

Denver Boost Training

The Boost Teacher Training program is focused on the acquisition and application of knowledge and skills; it will provide trainees with ~80% of the information they need to become a successful, effective instructor. This program develops trainees through a blend of instructor led training, self-study, and hands-on practice.

Instructors should be taking at least two classes a week during training.

~6 Week Overview

1. **Boost Boxes**
2. **Training Weekend 1**
3. **Practice Week**
4. **Training Weekend 2**
5. **Mock Week/Co-Teach**
6. **Community Classes**

2022 MAY						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7 Training Weekend 1
8	9	10	11 Practice Week	12	13	14 Training Weekend 2
15	16	17	18 Mock/Co-Teach Week	19	20	21
22	23	24	25	26	27	28 Community Classes
29	30	31				

2022 JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4 Community Classes
5	6	7 x	8 All Trainees on the schedule!	9	10	11

Part 1: Boost Boxes

Timeline:

2-3 weeks completed prior to Training Weekend 1

Objectives:

- Begin to shift your thinking from client mentality to instructor mentality.
- Recognize unique traits, habits, or techniques between instructors.
- Identify things that resonate with you in class that you want to emulate.

Instruction:

1. Take 1 class from each instructor listed on your Boost Boxes worksheet.
2. Observe 2 classes.

Part 2: Training Weekend 1

Timeline:

- Friday (5:30-7:30 PM)
- Saturday (12-5 PM)
- Sunday (12-5 PM)

Objectives:

- Define the terminology used in each routine.
- Be able to competently explain the components of a reformer.
- Recognize all moves in the Boost Manual.
- Differentiate between pushing movements and pulling movements, and how the springs will change.
- Understand vocabulary. Hold, power press, etc
- Understand how to write a routine.

Instruction:

Day 1: Friday (5:30-7:30 PM)

1. Introductions and Icebreaker
2. Go over agenda for the weekend and next 6 weeks of training
3. Review reformer
4. Review pre-written routine

Day 2: Saturday (12 - 5PM)

1. Vocabulary
2. Go over moves in the manual

- a. Breakout sessions to practice with a partner
- b. Cueing worksheets
3. Break for lunch - Nathan brings food, Q&A with Nathan to learn more about payroll, being an instructor, best practices.
4. Continue manual review
- . Breakout sessions to practice with a partner
- a. Cueing worksheets
5. Routines
- . 'Dancing' around the reformer
- a. Routine review activity
- b. Receive your prewritten routine that you will be using throughout training and mocks
6. Homework
- . Write your own routine
- a. Memorize your assigned block from the prewritten routine

Day 3 Sunday (12 - 5PM)

1. Review the routine you wrote with an instructor
2. Continue manual review
- a. Breakout sessions to practice with a partner
- b. Cueing worksheets
3. In small groups practice your block from the pre written routine

Part 3: Practice Week

Timeline:

1 week

Objective:

- Instruct x blocks of a routine.
- Become familiar with using the microphone and the flow of sequences.
- Become an expert in the whole routine. Each block, each sequence, transitions, holds.

Instructions:

1. Spend your own time in the studio with other trainees, friends, or family practicing your routine.
2. Speak your routine out loud at home to practice vocal cues.
3. Taking classes, observing classes

Part 4: Training weekend 2

Timeline:

- Saturday (12 - 5PM)
- Sunday (12 - 5 PM)

Objective:

- Gain knowledge from instructors after practicing hands on to deepen understanding.

Instruction:

Day 1 - Saturday

1. Debrief after a week of practice.
2. Finish reviewing the Boost Manual.
3. Each person performs their block from the preassigned routine.
4. Cueing Activity
5. Homework: write another routine.

Day 2 - Sunday

1. Debrief, review the routines you wrote last night.
2. Props Lesson
3. Expectations for mocks and community classes
4. Schedule Mock

Part 5: Mocks and Co- Teaches

Timeline:

- 2 weeks

Objective:

- Refine your instructing style and identify areas for improvement by getting feedback from a Boost Instructor.
- Adapt from teaching friends, family, other trainees to paying clients with the support of a Boost Instructor.

Instructions:

1. Complete the mock you scheduled in the second weekend of in person training.
 - a. Your first mock can be anywhere from one block of a routine to an entire class.

- b. You can schedule as many mock classes as you need, you are not limited to one mock.
- c. All mocks and co-teaches following the first mock will be scheduled as you go.
- d. Instructors will tell you when you are ready to move on to the co-teach portion, or if you need to complete another mock.
 2. Reach out to Instructor 1 or Instructor 2 to schedule and participate in a co-teach immediately following your final mock.
 3. If want to do multiple co-teaches, make sure it is organized in a different block

Part 6: Community Classes

Timeline:

- Saturday and Sunday - 8:00 to 1:00 at RiNo and LoHi.
- Option for second weekend if necessary. 2 Consecutive weekends, ~2 class blocks

Objective:

- Demonstrate ability to instruct clients through an entire class.

Instruction:

1. Schedule your community classes with Bella on the first community class weekend.
2. You will be teaching 2 classes in a row with the supervision of an instructor.
3. Instructors will provide feedback and let you know if you are expected to complete additional community classes or if you will be put onto the schedule.

Information

Cleaning

- Vacuum the entire studio (& under reformers****) after each block you teach
- Take out full trash bins to the dumpster.
- Replace wipes when they run out
 - Key is taped to the top of wipe dispenser
- Wipe the cubbies (it gets super dirty)
- Swiffer the floor if needed / also have a swiffer vacuum thingy
- If first class: put sign out
- If last class: make sure sign is put back inside, lights are off
- Lock door and PLEASE put key back in the lock box

Key contacts and phone numbers

- xxxx

Building codes

- RiNo and LoHi lockbox and iPad code:xxx

Mic

- Mouthpiece goes on the right side of your head.
- Always put the mic battery in the charging dock when you're not using it.
- Put a foam cover over the mouthpiece and put it in the bag marked 'Dirty' when you are through.
- Only one mic will work at a time, ensure the other battery pack is off or placed in the charging dock

Spotify

- Instructor Profile on Spotify
- Rule 1: Use common sense!!
- ABSOLUTELY NO n-word
- Find clean versions of songs
- If you wouldn't want to listen to the song with your mom, don't put it on the playlist.

Seconds Pro - Counting App

Vocab list

- **Power Press**
 - Small, isolated inch movement
 - "Up one inch, down one inch"
- **Power Tempo**
 - Resisting in one direction, exploding/"powering" in the other direction (typically on the point of exertion)
- **Burnout**
 - Fast tempo / double time
- **Layer**
 - Progressively adding onto a move to increase the intensity and make it so the move is interesting over its duration. ie: arms in straps.
- **Teaser**
 - Check manual
- **Waterfall**
 - Moving up and then back down a move in increments. ie: up 2 inches then back down, up 4 inches then back down, up 6 inches then back down, up 4, up 2.
- **Hold**
 - Hold can be a power press, static hold, waterfall, tempo change. Holds are used to break up a move so you aren't just repping full range for multiple minutes.
- **Variation**
 - For example / Seated arms in straps
 - Serve the platter → pinky taps → hug a tree → ballerina arms → power press etc
- **Modification**

- Altering a move to make it less challenging. Ie: bridges on the footbar become bridges on the platform.
- **Challenge**
 - Adding an uplevel to a move as an option. The move can still be done in the regular position. Ie: arms come overhead in a platform lunge.
 - 2-3 spring options (always)