What to Bring

Theatre

**Stage Combat**

Clothes you can readily move in for the stage combat modules.
Shoes with support such as good cross-training shoes or sneakers and socks.
Crew Neck T-shirts and/or long-sleeve T's. The room is often cold even in the summer.
Dance or volleyball kneepads.
Gloves to protect your hands during your stage combat training. Baseball batting gloves, fencing gauntlets or cheap gardening gloves are popular choices. No fingerless gloves.
Eat breakfast and bring snacks to eat during the break after class to keep your energy up. Protein Bars are ideal.
There are certain items such as any jewelry, hats or piercings that students are encouraged not to wear to class for safety reasons.

**Acting for the Camera**

A one-minute contemporary monologue from either a stage play or a screenplay/teleplay. Please choose a role in your age range and be off-book by the first class.
A two-person scene from a film or television script that you would like to work on. Please choose roles in your age range, and bring 3 printed copies to class. You do not have to be off-book at the start of class.
A link to a scene of a film or television performance that you admire.
Please dress in layers as the AC in the room can be chilly.

**Improv**

Water bottle
Clothes that you can move in: Stage Combat attire will be just fine; no flip flops
Please avoid jewelry
Notebook to record notes