



SESSION HANDOUT

Personalized Feedback



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Presenters

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Thank you for booking onto the Personalized Feedback Session at the Orlando Convention.

This session is a relaxed, informal and safe environment designed to help support and guide instructors in the areas they request the most help with instruction, so just come along and be yourself and do what you do in your classes.

Before you are ready to attend your session you must prepare 2 tracks to teach. Please find the tracks list below (they all come from ZIN volumes 49, 50, 51 and Mega Mix 40, 41, 42)

Before picking the songs, please review the following criteria:

- The tracks must be any of the Basic 1 Rhythm listed below (Merengue, Salsa, Cumbia or Reggaeton),
- You are free to have your own choreography or take one from a DVD or Jam Session.
- Please come prepared and know in advance the names of your selected tracks
- Prepare your routine as if you were teaching it to a mixed class of beginners and regulars, don't assume everyone knows your choreography, everyone needs to be able to follow you and feel successful.

* TRACK OPTIONS

ZIN 49	MERENGUE – TE GUSTA SALSA – PACHANGA CUMBIA –NADA DE NADA REGGAETON –DIOSA DE LOS CORAZONES	MM 40	SALSA – ELLA LO QUIERE ES SALSA CUMBIA –ELECTRO CUMBIA REGGAETON – QUE VIVA LA VIDA
ZIN 50	MERENGUE – FIESTA SALSA – MAMBO SALSA REGGAETON –DONDE ESTES LLEGARE	MM 41	MERENGUE – TE VEO BAILANDO SALSA –AY COSITA LINDA CUMBIA – ME VUELVE LOCO REGGAETON – LA PREGUNTA
ZIN 51	MERENGUE – MENE LA PERA SALSA –EL KUKUCHA CUMBIA – NENA REGGAETON –CHICA CAMELO	MM 42	MERENGUE – OLE BRAZIL SALSA – BAJO LA TORMENTA CUMBIA – TE VIVI REGGAETON – HOY LO SIENTO



You will only be required to teach ONE song from the 2 prepared - practice these with your class in advance so you feel comfortable with either track.

Please be aware that you will be asked to teach the routine as if you were teaching it for the first time to your class. Don't assume everyone knows your choreography, please teach your routine as if you're teaching to a mixed class of beginners and regulars, everyone needs to be able to follow you and feel successful. Consider cueing, your connection with students and the fluidity of movements, to make sure it's fun, easy to follow, effective. Simplicity is key, with your personality and flavor added in.

The feedback will be focused on how you deliver the track and not on the choreography itself (end product). **You can see the individual feedback sheet at the bottom of this handout.**

If you have time and want to be even more prepared and start growing, we would thoroughly recommend that you film yourself teaching your regular class and make some notes about it. Has it made you aware of details you haven't considered before? We will discuss that during the feedback session.

Schedule (Total: 3 hours)

10 min: Welcome and Introduction

35 min: Mini Masterclass

5 min: Break

10 min: Expectations/Outline/Reinforce Basic Principles of ZUMBA® Fitness teaching philosophy

1 hr-10 min: Routine Instruction

Choices:

ZIN volumes 49, 50, 51 or Mega Mix 40, 41, 42*

One must be a B1 rhythm, other instructor's choice

5 min: Break

10 min: Feedback sheets/ Chat for clarification /Summary Talking/Address Common Challenges.

30 min: Fix Drills (Customized Choreography, TDC2, Cueing Tips)

5 min: Wrap up/ Q&A

Session Objectives

- Obtain personalized feedback from two ZESs to make you reach your full potential
- Revise and challenge developed habits and tendencies to refine teaching skills
- Learn how to apply TDC2 formula (Teaching, Dancing, Coaching and Connecting) when teaching routines at your Zumba® classes



ZUMBA[®]

INSTRUCTOR
CONVENTION

ORLANDO 2014

Personalized Feedback Session

Name: _____

TEACHING, DANCING, CONNECTING, COACHING

First impressions		Fab at it	Master it*
Dancing & Technique	Instructor is in synch with music/to the beat		
	Instructor's moves are clear		
	Instructor performs core steps with authentic flavor/ stays true to the rhythm		
	Instructor demonstrates good form, alignment and posture		
Performing	Instructor looks confident and relaxed		
Music Understanding and attitude	Instructor feels the music/uses music to express a feeling/mood		
	Instructor is PASSIONATE about teaching		
	Instructor raises energy when needed		
*See notes:			

Cueing	Instructor's cueing is efficient, effective and consistent		
Teaching position	Instructor faces the class		
	Instructor turns around to change direction		
Choreography delivery	Instructor uses front of the room from different positions		
	Instructor follows ZUMBA formula		
	Instructor provides a balanced workout (R L sides)		
	Instructor is easy to follow (transitions from step to step are smooth)		
	Instructor builds up choreography		
	Instructor shows modifications and progression of steps		
Connecting	Instructor adapts and improvises if students struggle with choreo		
	Instructor makes eye contact with participants		
	Instructor smiles and uses facial expressions to connect with students		
	Instructor uses vocal cues if appropriate (sounds to spice up the party and ZUMBA experience).		
Coaching	Instructor interacts with participants and comes out of teaching position		
	Instructor controls class energy		
	Instructor uses tactile coaching if participants techniques are poor		
	Instructor motivates/encourages participants		
	Instructor elicits energy from students and maximizes their efforts to take them to the next level.		

* See notes:

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