

■ APRIL 2017

Christchurch  
Ballet Society

# Newsletter

## Dates to Remember:

**19 – 21st April** - The St Margret's College 2017 Performing arts 'live in' Holiday Residency

**19-22nd April** – JT Dancers Competitions held at Riccarton High School

**Sunday 23rd April** – The Christchurch Dance Education Bursary Trust screening of Beauty and the Beast

**17 to 21st July** – Christchurch Competition Society's Ballet/-Mod Jazz Competitions

## *Welcome*

Where has the year gone? It's hard to believe that it's April and we are already well into the second quarter of the year! School holidays are almost here and that means for many dancers that it is competition time. We wish all our members competing during the holidays the very best and remind you to have fun, do your best and take the time to make at least one new friend.

The committee has been meeting regularly and we are well underway with preparations for the South Island Ballet Awards to be run in June 2018. We were thrilled with the feedback we received after reviving the awards last year and are looking forward to an even better event in 2018.

We are always open to ideas and suggestions from our members, so please do contact a committee member or contact us via the website or Facebook page with your ideas and suggestions. Thank-you for your continued support of the society and I do hope you enjoy reading the newsletter. Thank-you Jess Pugh (newsletter editor), it's wonderful to have such an enthusiastic young dancer on the committee.

*President*

**Lynda Roche**

## Christchurch Ballet Society Dancer Updates

### South Island Awards, Scholarship Winners: Megan Eustace and Ayiana Lo-Fo-Wong

At the 2016 South Island Ballet Award, Ayiana Lo-Fo-Wong and I, both full-time ballet students at Canterbury Ballet, were privileged to receive scholarships to Annette Roselli Dance Academy, in Australia for one week. On 26th February we headed to Brisbane and commenced our week to take up our scholarships. We had a fantastic week and it was a great opportunity for us both to learn from some very experienced ballet and contemporary tutors and to meet more dancers who are also following the same dream as us.



We enjoyed taking part in classical, pointe, repertoire, RAD, contemporary, jazz and pilates classes during our time there. We would like to thank the Christchurch Ballet Society and Annette Roselli for this wonderful experience.

– Megan Eustace

## Dancer Studying Abroad

This is Summer Penney reporting in from the Australian Conservatoire of Ballet in Melbourne. My first year of pre-professional ballet training ended with our performance of The Nutcracker at the Hamer Hall in Melbourne in December 2016. It was a fantastic way to finish the year being able to take everything I had learned in the studio and turn it into an on stage performance. It was amazing to be able to perform to a sold out audience of 2,200 people for each show, along with a 64 piece orchestra and a choir. Not only that but we danced alongside international principal guest artists from Washington Ballet, Primorsky Ballet in Russia, and leading soloists from Stanislavski and Nemirovich-Danchenko Music Theatre. I had three corps de ballet roles, Snowflakes, Arabian and Waltz of the Flowers which all gave me a wonderful insight into gaining experience in the public arena. Being able to train internationally and perform with international artists is contributing to my personal development.



In the middle of the year we have an International Gala where guest artists are invited to perform with us dancing Paquita. At the end of the year our major performance is Swan Lake. I am looking forward to focusing on my personal development goals as well as achieving the goals of the Australian Conservatoire of Ballet. I would like to thank the Christchurch Dance Education Bursary Trust for supporting me in my tertiary training.

– Summer Penney

Our training for 2017 commenced with a full week of Summer School and we are now nearing the end of the first term of our full time programme. I am really excited for the year ahead, developing my technique and artistry and graduating with my Advanced Diploma.

*The Christchurch Dance Education Bursary Trust awarded a bursary for 2017 to Summer Penney a former student of Southern Ballet and Anneliese Gilbert Academy, who is now in full time tertiary professional training at the Conservatoire of Ballet in Melbourne Australia. We wish her well in her future career in dance.*

# Christchurch Ballet Society Dancer Updates South Island Awards Senior Winner

– *Katherine Horner*

2016 was a packed full year for me.

In August and September, I went on tour with Aotearoa National Youth Ballet company performing the full length ballet La Bayadere. We toured all around the lower South Island. It was an amazing experience for all of us young dancers to see what company life would be like. It was long days of rehearsals but was all worth it in the end with our company performing to almost sold out shows in Queenstown, our final destination. On tour I performed the Water-girl solo and was supposed to perform Pas De Quatre and Shades solo 2 & 3. Unfortunately, I injured myself in Queenstown and was unable to perform the shades or Pas De Quatre.

In December Canterbury ballet performed the full length ballet "Sleeping Beauty". I was lucky enough to be able to perform the role of Songbird Fairy and was also one of the Jewels trio.

After 2016 wrapped up I went back home to Auckland to spend the holidays with my family. In February 2017 I took up the scholarship given to me at South Island Ballet Award by New Zealand School Of Dance. I loved my week at the school and took away some new tips and tricks. Also in February I found out I had successfully auditioned for the ABT Summer Intensive Programme. I was placed in the Austin, Texas Intensive and I am off in June for a month. This experience is going to be amazing and I am so excited I'm counting down the days.

At the moment I am working towards Alana Haines in April for which I am going to performing the variation Giselle. After Alana Haines I am working towards my month long trip to America.

–*Katherine Horner*



## Encore Dance Costume Hire

For all your costume hire needs for competitions or performances,  
Check out Encore dance costume hires.

# Advice from the Experts

## Dance Podiatrist – Georgina Barr

Hi Everyone, 2017 is on the upward!

I am doing more dance seminars, seeing an increased number of dancers for general and pre-pointe assessments and I will soon have my own clinic barre! In April I am attending an IADMS conference in Melbourne and catching up with the Australian Ballet and other dance medicine professionals at the same time. Most excitingly – I have created a Podiatrist for Dancers Facebook page. This is your page! I will be posting information about new dance contacts and 'Foot Friends' to help with strength and flexibility. I will also be answering posted questions.

I believe that internal strength is more important than relying on various methods of external support and I offer my dance patients a range of strength and flexibility programmes to both increase their technique and assist in injury recovery.

Every person's development is different and everyone's readiness for progression to pointe work happens at different times. I therefore offer a medically focused biomechanical pre-pointe assessment to provide a guideline to patients on their musculoskeletal readiness for beginning pointe work safely.

Visit me:

[facebook.com/Podiatrist-for-Dancers-394705137552290](https://www.facebook.com/Podiatrist-for-Dancers-394705137552290)



Georgina Barr  
Dance Podiatrist  
SportsMed

## Dietitian – Lucy Carey

Lucy Carey, NZ Registered Dietitian and former dancer, helps athletes ensure they get the best nutrition for their training and performance. Lucy answers a commonly asked question below.

**“Between school, dance practice and homework, I barely have any time to eat!”**

**“What are some easy snacks I could have before and after training?”**

Most people don't want to dance on a full stomach but it's important to have something small beforehand, particularly if you haven't had anything since lunchtime. You wouldn't drive a car without gas in the tank, and you can't train to the best of your ability without fuelling your body! A healthy carbohydrate-rich snack can do wonders for your energy levels.

A couple snacks that are easily digested and able to be eaten in the car are:

*Tub of yoghurt and fruit*  
*Fruit toast*  
*Flavoured milk drink*

After training it is good practice to replenish muscle glycogen stores with some carbohydrate-rich food, repair muscle with some protein-rich food, and rehydrate with water. You don't need to buy expensive protein powders to do this; here are a few low-cost ideas:

*Yoghurt with nuts and fruit*  
*Crackers and cheese*  
*Chicken and salad sandwich or wrap*  
*Beef stir fry with noodles or rice*  
*Water!*

For more information or to book a consultation with Lucy, email [lucy.f.carey@gmail.com](mailto:lucy.f.carey@gmail.com) or call 027 303 4060.



## Upcoming Events...

# Disney's BEAUTY AND THE BEAST

The Christchurch Dance Education Bursary Trust invite you to a fundraising screening of "Beauty and the Beast" on Sunday 23rd April at 6pm at Hoyts Riccarton.

Tickets \$20 available from Sandra 0211028472 Julie 0272770007 Deirdre 0210487599 or email greig5@xtra.co.nz. All proceeds for bursaries to ChCh dancers in tertiary professional training outside our region in 2018.

Southern Ballet Theatre Presents...

## ALL THAT JAZZ

A Jazz dance extravaganza

This production is presented by the Junior, Intermediate and Senior Jazz Companies for the entertainment of all ages.

**Come along to Southern Ballet's boutique theatre and enjoy!**

**Dates:** Wednesday 26th April to Saturday 29th April, 3pm and 6pm daily

**Tickets:** Child & Seniors \$12.50, Adults \$15.00

**Book:** Southern Ballet Theatre's Office, 108 Carlyle Street, Christchurch  
Phone 03 3797219, email southernballet@xtra.co.nz

St Margaret's  
College Theatre  
Dance Academy  
Presents...

## ON THE STAGE

3 DAY HOLIDAY  
RESIDENCY!

EXCITING NEWS!!!!

Do you love Dancing, Singing and Acting?  
Then this is for you!

The St Margaret's College 2017 Performing Arts 'Live in' Holiday Residency is now open for enrolments. Numbers are limited so get it quickly to secure your place. It is going to be an AMAZING experience and an opportunity to work with National and International artists working in the Performing Arts Industry.

Email TDA@stmargarets.school.nz for more details and an enrolment pack.

## Upcoming Competitions In Christchurch

### Jt Dancer Competitions

With a record number of enteries, the JT Dancer Competitions with a brand new committee will be held at Riccarton High School from Wednesday 19th – Saturday 22nd April.

Come along and watch what Christchurch dancers have to offer and support our talent.

*Denice Garmonsway*

### Christchurch Competition Society

The Christchurch Competition Society Competition - Ballet/Mod Jazz section will run from July 17 to 21st at Villa Maria College. The syllabus is now out and entries will close on the 9th of May.

To get the syllabus sent or any inquiries contact Cathy Wells  
Phone: 3585898  
Email: ckwells@xtra.co.nz





Christchurch  
Ballet Society

# Upcoming Events

Save these Dates



## South Island Ballet Award

29th June to  
1st July  
2018  
Isaac  
Theatre  
Royal

## Evening of Dance

19th August  
2017

Middleton  
Grange  
Theatre

