



[physical theatre]

DARREN & HEATHER STEVENSON
founding directors

389 GREGORY ST. UNIT 400
ROCHESTER, NY 14620

(585) 415-PUSH (7874)
CHITCHAT@PUSHTHEATRE.ORG
WWW.PUSHTHEATRE.ORG

FREQUENTLY ASKED QUESTIONS:

What is the average age of the students?

The average age of students is around 19–30. We've had students from 18-65. If you are over 18 and under 104, you are welcome.

Where will we be staying?

We will be staying in Townhouses at [Roberts Wesleyan College](http://www.robertswesleyan.com). <www.robertswesleyan.com>

Do I need to be really fit to do this?

No (although by the time you leave you will be fit whether you like it or not). We are not looking for a particular body type or fitness level. We are interested in you as an individual. Everything you bring to the stage is valid and important. Remember that physical theatre is an art, not a sport. Your body just happens to be the tool you use to communicate.

Some of the work is demanding, and the fitter you are when you arrive, the more you will get out of the program. If you start now, you will have plenty of time to get ready. You will generally want to improve upper body strength and over all flexibility. If you need pointers feel free to contact us.

Do I need to be a dancer/acrobat to do this?

No. You need to be a mover. If you have a body and it moves, you qualify. Students are both professional and amateur actors, gymnasts, performance artists, martial artists, singers, mimes, dancers, athletes, jugglers, clowns and total beginners.

What should I wear to class?

We wear sweatpants, t-shirts, jazz pants. Don't wear shorts (you'll burn your knees on the floor), jeans (you won't be able to move), overly baggy clothes (we won't be able to see you move), or shoes (you'll step on someone's fingers and make them cry).

What does a typical day look like?

9:00pm – 12:00pm: studio class. We work, primarily, on technique each morning.

12:45pm – 4:30pm: studio class. We work, primarily, on applying the physical technique to the art of performing each afternoon.

7:00pm – 10:00pm: personal time, discussion sessions, or lab classes

- You will arrive on Sunday, June 16th. If you're staying in our housing you'll need to check in there after 12:00pm. Dinner and orientation will begin at 4:00pm
- We end at 4:00pm on Saturday, June 29th. If you need to stay with us overnight, the housing is available until 10:00am on Sunday, June 30th.

How will transportation be arranged?

You are responsible for your trip to Rochester and home again after the intensive. We will provide you with directions or pick you up from the airport. There will be a 15-minute drive to the studio each day. If you don't have a vehicle we will help arrange a ride with another student. There will be a small fee of \$5 per week to cover gas for the drivers.

Can I take only the second week?

No, the training builds on itself so jumping in during the middle of the session won't work. But you can take the first week only.

How will I know I'm registered?

We will send acceptance information by email within a week of receiving your deposit and application form.

The details, one more time?

The PUSH Summer Intensive takes place June 16th – 29th, 2019 in Rochester, NY

June 16: You travel to Rochester

(Check into campus housing after 12pm. Orientation and dinner provided at 4pm)

June 17-22: Intensive week one

June 23: Well-deserved day off

June 24-29: Intensive week two

June 29: You travel home late afternoon or by 10am the following morning

(intensive ends at 4:30pm on June 29)

To be eligible you must:

- Be **18 or over** by June 16, 2019
- Fill out the [Registration and Medical Release](#) and mail your non-refundable **deposit of \$300** to:
 - 389 Gregory St. Unit 400. Rochester, NY 14620
- Pay your **complete balance by May 1st** (discounts available for early payment, see below)
- Cost:
 - First week only - \$949 USD (\$649 after deposit)
 - Both weeks - \$1,299 USD (\$999 after deposit)
 - (Cost includes housing with kitchen facilities)
- Discounts:
 - **Alumni Discount:** Returning student? First week \$849, both weeks \$1,199
 - **Early Discount:** Apply before Jan 14 - receive \$100 discount
 - If you're a **Rochester local** and don't need housing - deduct \$80 per week

What else does PUSH do?

<http://www.facebook.com/PUSHtheatre>

What if I have other questions?

Contact us anytime at:

PUSH Physical Theatre
389 Gregory St. Unit 400
Rochester, NY 14620
USA
(585) 415-7874
chitchat@pushtheatre.org
www.pushtheatre.org