



# BORN TO FLY™ PRACTICUM PLAN

Submit to the Director of Training ([info@borntoflyaerial.com](mailto:info@borntoflyaerial.com))  
as soon as you have developed your plan.

Name (First, Last): \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

City/State/ZIP: \_\_\_\_\_

E-mail: \_\_\_\_\_

## Which certificate are you applying for?

Aerial Yoga: \_\_\_Level 1 \_\_\_Level 2  
 Aerial Hoop: \_\_\_Level 1 \_\_\_Level 2  
 Trapeze: \_\_\_Level 1 \_\_\_Level 2  
 Aerial Rope: \_\_\_Level 1 \_\_\_Level 2  
 Aerial Fabric: \_\_\_Level 0 \_\_\_Level 1  
 \_\_\_Level 2 \_\_\_Level 3 \_\_\_Level 4

Dates of Live Trainings: \_\_\_\_\_

Master Teacher(s): \_\_\_\_\_

Location of Training: \_\_\_\_\_

Prior to the teacher training, how much experience have you had teaching specifically in the area in which you are now applying for certification? Describe length of time teaching, and briefly describe target student population.

What areas do you want to focus on for personal growth as a teacher?

**Directions:** The 20 practicum hours are *flexible* so that you can create the best plan that fits your goals for personal growth as a teacher. Please visit the website: [www.borntoflyaerial.com](http://www.borntoflyaerial.com) for a detailed description of each category.

**Documentation:** To document your hours, download the *Application for Certification* from the website and record your notes on this form.

## How do you plan to use your 20 hours?

Observation Hours (3 recommended) \_\_\_\_\_  
 Being a Student Hours (3 max) \_\_\_\_\_  
 Self-Practice Hours (3 max) \_\_\_\_\_  
 Mentorship Hours (optional) \_\_\_\_\_  
 Assistant Teaching Hours (optional) \_\_\_\_\_  
 Teaching Hours (min. 5 required) \_\_\_\_\_  
 Online Modules (depends on level) \_\_\_\_\_  
 RTAP Submission (3 required)  
 (2 videos + one hour credit for online chat) \_\_\_\_\_  
 Other (please explain below) \_\_\_\_\_

**Total: 20 hours**

## What's your time frame?

You have 1 year from the date of your live training to complete the process. Extensions are available for a fee.

Most participants spend 3-6 months completing the process. Please allow 4 weeks for RTAP processing per video, and 2 weeks to process your certificate.

By what month/year would you like to have completed the practicum?  
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