

### Samstag, 30.9.2023

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT (=Hoop)
15:30 - 16:30	Chair Acrobatics & Shapes AENGIE LINA All Levels	Tricks & Flips Ultra Style DINEKE MINTEN Beginner / Intermediate	Bad Ass Slayography JAZZY K Intermediate	Play with Spins JANINE HOLLUNG Intermediate / Advanced	Get to know the Hoop ANNA PICHLER Beginner
16:45 - 17:45	Twerk Basics CHRISTINA INNINGER All Levels	Tricks & Flips Ultra Style DINEKE MINTEN Beginner / Intermediate	Bad Ass Slayography JAZZY K Intermediate	Play with Spins JANINE HOLLUNG Intermediate / Advanced	Get to know the Hoop ANNA PICHLER Beginner

### Sonntag, 1.10.2023

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT (=Hoop)
09:00 - 10:00	Good Morning Flexibility ANNA PICHLER All Levels	Hypnotic Flowography JAZZY K Intermediate	I've got the Power DINEKE MINTEN All Levels	Split it! JANINE HOLLUNG Intermediate / Advanced	Aerial Hoop Fake Splits AENGIE LINA Intermediate
10:15 - 11:15	Twerk Choreo CHRISTINA INNINGER All Levels	Hypnotic Flowography JAZZY K Intermediate	I've got the Power DINEKE MINTEN All Levels	Split it! JANINE HOLLUNG Intermediate / Advanced	Aerial Hoop Fake Splits AENGIE LINA Intermediate
11:30 - 12:30	<b>closed</b> Dieser Workshop findet in Location 4 statt!	Let it flow – Disney Edition ANNA PICHLER Beginner	Pole-Double POLEDOUBLE Beginner	Floorwork Basics Fokus: Legtwirls AENGIE LINA All Levels	<b>closed</b>
	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:00 - 15:00	<b>closed</b> Dieser Workshop findet in Location 4 statt!	Let it flow – Disney Edition ANNA PICHLER Beginner	Pole-Double POLEDOUBLE Beginner	Floorwork Choreo AENGIE LINA All Levels	<b>closed</b>
15:15 - 16:15	Sassy Chair Dance Choreo AENGIE LINA All Levels	Find your Flow JAZZY K All Levels	Bringing Flexy Back DINEKE MINTEN All Levels	Easy but Beautiful – on spinning pole JANINE HOLLUNG Beginner / Intermediate	<b>closed</b>
16:30 - 17:30	Partneracrobatics - Figures, Transitions & Flips POLEDOUBLE All Levels	Find your Flow JAZZY K All Levels	Bringing Flexy Back DINEKE MINTEN Alöl	Easy but Beautiful – on spinning pole JANINE HOLLUNG Beginner / Intermediate	<b>closed</b>

### Montag, 2.10.2023

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT (=Hoop)
09:00 - 10:00	Good Morning Flexibility ANNA PICHLER All Levels	Lyrical Pole JANINE HOLLUNG All Levels	Heels Dynamics JAZZY K Intermediate / Advanced	Sassy Heels Choreo AENGIE LINA All Levels	<b>closed</b>
10:15 - 11:15	Partneracrobatic Insta-Poses POLEDOUBLE All Levels	Lyrical Pole JANINE HOLLUNG All Levels	Heels Dynamics JAZZY K Intermediate / Advanced	Sassy Heels Choreo AENGIE LINA All Levels	<b>closed</b>
11:30 - 12:30	Badass Chair Dance Choreo AENGIE LINA All Levels	Handstand Madness DINEKE MINTEN Beginner / Intermediate	Pole-Double POLEDOUBLE Intermediate	Twerk on Pole CHRISTINA INNINGER All Levels	<b>closed</b>
	Lunch Break	Lunch Break	Lunch Break	Lunch Break	Lunch Break
14:00 - 15:00	Chair Flexibility and Shapes AENGIE LINA All Levels	Handstand Madness DINEKE MINTEN Beginner / Intermediate	Pole-Double POLEDOUBLE Intermediate	Twerk on Pole CHRISTINA INNINGER All Levels	<b>closed</b>
15:15 - 16:15	<b>closed for STAGE PREPERATION</b>	Static Low Flow JANINE HOLLUNG Intermediate	Heel Work Technique JAZZY K Intermediate	Pole-Double POLEDOUBLE Advanced	Rock the Hoop ANNA PICHLER Beginner
16:30 - 17:30	<b>closed for REHEARSAL</b>	Static Low Flow JANINE HOLLUNG Intermediate	Heel Work Technique JAZZY K Intermediate	Pole-Double POLEDOUBLE Advanced	Rock the Hoop ANNA PICHLER Beginner

### Dienstag, 3.10.2023

Location ▶ ▼ Time	1 POOL (= off pole)	2 HALL "FELLINI"	3 BASEMENT	4 BASEMENT	5 BASEMENT (=Hoop)
09:30 - 10:30	Good Morning Yoga Flow AENGIE LINA All Levels	Flips and Drops (Single Pole) POLEDOUBLE Intermediate	Dynamic Superpowers DINEKE MINTEN Advanced	Disney Choreography ANNA PICHLER Beginner / Intermediate	<b>closed</b>
10:45 - 11:45	Twerkin Lapdance Let's get nasty CHRISTINA INNINGER All Levels	Flips and Drops (Single Pole) POLEDOUBLE Intermediate	Dynamic Superpowers DINEKE MINTEN Advanced	Disney Choreography ANNA PICHLER Beginner / Intermediate	<b>closed</b>

INFO ▶ gray = FOR BOTH GROUPS pink = GROUP A blue = GROUP B

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# Workshops 2023 – CAMP 1



## **DINEKE MINTEN**

*(CAMP 1 - Workshops in English)*

### **Tricks & Flips Ultra Style – Beginner/Intermediate**

This workshop is filled with tricks like regrips, jumps, drops and flips. During this class Dineke will teach you her favorites! After the warming-up we will start with prepping different kind of grips, jumps and several start- and end poses. In order to master the movements, we will start with the key elements of the tricks. When the fundament of the move is yours, you will go for the full trick. You will also learn how to spot each other correctly and step by step you will work towards the most awesome ultra pole tricks!

### **Handstand Madness – Beginner/Intermediate**

A workshop filled with acrobatic handstands in and around the pole. There are so many options when it comes to pole handstands, including head- and forearm stands. Holds, backbends, jumps, combinations and lifts. You'll learn all about the techniques of the many (pole) handstands. Placing of the hands, positioning of the body, momentum, strength and control.

### **Dynamic Superpowers - Advanced**

Welcome to the superhero masterclass! In this workshop you'll learn how to fly like Superwomen, jump like Spiderman and flip like Wonder Women. We'll start with a warming-up followed by a variety of dynamic tricks and combinations. From flying in the one arm spin until advanced flips, regrips, drops and jumps. Dineke will share her secrets about how to gain dynamic superpowers!

### **I´ve got the Power – All Levels**

A workshop that will help you to get stronger! They say 'consistency is key' and it definitely is, but before you can be consistence in something you need to know how. In this workshop Dineke will show how to start with of deadlifts and explain the technique of her favourite power holds. She will show step by step how to train for this. Because tricks like these aren't going to happen overnight, you gotta work for it! You will start with several prep exercises on the floor that will help you build up strength for those specific tricks. In part two we'll work with resistances bands and/or a pole buddy that will help you getting stronger and use the right techniques. During this workshop Dineke will give you options to make the giving exercises easier or harder. So, no matter what your level is, you will be challenged!

### **Bringing Flexy Back – All Levels**

A workshop filled with Dineke's favourite flexy back moves. The warming-up will be followed by an intense back and shoulder stretch session. Dineke will teach you her stretch routine, including floor and pole stretches. In the second part of this workshop we'll go the pole. Step by step you'll learn the techniques of the most pretty/badass flexy back tricks and combinations.

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## **JANINE HOLLUNG**

*(CAMP 1 - Workshops in Deutsch/English)*

### **Split it! – Intermediate/Advanced**

Kaum ein Trick an der Pole verkörpert Athletik und Eleganz wie ein Split. In diesem Workshop schauen wir uns verschiedene Splits an und einige werden wir direkt in kleinen Combos kombinieren. Keine Sorge - einen perfekten Split musst Du nicht können um an diesem Workshop teilzunehmen.

Nothing embodies athleticism and elegance, like a split! You will learn various pole splits and how to combine some of them. You don't need a perfect split to join this workshop!

### **Easy but Beautiful – on spinning pole Beginner/Intermediate**

Schön muss nicht schwer sein! In diesem Workshop kombinieren wir eher einfachere Tricks zu fließenden und kreativen Combos.

Beautiful does not have to be difficult! In this workshop you will learn to combine simple spins to beautiful, creative combinations.

### **Play with Spins – Intermediate/Advanced**

In diesem Workshop unterrichtet Janine einige ihrer derzeit liebsten Flow-Combos an der spinning pole. Keine Sorge, wir brechen die Combos so auf, dass auch „nur“ an den einzelnen Tricks geübt werden kann.

*In this workshop Janine will teach some of her favorite flowy combos on spinning pole. No worries, we will work on the individual tricks as well as the whole combo.*

### **Lyrical Pole – All Levels**

Bei diesem Workshop an der Spinning Pole liegt der Fokus auf der tänzerischen Kombination verschiedener Pole Tricks. Es geht also nicht um die technische Genauigkeit, sondern mehr um den Ausdruck, um harmonische und fließende Bewegungen und darum, sich von der Musik treiben zu lassen.

*You love to dance your heart out? So do I! Let's flow together and create a beautiful routine. Step by step instructions from slower to real speed and completed with musicality touch.*

### **Static Low Flow – Intermediate**

In diesem Workshop konzentrieren wir uns voll und ganz auf fließende Kombinationen an der static pole - allerdings ausschließlich in Bodennähe. Jeder der Handstände, kleine Flips und das Balancieren liebt, kommt hier voll auf seine Kosten.

*In this workshop I will teach you my favorite quickes and flowy combos including spins, transitions and handstands on the static pole.*

## **JAZZY K**

*(CAMP 1 - Workshops in Deutsch/Englisch)*

### **Bad Ass Slayography – Beginner/Intermediate/Advanced**

Learn a sexy, sassy and upbeat routine with elements on the floor, spins and dance moves. In this workshop, fluid movements, transitions between standing and floor and especially the feeling to be sexy and bad ass are the main topic. Learn a choreography in Jazzys style and light the room on fire!

### **Hypnotic Flowography – Beginner/Intermediate/Advanced**

In this choreography workshop you learn a flowing routine that emphasizes on snake like movements that are known from Russian heels style combined with interesting heel work. Learn how to use your body to hypnotize and bewitch your audience while flowing from one move into another and improving your musicality. Release your inner sensual witch!

### **Find your Flow – All Levels**

This workshop is recommended for beginner in dancing in heels. Benefit from Jazzys years of experience in the art of heels-based pole and her ability to break down technique. Topics among others are how to use the platform of your heels for slides, threads and clacks, how to get a great body wave in different positions and what makes those typical leg swirls look so delicious. Start your base in heels right or improve your technique

### **Heels Dynamics – Intermediate/Advanced**

Trick it like it's hot! In this Workshop you will learn low flow tricks and moves in heels that you can incorporate into your choreographies. Next to being a bad ass moving through these tricks and transitions you will also always learn how to enter and exit them with flow. Jazzy will give you many variations to find your own style and make the moves yours.

### **Heel Work Technique – Intermediate/Higher**

The beauty of using the shoes like they are part of the foot has its own name - Edgework. In this style old school elements meet new school flow and together they create magic. In this workshop you learn the technique of Edgework movements and put it together into a combo you will dance to music.

## **POLEDOUBLE**

*(CAMP 1 - Workshops in Deutsch/Englisch)*

### **Poledouble – Beginner**

Packt euren liebsten Pole Buddy ein und habt Spaß mit uns! In diesem Workshop arbeiten wir mit euch an euren ersten gemeinsamen Poledouble Tricks. Voraussetzung: Klettern, Pole Sit

*Grab your favorite pole buddy and have some fun with us! In this workshop we will work with you on your first pole double tricks together. Requirements: Climbing, Pole Sit*

### **Poledouble – Intermediate**

Die ersten gemeinsamen Poledouble Tricks sitzen bereits und Vertrauen ist kein Fremdwort für euch? Dann freuen uns mit euch einen Schritt weiter zu gehen und an fortgeschrittenen Double Tricks zu arbeiten. Voraussetzung: Sicherer Invert, Sichere Leghangs, Superman

*The first joint double tricks already work and trust is not a new word to you? Then we'd be happy to take it a step further with you and work on more advanced double tricks. Requirements: Safe Invert, Safe Leghangs, Superman*

### **Poledouble – Advanced**

Viele Proledouble Tricks sitzen schon und du möchtest noch einen Schritt weiter gehen? In diesem Workshop trauen wir uns an die Advanced Tricks des Poledouble - Vertrauen wird hier auf jeden Fall gebraucht. Voraussetzungen: Superman, Handsprings, Shoulder Mount

*Many Proledouble tricks already work, but you want to take it a step further? In this workshop we will explore the advanced tricks of Poledouble - confidence is definitely needed here. Requirements: Superman, Handsprings, Shoulder Mount*

### **Flips and Drops (Single Pole) – Intermediate**

Drop it like it's hot - In diesem Workshop geht es um jegliche schnelle Bewegungen an der Pole! Flips, Drops und Positionswechsel sind garantiert.

*Drop it like it's hot - This workshop is all about all kinds of fast moves on the pole! Flips, drops and position changes are guaranteed.*

### Off-Pole:

### **Partneracrobatics - Figures, Transitions & Flips – All Levels**

Training zu zweit macht einfach mehr Spaß als alleine - Also pack deinen Workoutbuddy ein und hab Spaß mit uns! Du wolltest schon immer mal coole Akrobatik Figuren, Übergänge und Flips versuchen, dann ist dieser Kurs genau das Richtige für dich!

*Working out with a buddy is more fun than working out alone - so bring your workout buddy and have fun with us! You always wanted to try cool acrobatic figures, transitions and flips, then this class is just right for you!*

### **Partneracrobatic Insta-Poses – All Levels**

Training zu zweit macht einfach mehr Spaß als alleine - Also pack deinen Workoutbuddy ein und hab Spaß mit uns! In diesem Workshop arbeiten wir an coolen statischen Partnerakrobatik Figuren die sich einfach perfekt zum Posten für Social Media eignen!

*Working out with a buddy is more fun than working out alone! In this workshop we will work on cool static partner acrobatic poses that are just perfect for posting on social media!*

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## **ANNA PICHLER**

*(XXL - CAMP Workshops in Deutsch/Englisch)*

### **Let it flow – Disney Edition – Beginner**

In diesem Kurs geht es um die fließenden Übergänge von einer Bewegung in die nächste während einer Choreografie. Getanzt wird ausschließlich zu Liedern aus bekannten Disney-Filmen. Das Beginner-Level ist für Anfänger, sowie leicht fortgeschrittene Teilnehmer/innen geeignet.

*This class is about how to smoothly transition from one movement into another throughout a routine. We will dance exclusively to songs of well-known Disney movies. This level is suitable for beginners, such as participants with little experience.*

### **Disney Choreography – Beginner/Intermediate**

In diesem Kurs wird eine leicht fortgeschrittene Choreografie erlernt zu einem Lied aus einem bekannten Disney-Film. Das Beginner/Intermediate-Level ist für leicht fortgeschrittene Teilnehmer/innen geeignet.

*In this class an easy intermediate choreography is taught. We will dance exclusively to a song of a well-known Disney movie. This level is suitable for participants with little intermediate experience.*

### Off-Pole:

### **Good Morning Flexibility – All Levels**

In diesem Kurs geht es vorrangig um leichtes Stretching, Mobilitätstraining und die Entspannung des ganzen Körpers von Kopf bis Fuß. Zusätzlich werden einige anspruchsvollere Übungen eingebaut, um auf Pole-Figuren vorzubereiten, bei welchen die Flexibilität der Beine und die Rückbeuge eine größere Rolle spielen.

This class is mainly about easy stretching, mobility training and relaxation exercises from head to toe. In addition to that, a small set of more difficult exercises is added to prepare for pole tricks that have a higher demand of flexibility, such as splits and backbends.

#### Aerial-Hoop:

##### **Get to know the Hoop – Beginner**

In diesem Kurs geht es um das Kennenlernen des Aerial Hoops. Neben den Basics, wie Mounts und Griffe werden leichte Figuren gelernt.

*This class is all about getting to know the aerial hoop. Alongside the basics, such as mounts and grips, easy tricks will be taught.*

##### **Rock the Hoop – Beginner**

In diesem Kurs wird eine Choreografie mit leichtem Schwierigkeitsgrad erlernt mit musikalischer Begleitung aus dem Genre Rock/Metal.

*In this class a choreography of a basic level of difficulty will be taught, accompanied by rock/metal music.*

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## **CHRISTINA INNINGER**

*(XXL – CAMP Workshops in Deutsch/English)*

##### **Twerk on Pole – All Levels**

Du möchtest ein paar kreative Ideen, wie du auch an der Pole twerken kannst? Dann bist du hier genau richtig, wir lernen ein paar Techniken für deine Twerk/Pole Routine.

#### Off-Pole:

##### **Twerk Basics – All Levels**

In diesem Workshop lernst du die verschiedenen Twerk Techniken. In kleinen, kurzen Choreos üben wir diese gemeinsam.

##### **Twerk Choreo – All Levels**

In diesem Workshop lernst du eine Hip/Hop-Twerk Choreo; Fokus liegt auf dem Tanz, die Techniken werden kurz erklärt.

##### **Twerk Lapdance – All Levels**

Ja twerken ist sexy, wir setzen deinen Booty für dein\*e Freund\*in in Szene.

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## **AENGIE LINA**

*(XXL - CAMP Workshops in Deutsch/English)*

##### **Sassy Heels Choreo – All Levels**

Eine sexy und freche Heels Choreografie an der Static Pole. Knieschoner und Heels mitnehmen!

*A sexy and sassy heels choreography on static pole. Bring knee pads and heels!*

#### Off-Pole:

##### **Floorwork Basics – Fokus: Legtwirls – All Levels**

Floorwork Sequences, inkl. Slides und Glides mit Fokus auf LegTwirls. Unbedingt Knieschoner (und optional Plateau Heels) einpacken!

*Floorwork sequences, including slides and glides with focus on legtwirls. Bring your knee pads (and optional plateau heels)!*

##### **Floorwork Choreo – All Levels**

Sensual und flowy Floorwork Choreografie. Bitte Knieschoner und Heels mitnehmen.

*Sensual and flowy floorwork choreography. Please bring kneepads and heels.*

### **Chair Acrobatics & Shapes – All Levels**

Chair Sequences und Combos mit akrobatischen Elementen und außergewöhnlichen Foto-Posen.

Chair sequences and combos with acrobatic elements and extraordinary photo shapes.

### **Badass Chair Dance Choreo – All Levels**

Eine badass Chair Dance Choreografie mit Fake Splits, Kips und ein bisschen Floorwork. Bitte unbedingt Knieschoner mitnehmen.

A badass chair dance choreography with fake splits, kips and a bit of floorwork. Please bring knee pads with you.

### **Sassy Chair Dance Choreo – All Levels**

Eine sassy und sexy Chair Dance Choreografie.

A sassy and sexy chair dance choreography.

### **Chair Flexibility and Shapes – All Levels**

Stretching Kurs mit Chair und schönen (Fake) Split Posen.

Stretching class with chair and beautiful (fake) split shapes.

### **Good Morning Yoga Flow – All Levels**

Ein gemütlicher Yoga Flow am Morgen um gut in den Tag zu starten.

A chill yoga flow in the morning to start the day well.

Aerial Hoop:

### **Aerial Hoop Fake Splits (Intermediate)**

Fake it 'till you make it! Schöne Fake Splits im Aerial Hoop.

Fake it 'till you make it! Pretty fake splits for aerial hoop.

Änderungen jederzeit vorbehalten!

Subject to change at any time!

## **WICHTIG / IMPORTANT**

### **GYMNASTIKMATTE, KNIESCHONER UND GRIPHILFEN**

Eine eigene Gymnastikmatte, Knieschoner und event. Griphilfen sind selbst mitzubringen! Da hier die Teilnehmerinnen erfahrungsgemäß lieber mit ihren eigenen Mitteln arbeiten, werden diese am Polecamp nicht zur Verfügung gestellt! Wenn möglich bitte auch 2 Yogablöcke mitnehmen, da diese ev. für manche Workshops benötigt werden!

### **EXERCISE MAT, KNEE PADS AND GRIP AIDS**

Please bring exercise mat, knee pads and grip aids on your own to Bibione! As we made the experience that our participants prefer to use their own resources, they are not provided at the Polecamp! If possible we also recommend to bring 2 yoga blocks on your own to Bibione, because those maybe required for some workshops!

### **REINIGUNG VON POLES & HOOPS**

Vor Beginn eines Workshops ist das Trainingsgerät (Pole, Hoop, etc.) von jedem Teilnehmer selbst zu reinigen/desinfizieren. Desinfektionsmittel wird vom Veranstalter zur Verfügung gestellt. Diese Maßnahme ist verpflichtend und Teil unseres Hygienekonzeptes!

### **CLEANING POLES & HOOPS**

By entering a workshop location each participant has to clean/disinfect his training equipment (pole, hoop, etc.) by himself. Disinfectant will be provided by the organizer. This measure is mandatory and part of our hygiene concept!

