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class feedback

Barry, Sarah

You forwarded this message on 9/14/2012 1:59 PM.

Sent: Friday, September 14, 2012 12:42 PM**To:** Alley, Stacy

OK, so I sort of got the vibe you wanted to hear my feedback on your class, so here are things that I jotted down as I was watching. I have to say that on the whole, I just loved the class, your energy, the atmosphere in the room, and the challenge and the encouragement you provided! So most of this will just be patting you on the back!

1. Very clear physical demonstrations
2. Good verbal and tactile cues and corrections throughout warmup
3. Center split exercise – I liked the quick time and change of rhythm here as a contrast to the slow stretching. Nice to break up that slow pace with this challenge for time and strength
4. In the ab series, where they criss-cross their legs as they are lowering and lifting, many of the students need help with their upper bodies. They are pressing their arms so hard into the floor their shoulders are popping off and some are going lower with the legs than their core can support so low backs were going into hyperextension. Also, many were just cranking their necks later with the crunch series. Here was a place where I would encourage you to watch them more as I know you could have adjusted these things. Some people started slacking off toward the end of this series too, because you were doing your own crunches and couldn't see them.
5. I liked how you honored different ways to achieve the same goal, honoring body differences throughout class
6. The whole tendu series travels back, so find some transition where they can maybe face the back of the room to travel back toward the mirror or a traveling improv between sections to readjust space or something.
7. I like how you allowed students time to review material and gave space for asking questions. This allows students to work on their own, and with peers, in addition to learning from you.
8. You always gave specific things for the class as a whole to work on, as well as set clear expectations or goals for each exercise.
9. I appreciated your discussion of how they shouldn't be making shapes with their hands/wrists, but directing the energy of the exercise out through the fingertips (this is something I harp on all the time in modern too!).
10. I liked how you told them they should be self-assessing every time they go across the floor to figure out what they should be adjusting, pushing, etc
11. I LOVED how you stopped to tell them that each body is different, so they need to figure out how THEIR body can solve each problem, but that everyone won't be the same!
12. Don't apologize for "preaching". That wasn't preaching, it was teaching! They need to hear those things, so I would allow space to give those verbal comments or when you notice something really not working, taking time to talk about it.
13. It was wonderful to have the students observe Whitney going across the floor and then tell you what she was doing so well. Great to have them use their observation and description/analysis skills!
14. I appreciated that the whole combo at the end was around an image/emotion of frustration. I think that really helped them embody the effort life of the phrase and not just manipulate their bodies through steps. Great to push emotion/character even while working on "technique". Nice performance coaching
15. I got scared with that knee drop in the combo. Lots weren't doing it successfully and my knees started hurting just watching them. Break that down more so they are safely performing that movement.

Like I said, overall, it was such a wonderful class! I really wish I could have more time to come and take from you (like there's room for one more body in that studio...). But I don't know if I could keep up!

Great job! It was a true pleasure to observe!

Thanks,

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