



SATURDAY – Workshop and Master Class Day

We hold Master Classes first so that you have ample time in front of our judges.

Morning Session: Open to registered students and their observing teachers.

Location: UCSD Wagner Dance Building

9:15–10:00 **Check in** and warm up for Master Classes. Classroom assignments provided at check in. All students are automatically registered for both the 10am and 11:30am classes.

10:00–11:20 **Technique Classes** taught by Rie Ichikawa & Daniela Buson

11:30–12:50 **Technique Classes** taught by Inessa Plekhanova & Victoria Schneider

12:50–2:00 **Lunch Break**

Make your way to Mandeville Auditorium. Signage provided for those who walk.

Afternoon Session: Open to all registered students, teachers, and guests.

Location: Mandeville Auditorium

2:00–2:30 **Session 1 – The Power of Focus**
Andrea Sanchez, Wellness Specialist
Learn what essential oils to use for pre-performance, post-performance, and for self-care.

2:30–3:15 **Session 2 – The Mindset of Peak Performance Psychology**
Dr. Sara Hickmann
Learn Olympic strategies for training with a growth mindset

3:30–5:30 **Session 3 – Standing Leg Turnout, Point Articulation & Fascia Mobility**
Lisa Howell, Physiotherapist



SUNDAY – Competition

Open to all registered students, teachers, and guests. For your planning convenience, US Prix de Ballet will not run early or ahead of schedule.

Location: Mandeville Auditorium

11:00 Theater Opens

12:00–12:15 **Open Stage Contemporary** Children's, Junior & Senior Divisions

12:15–1:00 **Contemporary Competition** Children's Division
Contemporary Competition Junior Division
Contemporary Competition Senior Division

1:00–1:15 **Open Stage** Ensemble Division

1:15–1:30 **Ensemble Competition** Ensemble Division

1:30–1:45 **Open Stage Classical Ballet** Children's & Junior Division Section 1*

1:45–2:30 **Classical Ballet Competition** Children's & Junior Division Section 1*

2:30–2:45 **Open Stage Classical Ballet** Junior Section 2* & Senior Division

2:45–3:30 **Classical Ballet Competition** Junior Section 2* & Senior Division

**If you are a Junior, you will receive a personal email letting you know if you are competing in Section 1 or Section 2.*

3:30 **Special Guest Artist – Ask Amy****
 Amy Brandt – Editor In Chief, Pointe Magazine
 **Be sure to email us your questions in advance.

4:30 **Awards Ceremony**
 Students are not required to dress up. Please feel free to wear dance gear or comfortable clothing.