

The Salimpour School
Writing a Training Plan

Write a list

Write a comprehensive list of what to include in your plan so you can organize. Example items include:

- Specific Goals
- Workshop Dates
- Technique classes (recommended 3x weekly)
- Drill Breaks, Cymbal Jams, Twitter Drills
- Other dance classes (ballet, jazz, Flamenco, etc.)
- Choreography learning and running
- Personal practices
- Required projects
- Reading assignments
- Pre-workshop assignments
- Deadlines and due dates for all
- Additional training goals required by level such as vibrations, squats, technique drills or choreographies to be approved in advance of testing, etc.
- Tools, resources, and testing criteria for each level:
<http://www.salimpourschool.com/certification/suhaila-format/> Or
<http://www.salimpourschool.com/certification/jamila-format/>

Make your plan

1. Download the "*Time Priority Assessment*" and "*Training Plan*" documents.
2. Compose your Training Plan using the list you have created and dictated by the time you calculated in your Time Priority Assessment.
3. Send your plan to the Certification Coordinator for ideas, feedback, guidance, and/or questions. SalimpourCertification@gmail.com

Remember your tools

- Main Website for list of training tools specific to training in your format and level. Check regularly for updates.
- SalimpourSchoolOnline.com
- Manuals, music, Drill Breaks, Cymbal Jams
- Certification Coordinator for questions, clarifications, and advice
- Skype Privates with L5 instructors for feedback and or test Chute evaluations and sign off.

Avoid common pitfalls:

- *Over scheduling.* Keep your training realistic; be honest about time and what you can actually do.
- *Not moving on.* Don't hang out in your current or lower level too long. The idea is to grow and train "into" the next level. Maintain your current level, while focusing on moving forward.
- *Not training.* Some certification levels require a lot of reading, researching, and creating. It can be easy to be distracted, so make sure to maintain your training.
- *Not allowing enough time.* Especially if you are planning to test for the next certification level, allow yourself plenty of time to work through and absorb the material.
- *Pacing yourself by another dancer.* Every dancer is unique, has a separate set of skills, and learns at a different pace. While training with another dancer can be very effective, it is important to remember your own individual goals and pace.

Submit plans following these instructions:

- Use the assigned templates (or identical version) with the table format (one week per row). ***Study the example carefully.***
- Keep the formatting simple; do not overcomplicate.
- Plan on black & white **without color.**
- Stabilizing activities help you maintain your current level of dance. Developing activities help you develop further. **Shade Developing activities with a light grey highlight** or *with a leading asterisk.
- Be concise.

Consider these elements that are supplementary to, but not included in your formal Training Plan. These are valuable activities that you are encouraged to pursue in addition to your dance training. But keep in mind that the purpose of the training plan exercise is to focus on dance technique and related goals.

- Endurance training
- Cardio and strength building
- Yoga, pilates, etc.
- Body care and work (massage)
- Diet for an athletic goal
- Injury strengthening
- Breath control
- Ballet Training
- Troupe Rehearsals and Performance
- Classes that you teach (where you are not the student)