

COTSWOLDS JUNIOR ASSOCIATE COACHING

8-12 years

Our Cotswolds Associate Coaching program offers professional ballet coaching on a monthly basis.

Coach: Tierney Heap Director: Claudia Dean

£59 per visit



DATES

COTSWOLDS JUNIOR ASSOCIATES

SPRING TERM 2 2026

FOCUS: FOUNDATIONS & STRENGTH

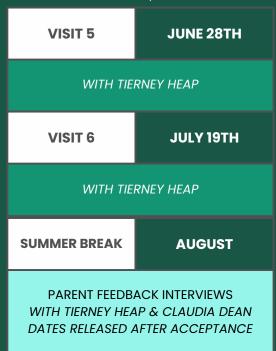
Building correct placement, alignment and muscle use to establish a strong base for the year ahead.



SUMMER TERM 3 2026

FOCUS: REFINEMENT, FLEXIBILITY & ELEVATION

Polishing technique, consolidating progress and strong focus on power in all allegro & turns for the year ahead.



AUTUMN TERM 1 2026

FOCUS: AUDITION TECHNIQUE & EXPRESSION

Focused coaching to build confidence, refine classwork, learn repertoire and preparation for audition settings.



SPRING TERM 2 2027

FOCUS: FOUNDATIONS & STRENGTH

Building correct placement, alignment and muscle use to establish a strong base for the year ahead.

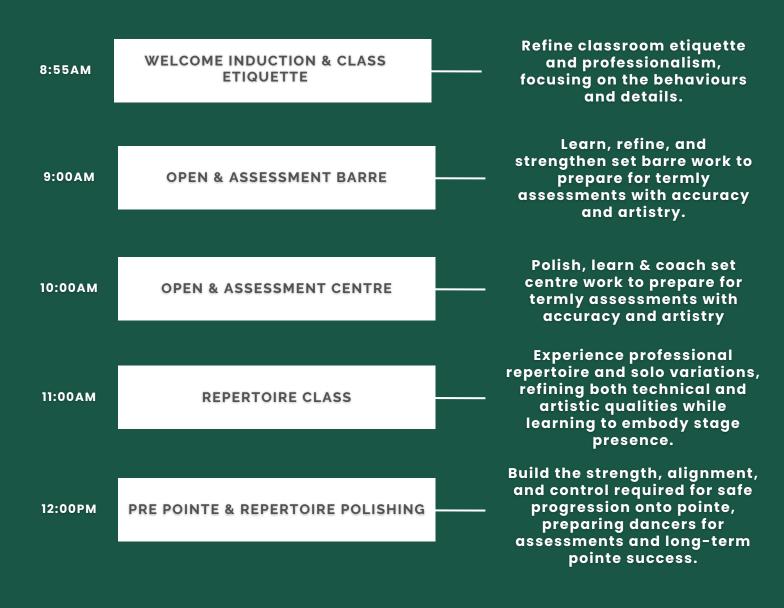




COTSWOLDS JUNIOR ASSOCIATES FEBRUARY & APRIL SCHEDULE

FOUNDATIONS & STRENGTH

Building correct placement, alignment and muscle use to establish a strong base for the year ahead.

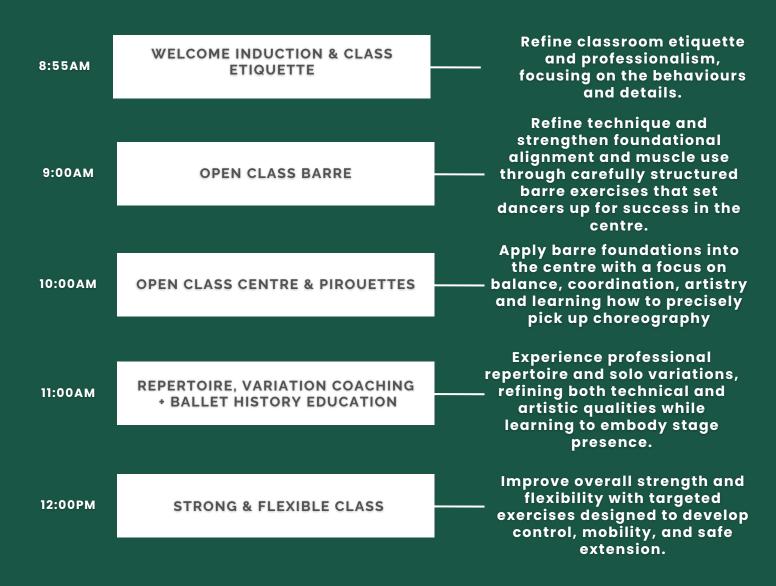




COTSWOLDS JUNIOR ASSOCIATES MARCH, JULY & OCTOBER SCHEDULE

FOUNDATIONS & STRENGTH / REFINEMENT, FLEXIBILITY & ELEVATION / AUDITION TECHNIQUE & EXPRESSION

Focused coaching builds correct placement, alignment, and muscle use, refines technique, strengthens allegro and turns, and develops confidence while preparing dancers for classwork, repertoire, and auditions.

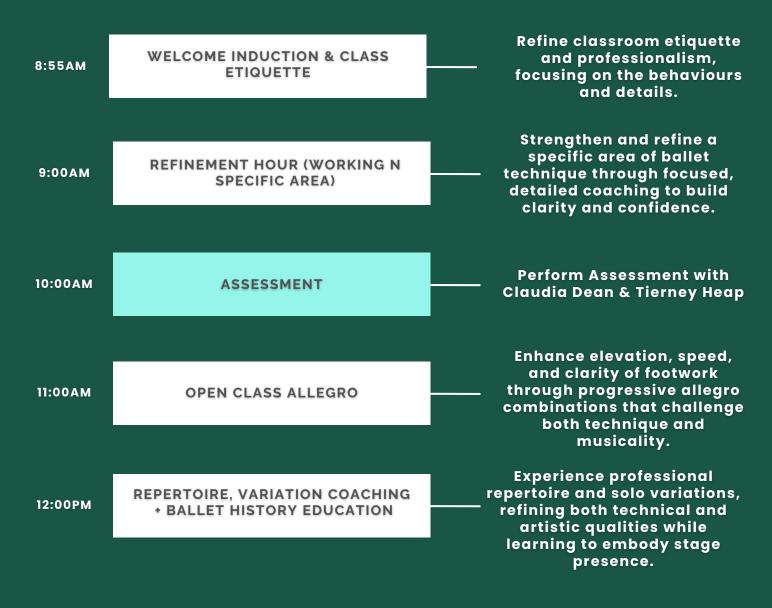




COTSWOLDS JUNIOR ASSOCIATES MAY & NOVEMBER SCHEDULE

FOUNDATIONS & STRENGTH / AUDITION TECHNIQUE & EXPRESSION

Focused coaching develops correct placement, alignment, and muscle use, building a strong foundation while refining classwork, repertoire, and audition readiness.

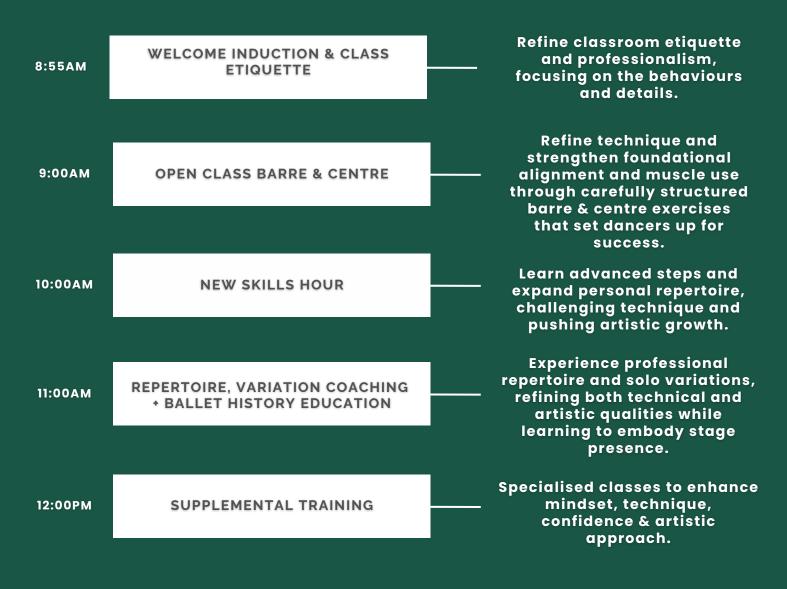




COTSWOLDS JUNIOR ASSOCIATES JUNE, SEPTEMBER & DECEMBER SCHEDULE

REFINEMENT, FLEXIBILITY & ELEVATION / AUDITION TECHNIQUE & EXPRESSION

Focused coaching polishes technique, consolidates progress, and builds power in allegro and turns while developing confidence, refining classwork, repertoire, and audition readiness.





"WHAT IS ASSOCIATE COACHING?"

Associates receive personalised coaching to refine technique and artistry, build ballet career connections, gain expert guidance for auditions and competitions.

COTSWOLDS FACULTY



TIERNEY HEAP

Tierney Heap trained at the Royal Ballet School and went on to dance as a First Soloist with The Royal Ballet Company.

Now Lead Coach for our Cotswolds

Associates, she shares her artistry and professional expertise, giving dancers the invaluable opportunity to learn from someone who has performed at the very highest level.



CLAUDIA DEAN OVERSIGHT DIRECTOR

Claudia Dean trained at The Royal Ballet School and danced with The Royal Ballet Company before returning to Australia, where she became one of the most sought - after ballet coaches. With over a decade of experience, she now brings her transformative methods to the UK Associates Program, offering dancers world - class training, mentorship, and clear progression towards their goals.



PROGRAM STRUCTURE

MONTHLY

1 DAY TRAINING 9AM - 12:30PM

11 VISITS PER YEAR STRUCTURED WITH TERMLY THEMES



COACHING REFINEMENT

Associate Coaching guides 22 dancers through focused training, providing exclusive access to judges and industry professionals to grow your network and career.



FEEDBACK TO MAXIMISE SUCCESS

Tierney & Claudia's
personalised coaching gives
dancers individual attention,
mentorship, and feedback to
support auditions,
competitions, and future
opportunities.

PROGRESS AND PARENT FEEDBACK

Dancers receive written feedback after assessments. Parents can also watch the Repertoire Assessment and participate in a feedback interview with the Cotwolds Faculty.

22 STUDENTS ONLY PER LEVEL

Contact:

associates@claudiadeanworld.com tierney@claudiadeanworld.com