



# 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.

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### Which certificate are you applying for? (circle one)

- Aerial Hoop: Level 1 Level 2 Level 3 Level 4
- Trapeze: Level 1 Level 2 Level 3 Level 4
- Rope: Level 1 Level 2 Level 3 Level 4
- Aerial Sling: Level 1 Level 2 Level 3 Level 4
- Aerial Fabric: **Level 1** Level 2 Level 3 Level 4

Dates of Live Trainings: 11/04/2018 - 16/04/2018

Master Teacher(s): Rain Anya

Location of Training: Circotica, Christchurch, New Zealand

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.

I have been teaching aerial silks for about 3 years. Primarily teaching adult recreational students at varying levels, from complete first time beginners to intermediate level.

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

Firstly, I would like to focus on providing a solid foundation and setting up good habits for new students and help existing student break bad habits. Secondly, I would like to provide students with necessary knowledge to help with injury prevention through smart warm-ups and cool downs.

**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 Certificate* document from the website and log your hours on this form.

How do you plan to use your 20 hours?	
Observation Hours (3 recommended)	<u>3</u>
Being a Student Hours (3 max)	<u>3</u>
Self-Practice Hours (3 max)	<u>3</u>
Mentorship Hours (optional)	<u>    </u>
Assistant Teaching Hours (optional)	<u>1</u>
Teaching Hours (min. 5 required)	<u>5</u>
Online Modules (2 hrs. for level 1)	<u>2</u>
RTAP Submission (3 required) (2 videos + one hour credit for online chat)	<u>3</u>
<b>Total:</b>	<b>20 hours</b>

### 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?

December 2018