



MICHAEL ROSALES PRESENTS
**THE
BREAKDOWN**

SUMMER CAMPS

Shaping a Culture of Movement for Band

TABLE OF CONTENTS

Table of Contents _____	2
What is The Breakdown Camp? _____	3
Education _____	4
Safety _____	5
Performance _____	6
Director's Seminar _____	7
Class Curriculum _____	8
Sample Schedule _____	9
More than just Band Camp _____	10
Testimonials _____	10
Pricing & Details _____	11
Contact us _____	12



Choreographer Michael Rosales has worked with The Bluecoats, Carolina Crown, Blue Knights and is the Lead Choreographer at Santa Clara Vanguard. He has also worked with bands such as Mason High School, Dobyys-Bennett High School, Prosper High School, Owasso High School, LD Bell High School, Wando High School, and more. His passion for movement and the growth of young performers through dance and choreography has made him a trusted name in the Marching community from Performers to Directors.

WHAT IS THE BREAKDOWN CAMP?

The Breakdown Movement Camp is designed to teach basic fundamentals of dance to today's fast-moving and rapidly evolving marching arts performers. This 3-day intensive will give students proper and SAFE tools to bring back to their marching programs and set new goals for their peers and band's show design.

This is A ONE-OF-A-KIND event that includes diverse workshop classes with strong focuses on Education, Safety and Performance. The variety of classes for students will include: beginning dance fundamentals, traveling through dance, stretch class, jumps and leaps, acting workshops, choreography sessions, leadership and self expression.

Not only is The Breakdown aimed for the marching performers, it also offers in-depth education classes for Band Directors, Assistants and Visual Technicians. This director program is designed to give today's Marching Arts teachers the confidence to guide their students through the movement process, SAFELY and efficiently. We understand that instructing dance fundamentals is a specialty trade and we offer as much knowledge to today's teachers so that they grow along with their students and the band's design programs.



The Breakdown Camp has teamed up with some of the most sought-after, forward moving visual educators and choreographers of the field to create a space to share, teach and create with young artists of today's Marching Arts and make sure they have the skills to safely create within their own Band programs.



EDUCATION

In this 3-day camp, students will take a journey to explore why MOVEMENT has become such an important part in developing a successful, competitive and fun Marching Band Show.

As artists, it is in our blood to continue to find ways to communicate our true selves to our audience, peers and judges.

Through years of teaching experience, we have realized that movement is a natural way for these young performers to connect with their artistry and we nurture this experience by giving them the proper tools in which to incorporate this into their home schools and programs.

The Breakdown camp will offer classes ranging from Basic Fundamentals, Technique of Dance (floor barre exercises, posture / position, stretch and strengthening, etc.), Across the floors (including jazz walks, ground rolls, jumps and leaps), Acting and Improv Workshops, Choreography Workshops and Leadership classes.



SAFETY

As students begin to take risks to explore new ways of communicating with their bodies, it is extremely important that SAFETY is at the forefront of this process.

The Breakdown Camp was established with the understanding that the Marching Arts community needed a safe space to learn and receive information that would allow performers to take the proper steps to grow and evolve their Band's Movement programs and avoid the possibility of injury.

Our goal is for these campers to walk away with a level of understanding on body alignment, posture, proper muscle engagement, strengthening exercises, value of core strength and a clear consideration of the "why's" and "hows" of what they are being asked to do.

PERFORMANCE

These young artists harness a passion for being in front of an audience and sharing their skills. We feel we must cultivate a culture of performers that respect one another's artistry and allow them to explore.

At The Breakdown Camp, these students are constantly given opportunities to take risks and find new ways to communicate. The faculty and staff is 110% supportive of this ideal and will make sure we nurture the process.

Throughout the day the students will perform for one another whether it's in technique block or choreography workshops.

Another performance avenue we offer is our Guided Improv and Acting class workshop. In these sessions, students will be given various ways to break out of their shell and harness a higher level of their own artistry, giving them confidence to become a bigger asset to the Band's overall programming.





DIRECTOR'S CLASSES

We understand that teaching and implementing “Dance Fundamentals” is not a skill set that Band Directors or Assistant Directors have in their wheelhouse. Talking about Plies, Tendus and Passe let alone creating choreography for your Band’s competition program can be intimidating.

Michael Rosales, has spent years helping and nurturing Band Directors, Assistant Directors and Visual Techs navigate through this process and how to make it less “scary”.

At The Breakdown Camp, not only do students get to experience the world of Movement, we also take everything the

campers are learning and give your staff as many tools as possible to navigate through these exercises on their own.

In these classes, we provide tips on what muscles to reference, how to explain proper technique, define why we do certain exercises and most importantly, give you ways to maximize performer output during the season.

Michael Rosales and staff will also be available for any questions, concerns or to discuss ideas ranging from technique to Choreographic choices. The goal is to help you feel confident standing in front of your students when it comes to Visuals.

CLASS CURRICULUM



Registration

Students and directors sign up, receive packets that include schedule, wristbands, camp gear, etc. Directors also have an opportunity to ask questions regarding the camp session.

Warm up w/ Michael Rosales

Michael welcomes students, gives quick explanations, expectations and other announcements for the day then leads the campers through a fun, high energy warm up and stretch to get the tone started for the day.

Movement Technique / Fundamentals

One of our Breakdown Faculty members will lead the students through a class exploring basic techniques and fundamentals of movement. This class will include stretch and strengthening, placement, posture, basic dance positions, plies, tendús and other center bare exercises. Students will learn a whole warmup routine that they can take back to their programs and grow from.

Across the Floor

This important class will teach marching students how to travel through space using jazz walks, flutter runs, ground rolls, jumps, leaps and variations of how to travel from point A to B. The students will explore multiple ways to travel through space.

Leadership

Your program's leaders and future leaders will learn how to create a positive culture through goal-setting, group dialogue, problem-solving and clear communication. Every program is different, therefore each student will work towards personalized leadership skills that benefit their own programs.

Acting and Improv Class

In this session campers will learn the importance of self-awareness, develop their imagination and concentration and use their bodies to communicate. Students will learn to develop their spontaneity and decision-making skills through performance games and exercises. These tools come very important when incorporating a character or idea in a Marching Band show.

Ballad Movement Choreography

Students will explore choreography that would lend itself to softer and sensitive types of movement. Ballads in Marching Band shows are an opportunity for students to connect in an emotional manner. During this class students will learn a movement phrase that explores slower and more sustained movement combined with performance qualities.

Production Piece Choreography

Your students will explore dynamic, explosive movement that is performance based. Whether it's the opening movement, a major drum break or the closer to a Marching Band show, these moments allow us to get the horns off the face and truly connect and communicate with the audience and judges. This class will focus on musicality and unlocking the potential artists in the students by using movement as the main means of communication.

Show and Tell

Here at The Breakdown Camp we believe that "Performance" must be a daily part of our practice. Therefore, we give students the opportunity to create a safe space for each other to share their passion and journey. During Show and Tell sessions, campers get to practice being a performer as well as make a habit of being a respectable audience by watching each other perform.

Director ONLY Session

Michael and his team guide directors and staff by providing the tools to grow both educators and the performers. This session is a hands on question and answer seminar that focuses on YOU and how you develop a culture of movement in your home program.



SAMPLE SCHEDULE

Camp Day Class Schedule -8am-5pm:

8:30-9am: Warm up w/ Michael Rosales

9-10:30: Movement Technique / Fundamentals

10:30-10:45 Break

10:45-11:30: Across the Floor

11:30-12:30: Acting / Improv Workshop

12:30-1:30: Lunch

1:30-2:30: Leadership Class

2:30-3:30: Ballad Movement Choreography

3:30-4:30: Production Piece Choreography

4:30-5:00: Show and Tell / End of Day Announcements

Day 3 includes: Friends & Family Showcase, Awards
& Scholarships and Closing Day Party / Social

Schedule subject to change based on staff
availability and regional needs or requests.

MORE THAN JUST BAND CAMP

Testimonials:

"Any opportunity you have to learn from people who understand the body and how it moves is a great opportunity and The Breakdown Camp can definitely provide opportunity knowledge and experience."

Scott Chandler (Show Design, Choreographer, The Blue Devils)

"I not only see a benefit in The Breakdown Camp, I see it as a necessity. If you can find a holistic safe therapeutic environment that can help you explore the range of expression and the components of your body in motion, then you owe it to yourself and you owe it to your experience of being alive to dig into that moment."

Michael Gray (Designer DCI/ BOA/WGI Judge/ Designer/Artist)

"I think it's a great opportunity for directors to learn more about it (movement), demystify it a little bit, make it accessible, make it easier for them to feel comfortable and confident about bringing it into their programs an additional element of design to take it to the next level for their programs."

Chad Duggan (Designer, Dance Sophisticates)

"Michael Rosales has been a game changer for our band program! His creativity and efficient teaching and rehearsal strategies have elevated our band's visual presentation dramatically. But more importantly Michael connects with students in a way that brings them out of their shell, helping them overcome the standard teenage insecurities related to movement. Our kids look forward to his visits and especially loved the Breakdown Camp experience we hosted at our school!"

Lafe Cook (Director of Bands Dobyns-Bennett High School, Past President, Tennessee Music Educators Association)

"Even after 20 years of participating in the marching arts at the highest levels, The Breakdown Camp with Michael Rosales is the single most effective and safe movement training class I've ever seen. This is a must for teachers and students at the beginning of every season."

Josh Gall (Ultimate Drill Book, University of Texas -Longhorn Band)

"When I was teaching high school I didn't have the skills to teach it (movement) on my own. I didn't have the proper training mechanisms to get them where I wanted them to go even if I knew what I wanted to happen or what I thought would be appropriate at that moment. So I think that not only developing something for kids to be able to learn those skills but also for directors and teachers to have a skill set and a vocabulary set to be able to communicate those things would be essential and go such a long way."

Will Pitts (Music Arranger, Composer)

I am writing to you today on behalf of Michael Rosales (Choreographer for Blast, Santa Clara Vanguard) and his Associates as they present the first ever camp of its sort: The Breakdown Camp. The camp will cover an array of topics, exercises, and techniques that the Prosper Band has had the opportunity to learn from Michael Rosales over the past five years. I credit Michael's teaching and choreography as a large factor in our students' efficacy, confidence, and ownership of their productions. As we developed a vocabulary and understanding of how to safely and efficiently approach and teach marching band movement, dance, and choreography from Michael, our students began to LOVE the evolution of this "new wave" in marching band. It started out as "just adding visuals" but it evolved into a

new way of moving, expressing, and bringing their music and show to life. Honestly, our students enjoy it far more than just marching alone. I really think that they would prefer to do this all of the time if they could. I believe that the concept of this camp is simple: safely and efficiently train young performers in many of the skills and basic techniques that they may be called on to do before they get to you in summer band. I wouldn't be surprised if we hear stories of directors being able to call on their students to help teach and create movement and choreography that is based on sound technique and actively enhances the music in the show after experiencing this camp. For the record, I'm not involved with the camp, nor am I getting any kickback or special deal for Prosper students, I'm just sharing this testimonial because I think that you may have some students that really enjoy it!

John Alstrin (Director of Fine Arts, Prosper Independent School District)

"I can't begin to tell you the experience we had with the Breakdown Camp. What our kids got from this camp is incredible. They came out of their comfort zone and started doing things that would have taken us years to advance them to that level."

Joey Lucita (Band Director at Moe & Gene Johnson High School, Buda TX)

"I was so impressed at what my daughter was able to learn in just two days. She is not typically a dancer, she doesn't usually enjoy dancing, she's usually embarrassed by stuff like this. She came home so excited to show me her dance and she had learned so much it was amazing."

Parent (Moe & Gene Johnson HS Band)

Free Swag!!!

Awards and Scholarships

Friends and Family Showcase

Live Photographer for Social Media Content

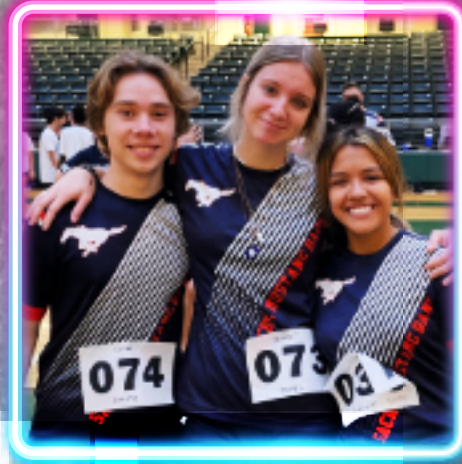
End of Camp Social/Dance Party

DCI Audition Scholarships

Drum Corps Talent Scouts



PRICING & DETAILS



For group rates and discounts, contact us at info@thebreakdownncamp.com

* Prices may vary



CONTACT US



E-mail: info@thebreakdowncamp.com



Website: www.thebreakdowncamp.com



Facebook: The Breakdown Camp



Instagram: TheBreakdownCamp

Special Thanks to...

Umarin Patamasank (graphic designer)

E-mail: umarin@upstage.design

Website: www.upstage.design

Facebook: Upstage Designs

Instagram: [upstage.design](https://www.instagram.com/upstage.design)

**UPSTAGE
DESIGNS**