

MILTON HIGH SCHOOL



# MILTON CIRQUE COMPANY LETTERING



## MILTON CIRQUE COMPANY LETTERING

The Milton Cirque Performance Company presents the criteria for earning a Varsity Letter. This distinction will be issued to athletes that excel and perform in Cirque Performance Company at an elevated level. The criteria for earning a letter is broken down in a combination of categories that include:

- Training (Both on Campus and Off)
- Physical Achievement
- Service and Enrichment
- Good Standing

A maximum number of points will be assigned and allowed for each category.

**In addition, beginning in 2017-18 Academic year, the Milton Cirque Performance Company Members will be adhering to the Fulton County Code of Conduct and observing the Social Media Brief. Copies of both will be posted and available to everyone PRIOR to Auditions.**



## TABLE OF CONTENTS

1. Lettering for Cirque Performance
2. Lettering Point System
  - a. Description of Point Possibilities
  - b. Physical Fitness Criteria –
    - ❖ Level ONE
    - ❖ Level TWO
    - ❖ Level THREE
  - c. Benchmarks per APP
    - ❖ Cyr
    - ❖ Tumbling
    - ❖ Banquine
    - ❖ German wheel
    - ❖ Tissu
    - ❖ Juggling
    - ❖ Chinese Pole
    - ❖ Rope
    - ❖ Cube
    - ❖ Diablo
    - ❖ Icarian Games
    - ❖ Rings
    - ❖ Spanish Web/Corde Lisse
    - ❖ Hand to Hand
3. CIRQUE PERFORMANCE COMPANY CONTRACT
4. FULTON COUNTY Code of Conduct – ETHICS AND SOCIAL MEDIA REQUIREMENTS  
\*2017-18

Appendix One  
Social Media Brief

Appendix Two  
Fulton County Athletic Policy



MILTON CIRQUE COMPANY LETTERING

Points	Type	Total Possible
	<b>TRAINING POINTS</b>	45
2 pts per Hour of training	Attend a Master Class with a Guests Artist	
	<b>OUTSIDE TRAINING INCLUDES SUMMER PRIOR</b>	35
5 points	3 HOURS PER VERIFIED non-required PRACTICE TIME	
	<b>GOOD STANDING POINTS</b>	
5 points	All Forms PERFECTLY COMPLETED by First Day of CLASS	5
	<b>SERVICE/ENRICHMENT POINTS</b>	25
4 points	Attend and Volunteer Time to Teach a Cirque Workshop at THES CON	
1 point	Audition Assistant	
1 point	Attend a professional Cirque Show	
5 points	Act Leader	
5 points	Planning Team	
	<i>Number of Years in CIRQUE</i>	
1-5 points	ONE YEAR (1) TWO YEARS (3) THREE YEARS (3) FOUR YEARS (5)	
5 points	Participate in Offsite Performance Opportunity	
	<b>PHYSICAL ACHIEVEMENT POINTS</b>	45
10 points	Complete 5 Pre-Determined Curriculum SKILLS on One Apparatus (see attached)	
5-15 points	Complete a PRE-Determined FITNESS WORKOUT LEVELS LEVEL 1 = 5 POINTS LEVEL 2 -10 POINTS LEVEL 3 = 15 POINTS.	

**POINTS REQUIRED TO LETTER = 100**



Company members will be evaluated on their skill sets and physical fitness approximately 4 times per year.

As for Service and Outside training, company members must provide details(dates, receipts for shows attended, invoices from outside training facilities etc.) In other words, the burden of proof is **EACH COMPANY MEMBER'S RESPONSIBILITY.**

Directors Smith and Hopkins, Cirque Coordinator AND Parent Volunteer will ALL scrutinize entries. We will not discuss lettering points (how many you have, how many more you need etc...). Each Company Member will learn if they lettered at DROM(the end of the year banquet).

Company Members will be asked to TURN in any additional points earned for services, shows to Mrs. Wagner on a monthly basis.

\*\*\* The Directors reserve the right to award additional bonus points at their discretion.



PHYSICAL FITNESS – LEVEL ONE

ACTIVITY	REPETITION	MEN	WOMEN	TIME
<b>1. AEROBIC CAPACITY</b>				
1 MILE RUN	1	10 MIN	11 MIN	_____
JUMPING JACKS	1	100	100	_____
<b>2. ABDOMINAL STRENGTH</b>				
FULL SIT-UPS	1	25	20	1 MIN
CRUNCHES	1	35	30	1 MIN
<b>3. UPPER BODY</b>				
PUSH-UPS	1	20	15	1.5 MIN
CHIN-UPS	1	7	5	1 MIN
ARM HANG	2	20 SEC.	15 SEC	_____
<b>4. BODY STRENGTH/ FLEX</b>				
TRUNK LIFT	1	10 IN.	8 IN.	_____
V-SIT	1	_____	_____	30 SEC
<b>5. FLEXIBILITY</b>				
SIT AND REACH	1	TOES	TOES	_____
SHOULDER STRETCH	1	HAND	HAND	_____
SPLITS	1	1 SPLIT	2 SPLITS	_____
BACK-BEND	1	ABILITY	ABILITY	_____

PHYSICAL FITNESS – LEVEL TWO

ACTIVITY	REPETITION	MEN	WOMEN	TIME
<b>1. AEROBIC CAPACITY</b>				
1 MILE RUN	1	8 MIN	9 MIN	_____
JUMPING JACKS	1	100	100	_____
<b>2. ABDOMINAL STRENGTH</b>				
FULL SIT-UPS	1	40	35	1.5 MIN
CRUNCHES	1	50	45	1.5 MIN
<b>3. UPPER BODY</b>				
PUSH-UPS	1	30	25	1.5 MIN
CHIN-UPS	1	12	7	1 MIN
ARM HANG	2	45 SEC	40 SEC	_____
<b>4. BODY STRENGTH/ FLEX</b>				
TRUNK LIFT	1	12 IN.	10 IN.	_____
V-SIT	1	_____	_____	45 SEC.
<b>5. FLEXIBILITY</b>				
SIT AND REACH	1	NOSE TO KNEE		
SHOULDER STRETCH	1	HANDS TOUCHING AT PALMS		
SPLITS	1	2 SPLITS	3 SPLITS	
BACK-BEND	1	BACKBEND FROM ELBOWS		

PHYSICAL FITNESS – LEVEL THREE

ACTIVITY	REPETITION	MEN	WOMEN	TIME
<b>1. AEROBIC CAPACITY</b>				
1 MILE RUN	1	7 MIN	8 MIN	_____
JUMPING JACKS	1	100	100	_____
<b>2. ABDOMINAL STRENGTH</b>				
FULL SIT-UPS	1	55	50	2 MIN
CRUNCHES	1	65	60-	2 MIN
<b>3. UPPER BODY</b>				
PUSH-UPS	1	45	30	2.5 MIN
CHIN-UPS	1	20	16	2 MIN
ARM HANG	2	1 MIN	55 SEC.	_____
<b>4. BODY STRENGTH/ FLEX</b>				
TRUNK LIFT	1	14 IN.	12 IN.	_____
V-SIT	1	_____	_____	1 MIN.
<b>5. FLEXIBILITY</b>				
SIT AND REACH	1	NOSE TO SHIN		
SHOULDER STRETCH	1	HANDS TOUCHING AT WRISTS		
SPLITS	1	3 SPLITS	OVERSPLIT	
BACK-BEND	1	SNAIL (BACKBEND ON CHEST)		





# Cyr Wheel

## Intermediate

Basic waltz

Waltz with 1 arm (both sides)

Waltz with 1 leg (both sides)

Hanging waltz

Grace waltz

Spiral "cart wheel"

Coin

Corners

Feet together or feet wide waltz

Arch waltz or center spin

Surfers

Superman

Flower pickers

Half, full turn

Half, full twist

Hands off

## Advanced

Hand springs (front, back)

Flags (both sides)

Monkey spiral or spin

Cart wheel....coin then coin....cart wheel

Jump to support

Connecting tricks eliminating waltz steps in between "sequencing"

Elbows long drop

Hanging full turn - Hanging gull twist



# Tumbling

## Intermediate

Cart wheel

Round off

Back handspring

Front handspring

Dive roll

Front flip

Round off back handspring

## Advanced

Backflip

Round off back handspring tuck

Round off back handspring layout

Ariel

Round off back handspring full

Specialty pass through to full

# Banquine

## Intermediate

Basic toss from standing - straight rides

Basic mega toss

Toe touch toss

Full down toss – kick full down

Transfer tosses to another base

Launches – across to another group

Front tuck toss

## Advanced

Back tuck toss

Back tuck to standing

Back layout – standing

Full back toss – double back etc.

Handstand tosses

Triple stacks

# Aerial Tissu

Beginner

Intermediate

4+ inversions in air in a row on silks

Hip Key in air (clean) on silks

S-Lock in air (clean) on silks

Plank for 1 minute

3+ pull-ups

# Diablo

## Beginner

Two High Throws and Catches in a Row

Another start beside the floor start: twist, toss, or wrap start.

A stick grind for 3 seconds and toss back on to string.

A stop-over on each side (Also called trapeze)

Around the leg or arm for 5 Revolutions

Whipping Acceleration

Trampoline for 5 Catches

Any Type of Sun (also called Around the World)

Elevator

Demonstrate a Routine with a Start, 3 Tricks, and a Finish!

## Advanced

Chinese Acceleration ( Diabolo is front wrapped and then Pulled Up and Down)

Around the Leg with One Hand

Double Cat's Cradle

Whip Catch

Sun Combination (Two Different Suns back to back)

High Toss with either a Pirouette, Jump Rope, or pass the Sticks Move

Any Stick Release Move (Also Called Suicides, but not by me)

3 passes of the Umbrella Trick ( Diabolo is Snatched back and forth at head height)

Any Magic Knot ( String is wound around sticks, and then Releases)

A Routine set to music or with comedy patter with at least 7 Tricks



# Juggling

## Basic (Balls or Beanbags) – Intermediate

3 Ball Cascade- 21 catches

Juggle 2 in 1 hand- 10 catches in right hand and then 10 in left hand

Juggle Columns- 10 catches

Reverse Cascade- 15 catches

Half Shower- 10 catches

Full Shower- 10 catches

One body throw- Either under the leg or behind the back (back cross or shoulder throw)

One Body Bounce - off knee, elbow, foot, or head

One up Pirouette

Create a Routine with a Start, 5 Tricks, and a Finish

## Advanced

Be Able to Demonstrate:

Basic Cascade with either Clubs or Rings - 21 catches

4 Ball Fountain - 12 catches either Synchronized or Asynchronous

Overhead Cascade- 12 catches

One Contact Move-Body Roll, Elbow Stall, or One-Handed Butterfly and then back into the Cascade Pattern

Mill's Mess- 15 catches

Run a Trick one one side- back crosses or under the leg for 5 catches.

With a Partner- pass 6 balls for 10 catches on a 4 count (every others)

With a Partner-learn front steals and side steals

Flash 5 Ball Cascade-5 throws and 5 catches

Develop a Routine with 10 Tricks set to Music or with Comedy Patter



# Chinese Pole

## Beginner

Basic Climb

Basic Climb Turning (Both Sides)

Knee Hang

Knee hook (Both Sides)

Frog Climb

Buddha (Both Sides)

Elbow Flag (Both Sides)

## Intermediate/Advanced

Doughnut Drop

Cannon Ball Drop

Shoulder Hops

Handstand Flag

Superman

# Spanish Web

## Basic

french climb  
classic toe climb  
classic descent  
half lock  
arabesque (half lock with a crucifix)  
clothes line with a wrap on (single knee hang from a half lock)  
lotus  
grip choices: regular, flamenco, Italian

## Beginner

vertical split  
j-roll from vertical split  
russian climb  
outside hook climbs  
hip lock (hip key) from the ground  
hip lock from outside hook climb  
front balance  
hip lock from front balance  
hip lock balance with triple leg wrap  
introduction to tempo (bell beats, bike beats, straddle beats)  
catchers hang



# Rings

Beginner

Intermediate

Advanced



## Hand to Hand

### Beginner

Triangle Stand

Dirty Dancing

Dolphin

Salamander

Titanic

### Intermediate

H2H

Handstand

Superman

Cannon Ball

### Advanced

Press handstand on Base

Handstand Drop

Table (Guy on Guy)

Reverse Backward Cannonball

One Arm Dirty Dancing



# Hoops

## **Beginner**

Knee Hooping

Around the Waist Hooping

One Arm Vortex

Isolation

Neck Hooping

Elevator

Foot Hooping

Single Lasso

## **Intermediate/Advanced**

Full Vortex

Linier

Flower

Double Isolation

Breaks

Walk the Dog

Shoulder Roll/Chest Roll

Pizza Toss

Double Lasso



# CIRQUE PERFORMANCE

## 2016-17 CONTRACT OF PARTICIPATION

This is a Performance/ Production class and here are the class requirements:

1. This is a full year course.
2. Anticipate being physically and mentally involved each day that we meet. Active participation is expected during class and during after school rehearsals.
3. **After school, Saturday, and any Sunday rehearsals are mandatory.** Currently these occur in the second semester, beginning as early as early January and continuing through the production in late April/early May. **Cirque is scheduled for up to 8 performances over two weekends.**
4. Once casting is made and the production process begins, rehearsals and performances are mandatory. Though rehearsals occur in class, after school rehearsals are the norm and begin immediately. Each student will be given a rehearsal schedule for the production they are assigned. Active participation in an assigned production is expected and is reflected in the student's grade in class. Any student who quits a production or who is dismissed because of improper participation can expect his/her grade to be adversely affected. If such an instance should take place, the student risks failing the course.
5. Rehearsal time is very limited, students must remain focused and on task at all times.
6. Students must be on time for each rehearsal. Tardiness can result in dismissal from or demotion in the show.
7. Students must dress appropriately for rehearsals; i.e., workout clothes for daily conditioning, training, and choreography, etc.
8. During the course of the year, students are observed to the degree of their participation, work ethic, attitude, willingness, contributions, leadership/follow-ship,



and physical involvement. These matters are taken into consideration when decisions are made about casting for the following year.

9. In the final two to three weeks of rehearsals some rehearsals may last until 11pm.
10. As per school policy a student must attend at least ½ day of school in order to participate in rehearsal or performances that day.
11. The Directors reserve the right to recast any role/position/act at any time for any reason. In addition, there is no guarantee that a student will be cast in one or more acts in the final Cirque production. Students are evaluated on their willingness to explore new skills, work ethic, abilities, and their ability to work as part of a team.
12. To equip each student with an understanding of production values and of the work needed to accomplish masterful works, it is important that each student participate in aspects of technical theatre. A requirement of 20 hours of technical theatre-related duties (commonly called Tech Hours) are expected from each student. Each student is expected to attend the full strike (disassembling of the set, props, costumes, etc.) of the production in which he/she is cast. Tech Hours are accomplished outside of scheduled rehearsals. Rehearsals and strike do not count towards the 20 hours required. It is important to note that not fulfilling the required Tech Hours will negatively impact the student's grade.
13. Time management is important and students are forbidden from using theatre as an excuse to get behind in academic class work. Use time wisely. When not on stage at rehearsals each student should attend to homework and study for academic classes.
14. A number of students will hold leadership roles within the structure of this class including stage manager and student directors. The cast and crew must treat each of these students with respect. At the same time, student leaders are expected to exemplify a courteous manner in dealing with the people they are leading. Leaders should model the highest level of integrity and serve as example. Leadership roles extend beyond the classroom setting.
15. On occasion, students might be asked to participate in showcases and advertisement events that promote the Cirque program. Sometimes these events are spontaneous so we ask that you try to be flexible and willing to be involved.
16. **Students need to complete and submit the forms that are used for participation in athletics. One of these forms requires a physical; another form is a participation/release form. These forms are due on August 12.**



## MILTON CIRQUE COMPANY LETTERING

17. Each student needs to complete and submit a Photo/Image/Voice Release Form that is signed by both the student and his/her parent/guardian. This form is due on August 12.
18. **Each student will be required to pay a Program Fee of \$125.** Costs can be offset or reduced by selling ads for the program. **This fee is due on August 12. Students who have not made payment by the due date or set-up a payment plan may be dropped from the class.**
19. **In addition to the Program Fee, each student involved as a performer in the Cirque production will be responsible for a Production/Costume Fee (amount TBD, not to exceed \$150). This fee will be due in January.**
20. **Only those participants who submit their Program Fee and Production/Costume Fee will be allowed to perform.**
21. It is an expectation that each student participate in fundraisers throughout the year. The fundraisers offset production costs. **If a student choses to not participate in the fundraising activities, then he/she will not be allowed to attend our end of the year Awards Celebration, otherwise known as DROM.**
22. **At least one parent needs to attend the mandatory Cirque pre-production meeting which will be held in late Fall, 2017 (date and time TBA).**
23. A significant number of volunteers are needed in order to have a successful production. **A parent of each student in this class is required to volunteer in some capacity.** There will be additional opportunities to sign up at the pre-production meeting.

Please initial that both the student and parent understand and support the following statements:

Parent      Student

If for any reason the student drops or is dismissed from the production, then he/she will receive a failing grade for the show which is a major component of the student's grade.

\_\_\_\_\_



MILTON CIRQUE COMPANY LETTERING

\_\_\_\_\_ Dropping the show for any reason can and will negatively impact the student's opportunities with Milton Theatre.

\_\_\_\_\_ Incomplete tech hours will negatively affect the student's grade.

\_\_\_\_\_ Using Cirque involvement as a reason to explain inattentiveness to your other classes or another obligation is not acceptable.

\_\_\_\_\_ There may be some overnight travel required if it is decided to take Cirque to either a conference or a performance opportunity.

\_\_\_\_\_ Program Fee, Production/Costume Fee, physical forms and Photo/Image/Voice Release Form will be submitted on time.

\_\_\_\_\_ Participation in fundraising is a requirement.

\_\_\_\_\_ Participation, work ethic, attitude, willingness, contributions, leadership/follow-ship, and physical involvement help determine future Cirque involvement.

\_\_\_\_\_ I have read, understand and agree to the terms of participation in the Milton Theatre Cirque class for the 2016 - 17 school year.

Parent Name printed \_\_\_\_\_

Parent Signature \_\_\_\_\_

Student Name printed \_\_\_\_\_

Student Signature \_\_\_\_\_



**FORMS ARE HERE :**

**[www.miltontheatre.com](http://www.miltontheatre.com)**

**PAYMENT PLAN - Co- Treasurer:**

**LEAH BRISTOW –**

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**LETTERING POINT KEEPER**

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