

BOULDER JAZZ DANCE WORKSHOP, LLC

PO Box 7107, Boulder, Colorado 80306-7107 USA (303) 449-0399 info@bjdw.net
www.BoulderJazzDanceWorkshop.com

Dear BJDW Weekend Workshop Dancer,

All Weekend Workshop classes are in the University Theatre building, near the intersection of Broadway & College Ave. The building consists of the Dance Wing (west half) and attached Theatre Wing (east half). For BJDW, enter thru the west-facing door in the southwest corner of the building, go upstairs to top floor.

For an interactive CU campus map showing this building, see
<http://www.colorado.edu/campusmap/map.html?bldg=THTR>

For a Google map of this neighborhood, search for 1111 Broadway, Boulder, CO 80302 (roughly across the street from BJDW):

There are two (pay) parking lots nearby. Just across Broadway to the west, there is a lot just south of the Starbuck's building at the southwest corner of College Ave & 14th St (enter from 14th St); and another bounded by Broadway, 13th Street & Pennsylvania Avenue (enter from 13th Street) – from either of these lots you can walk through the pedestrian tunnel at College Ave & 14th St, cross under Broadway to campus & you will run straight into our location.

Otherwise, there are free and metered spaces on streets adjacent to campus, but be sure to read signs/meters carefully – the rules may vary from block to block. In some cases you are only allowed to park in a location for a certain period of time, then you must move your car. Most individual meters have been replaced by ticket machines: purchase ticket (cash or credit) and display receipt on dashboard. **If you are unfamiliar with Boulder or the CU Campus, please allow ample time to find parking and walk to the BJDW.**

STUDENT CLASSES

On the day of your first class, please come to the BJDW office no later than 9:30 a.m. to check in and get a wrist band (to be worn throughout the Weekend Workshop). For a schedule of classes, see: <http://boulderjazzdanceworkshop.com/classe/weekend-workshop/>

TEACHER CLASSES

You will check in with a roll taker in Studio 325 before your first class of the morning and the afternoon. Please arrive at Studio 325, at least 10 minutes before starting time, to check in. For schedule, see: <http://boulderjazzdanceworkshop.com/classe/weekend-workshop/>

During the Weekend Workshop (July 21 & 22), the BJDW office phone number is (303) 492-7945

If you have any questions please contact us! info@bjdw.net

BJDW Staff:

Lara Branen

Chris Harris

Christy McNeil Chand

Heather Woolley

Please take note of **The Rules** – especially #10 ALL ABOUT SHOES!

1. **Absolutely no food or drinks in the studios** (other than water in a closed, unbreakable container). Please eat in the hallways or outside the building!
2. **Please be on time for class!** If you are overly late, the teacher may not allow you to participate!
3. We are sharing the University Theatre & Dance building with the Colorado Shakespeare Festival. CSF have ongoing performances in the Theatre Wing (east half of the building), so please respect our neighbors and **be quiet when in the Theatre Wing.**
4. Elevators (located in Theatre Building) are for use by BJDW staff only!
5. **No substitutions.** No one may attend BJDW classes in your place. You cannot give or sell your place in class to someone else!
6. **After May 1st there is no official dropping of classes and no refunds for any reason. That means it is now way too late to drop!** During the workshop, if you decide not to attend a class, that is your prerogative, but you are still enrolled on paper and we will not attempt to fill your spot with someone else, so there is no need to share that information with us from that perspective. If you are unhappy with the class for any reason, we always welcome your feedback! If you have questions, please refer to the refund policy that you or your parent agreed to upon registration.
7. **CU is a smoking-free campus. Smoking of any kind (including e-cigarettes) is prohibited in all indoor and outdoor areas**
8. **Alcoholic beverages** are prohibited on campus.
9. **Please keep the Dance Building clean, pick up your trash and recycle!** Custodial services are cut back in summer so please pitch in and help keep things clean. We get cranky when we have to clean up after you!
10. **ALL ABOUT SHOES:** *The C.U. Dance Department is very protective of their studios, so as their guests we take all this shoe business very seriously. Please read and comply with all the following shoe policies.*
 - a. **Absolutely no shoes you have worn outside may be worn or even carried inside the studios** – they MUST be removed before entering studios and placed on the racks provided or on the floor outside each studio. You need to bring a separate dedicated pair of dance shoes to wear in class only (not outdoors!) *or* dance in bare feet!
 - b. **Please make sure any dance shoes you will be wearing are non-streaking** (put them on, then scuff your heel or toe on a light colored floor surface to test). Bare feet, “paws”, “foot undies” etc. and jazz shoes (non-Sneaker type) work in any studio. *For your safety do not dance in socks (slipping is a factor).*
 - c. **Studio 350 (Weekend Workshop “Student” classes): You may wear non-streaking sneakers or combat boots, however, it is imperative that you clean your shoes carefully to remove debris such as tiny pebbles from the crevices.** *If you are using these types of shoes, before you enter the studio:* please check your soles up close (i.e. before putting shoe on) to assure they are free of debris. *At home before you come to class,* please *meticulously* clean the soles of whatever shoes you will be using as follows: physically remove any tiny rocks or other debris from the crevices (i.e. pry them out); remove any gum or tar residue completely (scrape or pull it off); and clean the soles thoroughly with soap & water.
 - d. **Studio 150 (Commercial Dance Intensive) & 325 (Weekend Workshop “Teacher” classes): No jazz sneakers, sneakers of any kind, or combat boots (basically any shoe with a tread sole) are allowed.** Other smooth sole jazz shoes, dance paws etc. are fine as long as they are non-streaking (see above).
 - e. **During the workshop, please do not go outdoors in your dance shoes (or even barefoot) and then come back in the studio** as this can bring in dirt or tiny rocks that can scratch the floors (and injure barefoot dancers). If you forget and go outside, please carefully clean your shoes/feet. Even if you stayed in the building, *there is dirt in the halls and stairwells*, so please routinely do a quick check before re-entering the studio.
 - f. **Socks** – dancing in socks seems to be here to stay but we still say – dance in socks at your own risk!

PERSONAL SAFETY IN BOULDER FOR MINORS (17 OR YOUNGER)

* BE “STREET WISE”

Boulder is a relatively crime-free town but like in any town its size, crime does occur. The college campus and surrounding area, like campus areas in virtually every college town, present potential dangers of which every student must be aware. To have a safe, positive experience, all students need to practice basic safety rules that would apply in any college town and on any college campus.

* “THE HILL”

The Hill is the area adjacent to the campus that includes shops and restaurants. It is predominantly a college student neighborhood. The Hill, however, is not only home to college kids but has historically been a magnet for transients and an array of the unsavory characters that seem to frequent college neighborhoods. The Hill has been cleaned up considerably over the past several years, but it is not without its problems. *Minors should never walk alone on the hill after dark. We advise against minors, even in a group, hanging out on The Hill after dark unless accompanied by the supervising adult. Even during the day we advise that minor students use the buddy system and always travel with one or more other BJDW participants.*

* C.U. CAMPUS

We don't want to scare anyone, but the following is a sad fact of life: All college campuses experience a certain number of rapes and other serious crimes each year. The emergency phones placed around the C.U. campus were originally placed there in response to rape incidents. **No one should ever walk across campus alone at night.** There is safety in numbers so travel in groups. **Minor students should travel across campus at night only with their adult supervisors!** *Even during the day we advise that minor students use the buddy system and always travel with one or more other BJDW participants.*

PERSONAL SAFETY IN BOULDER FOR ADULTS (18 OR OLDER)

* BE “STREET WISE”

Boulder is a relatively crime-free town but like in any town its size, crime does occur. The college campus and surrounding area, like campus areas in virtually every college town, present potential dangers of which every student must be aware. To have a safe, positive experience all students need to practice basic safety rules that would apply in any college town and on any college campus.

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GROUND TRANSPORTATION

FROM DENVER INTERNATIONAL AIRPORT TO BOULDER

(**Note:** The Denver airport is locally referred to as “DIA” but the official airport code is DEN.)

There is frequent door-to-door shuttle service from DIA to Boulder that will take you to any hotel or private residence. The trip takes about 1 to 1.5 hours depending on how many passengers need to be dropped off and at which locations.

Please note that scheduled ground transportation from DIA to Boulder stops at about 12:30 a.m., so plan your flight accordingly – if you have a late night arrival time and your flight is delayed, you might be stuck at the airport unless you want to take a taxi, Uber, Lyft or the like all the way to Boulder (\$\$\$\$).

Never been to Denver Airport? DIA consists of East and West Terminals, connected by a huge central area with a white “circus tent” roof. There are luggage carousels on the East and West sides, so be sure you are on the correct side!

The ticket counters for shuttles to Boulder are located on the West Side of the main terminal (the large open area mentioned above that you enter after you get off your flight) on the baggage claim level. *Note if you have a reservation on "greenride" you proceed directly to their loading area.*

Our recommendation is "greenride" Boulder. 303-997-0238.

Reservations highly recommended! Go to their website to make a reservation:

<https://www.greenrideboulder.com/boulder.html>

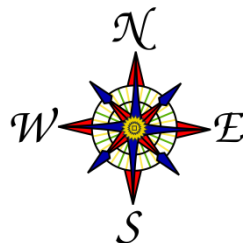
Be advised – do not choose to go the "The Hub" unless you are renting a car at that location or someone is picking you up there.

Going to Varsity Townhouses?

- Click the Reserve button under “Boulder Homes ONLY \$38”
- Select Boulder - South of Pearl Zone
- Enter this address: 1555 Broadway
- When you are on board the shuttle, tell the driver to drop you off in the Varsity Townhouses parking lot. **There is no access to the parking lot from Broadway - access is from 11th Street, one block west of Broadway.** (See **BOULDER MAP** and **VARSITY TOWNHOUSES MAP**)

For the trip back to the airport don't forget to reserve pick up 24 hours before you are traveling!

DIRECTIONS IN BOULDER: Just remember that the mountains run along the west edge of town. **If the mountains are on your left, you are facing north!**



For an interactive CU Campus map see <http://www.colorado.edu/campusmap/>

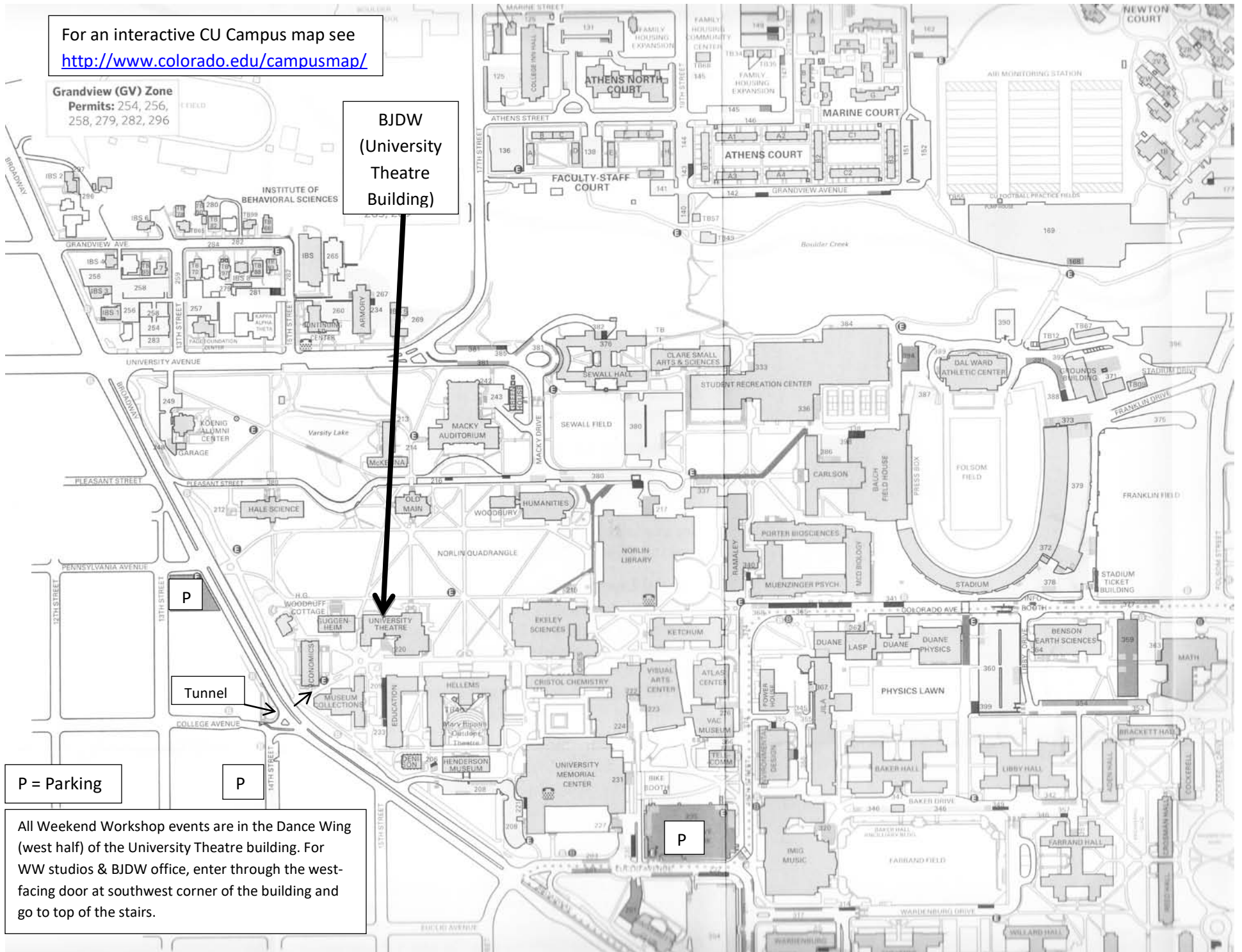
Grandview (GV) Zone
Permits: 254, 256,
258, 279, 282, 296

BJDW
(University
Theatre
Building)

Tunnel

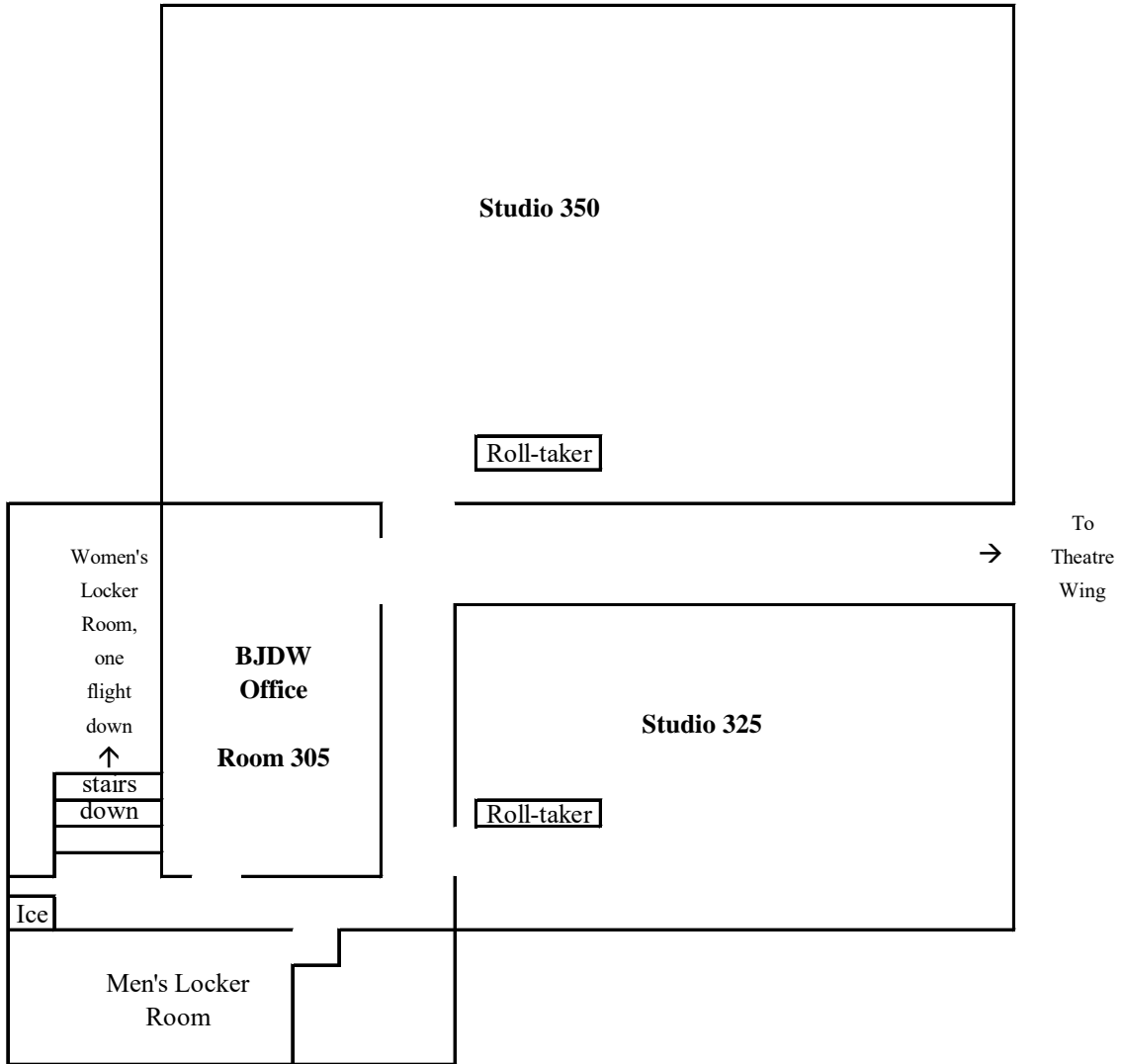
P = Parking

All Weekend Workshop events are in the Dance Wing (west half) of the University Theatre building. For WW studios & BJDW office, enter through the west-facing door at southwest corner of the building and go to top of the stairs.



DANCE BUILDING FLOOR PLAN, 3RD FLOOR
(2nd Floor = Women's Locker Room, no map)

↑
North



HIGH ALTITUDE INFO FOR OUT-OF-TOWNERS

Boulder is at an altitude of over 5,000 feet! About one out of every four people who arrive from low altitude may experience altitude sickness: headache, nausea, lack of appetite, low energy, shortness of breath, cramping, etc.

No matter how healthy you are, you could be affected. If you experience these symptoms, SLOW DOWN! They usually go away in a couple of days. If they become worse or other symptoms such as a persistent cough or increasing shortness of breath develop, consult a doctor – altitude sickness can be treated very easily.

To help avoid altitude sickness:

DO: Drink more water than usual (try to drink nearly twice as much!). Juices, caffeine-free sodas, and sports drinks are also good. Eat more grains, fruits and vegetable. Eat less fatty foods. Take aspirin for headaches or cramps. Get more sleep and rest.

DON'T: Don't drink alcohol or beverages with caffeine such as coffee. Don't eat salty foods. Get plenty of sleep! You need more sleep while adjusting to high altitude!

HELPFUL TIP: It is a lot easier to get sunburned here because of the thinner atmosphere so it's a good idea to use sunscreen!

FLASH FLOOD INFO

Boulder has recently experienced significant flash floods and that has always been a possibility in Boulder, so we feel our students should be aware of what to do in the event one occurs. Boulder has warning sirens that are tested on the first Monday of the month so if you hear sirens during the workshop it is *not* a test and you should take heed:

Stay away from Boulder Creek and other low-lying areas. Climb to higher ground immediately and avoid drains, ditches, etc.

(see the website below for actions to take in a flash flood). There are other warning signs to look for. It may not be raining at the time since water comes downhill from storms in the mountains and Boulder is at the foot of the mountains. Please take a moment to take a look at this website for further information:

<http://www.colorado.edu/emergencymanagement/campus-emergencies/flood>