you'll receive detailed criticism and assignments to work on
- one 30 minute on-on-one private coaching session where you are invited to film sections for your reference

Please note that places for the VIP option are limited to 3 people.

Gold Bar One Program Fees:

Standard Program £60

Or

- Initial deposit £30
- On first video submission £40

VIP Program £90

Or

- Initial deposit £50
- On first video submission £50

Payments can be made by cash, cheque, bank transfer or Paypal invoice. Bacs details: Helen Santa Maria HSBC sort: 40-38-04 account:74168216

Lets do this!

