

## 19th EDITION

Dear Dancers,

In this letter you will find a variety of information pertaining to Springboard 2020, including important steps to take to complete your registration, useful links, and information which will help facilitate your stay in Montréal and your experience at Springboard.

Best regards,

The Springboard Team

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### TO DO IMMEDIATELY: COMPLETE YOUR REGISTRATION

You must confirm your participation before the date stated in your acceptance letter, by completing the following three steps which are detailed in your acceptance letter:

1. [COMPLETE REGISTRATION FORM](#)
  - a. Pay deposit
  - b. Upload your “selfie” ([see photo specifications below](#))
2. [SUBMIT COPY OF HEALTH INSURANCE](#)

### DANCER CONTRACT & RELEASE AND WAIVER OF LIABILITY

Please carefully review [these two documents](#) in advance of the project, and be prepared to complete and sign both upon your arrival in Montréal.

### PARTICIPANT PAGE [participant.springboarddansemontreal.com](http://participant.springboarddansemontreal.com)

There is a web page dedicated to participants of Springboard Danse Montréal, which will be continually updated with information as we near the project. An idea of things you might find here include bios and information on Springboard Faculty, Casting Team, Medical Team, studios and useful maps.

### GENERAL INFORMATION

#### USEFUL LINKS

[Participant Page](#)

[Weekend Auditions](#)

[Facebook Group 2020](#)

**PLEASE NOTE:** Springboard Dance Montréal is an extremely rigorous project that mirrors the intensity of the profession. All dancers should be in their absolute top physical form and be prepared to be dancing up to twelve hours a day. **REMEMBER:** There are not understudies or second casts – you will be dancing. If you are currently nursing an injury or taking care of a chronic issue, you may want to seriously consider postponing your participation.

### PROJECT DATES: June 7 - 26, 2020

#### Sunday, June 7: 2:00 p.m. – 6:00 p.m.

**Registration** begins at 2:00 pm, done accordingly to the first letter of your last name.

2:00 - 2:45 p.m | Last name A to M

2:45 -3:30 p.m. | Last name N to Z

#### **Orientation**

3:30 - 6:00 p.m. **Everybody** | Orientation meeting for all dancers, Resident Choreographers and Emerging Choreographers

#### June 8 - 26

- We will be functioning on a Monday - Friday workweek.
- On Saturdays you will have the opportunity to audition for companies looking to hire dancers;

General enquiries: [danse@springboarddansemontreal.com](mailto:danse@springboarddansemontreal.com)

please see WEEKEND AUDITIONS below.

**Friday, June 26: Informal Showing at Usine C starting at 6:30 pm.**

### DETAILED SCHEDULE

For the detailed schedule of the three weeks, please visit the [participant page](#).

\*All schedules and studios are subject to change.

### WEEKEND AUDITIONS

- On Saturdays you will have the opportunity to audition for companies looking to hire dancers; 2020 Principal Companies as well as companies from outside the 2020 roster will hold auditions. Visit [www.springboarddansemontreal.com/audition/weekend-auditions](http://www.springboarddansemontreal.com/audition/weekend-auditions) to view and pre-register for the weekend auditions.

### PHOTO

You will be required to upload a “selfie” onto your registration form. This photo will be used for internal purposes only, notably for the casting team to easily identify you while in rehearsal.

Specifications for this photo:

- The photo must be of your face and upper shoulders, looking straight at the camera, like a passport photo (but you can smile!). It can be taken with your telephone and the resolution need not be very high.
- The title of the photo must be your name in the following format:  
Last, First
- Format JPG or JPEG
- The photo should be taken after class or rehearsal. We want these photos to be raw, so we can recognize you in rehearsal: the real YOU in the middle of your day - without makeup, untouched.

Lohan, Lindsey.jpg

### CONTRACTS & WAIVERS

**RELEASE AND WAIVER OF LIABILITY** Please carefully review [this document](#) in advance of the project, and be prepared to complete and sign it upon your arrival in Montréal.

**DANCER CONTRACT** Please carefully review [this document](#) in advance of the project, and be prepared to complete and sign it upon your arrival in Montréal. This is a binding commitment to the Principal Companies, Resident Choreographers and Emerging Choreographers that you will be working with for the three-week period, as in any professional engagement. Any classes or rehearsals missed without permission from the Artistic Director and Rehearsal Director are unacceptable. You will receive a warning after one class or rehearsal missed. After your second absence you will be asked to leave the project with no refund.

### STUDIOS

[Please click here](#) for a map of the studios.

#### **UQAM Danse Department**

840 Rue Cherrier  
Montreal (QC) H2L 1H6

**Édifice Wilder:** Ecole de Danse Contemporaine de Montréal; Les Grands Ballets Canadiens;

Agora de la Danse; Tangente  
1435, De Bleury  
Montréal (QC) H3A 2H7

#### **Circuit-Est Sherbrooke**

2022 Rue Sherbrooke Est  
Montréal (QC) H2K 1B9

#### **Studio Flak**

486 Saint-Catherine St West  
Montreal (QC) H3B 1A6

#### **Place des Arts**

175 Saint-Catherine St West  
Montreal (QC) H2X 1Y9

### **THEATRE**

#### **Salle Pierre-Mercure (Centre Pierre-Péladeau)**

300, boulevard Maisonneuve Est  
Montréal (QC) H2X 3X6

## YOUR STAY IN MONTRÉAL

### GETTING TO MONTREAL

#### OPTION 1: By plane

You will arrive at the Pierre Elliott Trudeau Airport

From the airport:

- The most convenient transportation into the city is by taxi. The journey from the airport to downtown Montréal should cost around \$40.00 - \$50.00 CAD.
- A more affordable option is the #747 bus to downtown Montréal. This service operates 24/7 between the airport and Le Gare d'autocars de Montréal Terminal (near Berri-UQAM métro station). The fare is approximately \$10.00 and also serves as an unlimited metro pass for 24 hours from the time of purchase. Tickets can be bought at the airport at designated pay stations or with exact change on the bus (payable only in coins, no bank notes). For the complete #747 bus

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schedule, visit the [STM website](#).

### OPTION 2: By train - [Amtrak](#) or [VIA Rail](#)

You will arrive at Le Gare Centrale in downtown Montréal (near Bonaventure and Square-Victoria-OACI métro stations).

- E.g. The trip from New York Penn Station to Montréal is 11 hours and the fare is around \$70.00. Prices may vary by month, day, and time.

### OPTION 3: By Bus - [Greyhound](#)

You will arrive at Le Gare d'autocars de Montréal Terminal (near Berri-UQAM métro station)

- E.g.: The trip from New York Port Authority to Montréal is 8 hours and the fare is around \$65.00 if bought online. Prices may vary by month, day, and time.

## SPECIAL NOTE FOR FOREIGN CITIZENS

**Passport** If you are traveling from outside of Canada, your passport will need to be valid for 6 months (Dec. 30, 2020) or more when you present it at the border.

**New Government Requirements** We would like to inform you about the electronic visa (eTA) required by the government of Canada for all non-canadian and non-US citizens. The procedure is really simple. Here is the link to do it before your arrival in Montréal : <http://www.cic.gc.ca/english/visit/eta.asp>. If you have any questions regarding this procedure, please contact Lydie Revez at [lydie@springboarddansemontreal.com](mailto:lydie@springboarddansemontreal.com).

## GETTING AROUND MONTRÉAL

Please note that we use several studios in the city, and you will most likely need to travel between multiple locations each day.

### OPTION 1: Bus and/or Subway ([STM](#))

Regular fare (for 120 min):

<b>1 Trip</b>	<b>2 Trips</b>	<b>10 trips</b>
\$3.25	\$6.00	\$27.00

Other fare options:

<b>One day pass</b> (24h from purchase)	<b>Three day pass</b>	<b>Weekly unlimited</b> (Mon-Sun)	<b>Monthly unlimited</b> (1st to last day of the month):
\$10.00	\$18.00	\$25.75	\$82.00

### OPTION 2: Bike ([BIXI](#))

BIXI is a self-service bike system in Montreal. BIXI bike is accessible to everyone, 24/7. It is inexpensive and saves you commuting time. After paying your registration fee, you will receive a BIXI key by mail.

General enquiries: [danse@springboarddansemontreal.com](mailto:danse@springboarddansemontreal.com)

BIXI Fares:

<b>One way</b>	<b>24h</b>	<b>3 days</b>	<b>Full membership</b>
\$2.95	\$5.00	\$14.00	\$89.00

If you are ordering a BIXI key, it is very important to make this request no less than one month in advance to ensure your key is available upon your arrival. Please have your key mailed care of Springboard Danse Montréal to the following address to ensure timely delivery:

Your Name  
% Springboard Danse Montréal  
Usine C | 1908 rue Panet #304  
Montreal, QC H2L 3A2

It is possible to purchase a 1-time use of a BIXI bike without a BIXI key, but this requires a credit card. BIXI will place a hold of \$100.00 on the card for insurance purposes.

### THINGS TO BRING

- Your passport and a valid photo ID to enter Canada
- Several copies of your resume and headshot for weekend auditions and networking purposes
- Kneepads
- Long sleeved shirts and pants for floorwork
- Sports shoes/sneakers
- Pointe shoes (for dancers who do pointe work)

### HOUSING

All participants in the program must arrange for their own accommodations. The project will be using various studio spaces throughout the summer. It may be helpful to use the studio addresses (previously listed) when looking for apartments and housing options.

Generally, it's best to look for apartments in the neighborhood of "Place des Arts", "Le Plateau" or close to McGill University, "The McGill Ghetto". Other options might be in "Mile End" or looking further north towards "Villeray". As long as you are close to a BIXI station or on a metro line, getting around Montréal is easy.

The following sites below have proved to be useful in years past:

- [Airbnb](#)
- [Montréal Craigslist](#)
- [Sublet Montréal](#)
- [McGill Off-Campus Housing](#)

Sublets in Montréal tend to be spacious and affordable. It is common for large groups of dancers to share an apartment with multiple bedrooms. Connect with fellow Springboarders on our [Facebook Group 2020](#).

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### WEATHER

The month of June in Montréal is often very hot, humid and sometimes rainy. You may want to think about bringing regular rain gear as well as rain gear for biking around the city. In addition, a fan for your living accommodations, if it's not already included, can make your evenings a lot more comfortable.

### MEDICAL TEAM

[Cédric Thoor](#) and [Sébastien Forgues](#)

Springboard Danse Montréal engages and subsidizes a medical team dedicated to caring for our dancers during the project. Cédric Thoor and Sébastien Forgues are trusted experts who work primarily with dancers. Their offices are both located on the Plateau, very close to the Laurier metro station. There will also be treatments available on-site at École de danse contemporaine de Montréal (EDCM).

The dancer's contribution per treatment is \$40.

#### [Cédric Thoor](#) - Osteopath

801 Boulevard Saint-Joseph Est  
Montréal, QC H2J 1K5

**Osteopathy** can be used to treat many musculoskeletal problems (bones, muscles, joints, tendons, ligaments). It is a widely used therapy for generalised pain in areas such as the back, neck, shoulder, hip, knee, etc. and can assist with the treatment of acute muscle spasms, fatigue, nerve pain, tension and posture-related headaches. Osteopathy has been found to be effective in the rehabilitation of sports injuries including sprains, tears and tendonitis.

#### [Sébastien Forgues](#) - Masso-kinesiotherapist

805 Boulevard Saint-Joseph Est  
Montréal, QC H2J 1K5

**Masso-Kinesiotherapy** is a manual therapy that relies on biomechanical knowledge of the body by considering the physical condition in a holistic system. By objectifying the symptoms, establishing the level of urgency, and taking into account your objectives and external elements, masso-kinesiotherapy will allow you to optimize your body and your overall health.

#### [Nancy Forestal](#) - Supplemental Relief / Massage

Nancy works at UQAM, where the Emerging Choreographer rehearsals take place in the evenings. She makes herself available to dancers who are looking for a short massage to relieve muscle tightness before or after rehearsal.

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### SPRINGBOARD PAYMENT AND REFUND POLICY

General enquiries: [danse@springboarddansemontreal.com](mailto:danse@springboarddansemontreal.com)

*The fee for Springboard 2020 is \$1,775.00. This amount has to be paid according to the instructions on your letter of acceptance.*

*Non-Refundable Deposit/Registration Fee \$275.00 | Tuition \$1,500.00*

*Springboard recognizes that the nature of the field is such that dancers are likely to receive work before the start of the project. Refunds of tuition for the amount of \$1,500 will be granted to dancers who are hired for a paid contract by a professional company with dates that conflict with Springboard (June 7 - 26). A copy of the signed contract must be submitted, and no exceptions will be made. Please note that the \$275 deposit is nonrefundable. No refunds will be considered after **Monday, May 4th at 6:00pm EST**.*