

# TALKING POINTE

## 3rd CHOREOGRAPHY COMPETITION 2015



On a warm summer's evening, the 3<sup>rd</sup> Choreography Competition took place at Bloomsbury Theatre to a packed house, in support of The Du Boisson Dance Foundation. There were 78 entrants, with heats running from early morning for different ages, resulting in a very exciting final competition in the evening. We must thank not only all our talented entrants but also the many judges who gave up their time on a sunny Sunday to judge throughout the day and the volunteers who worked tirelessly backstage.

The competition was fierce and entertaining, interspersed with magical performances from students of both WLS Dance and YDA, a spectacular performance from Yat-Sen Chang and Emma Lucibello in a scene from 'Spring Waters' (choreography by Asaf Messerer), as well as a tender performance of 'The Dying Swan' from Bridgette Zehr, a former ENB dancer. The audience were treated to a variety of styles with emotions veering from amusing to tender and soulful. Darcey Bussell led a panel of judges including Arlene Phillips, Samira Saida, Jonathan Gray, Valeri Hristov, Yohei Sasaki, Nicola Jane Trenah, Hilary Clark and me!

The winner of the Senior Prize was "The Shoah" by Sapphire Sumpter (YDA), an exceptional and beautifully crafted piece on the trauma of a family torn apart in concentration camp during the Holocaust. It showed great insight into a difficult subject and the choreography reflected a deep understanding and connection between each dancer as they were torn apart. The winner of the Junior Prize was "A Butterfly" by Poppy Frankel (YDAAC). She danced solo as a butterfly incorporating sophisticated choreography making fluent connections between complicated steps. Darcey Bussell commented on how hard it was to choose a winner as the standard was so high. I know as one of the judges how hard it was to make a decision.

Elizabeth Wigoder

**PLEASE NOTE** that the 4th Choreographic Competition will take place once more at the Bloomsbury Theatre on Sunday 12<sup>th</sup> June 2016

## The Nutcracker - A West End Show!

This year, we found ourselves in an unexpected situation; the Bloomsbury Theatre cancelled all performances due to the discovery of asbestos. Not to be deterred, although most theatres are booked years ahead, we quickly sprung into action and have worn down many pairs of shoes traipsing the streets of London in search of a theatre for our Nutcracker.

The Lloyd Webbers came to our rescue and offered us to hire Her Majesty's Theatre in Haymarket. How lucky are we? – our children will be performing this year in the heart of the West End.

A huge thank you to Caroline Levy for spending so much of her time mediating between the theatre and us and making this contract possible in such a small time frame. We are really appreciative!

John Vanbrugh constructed her Majesty's Theatre in 1705 as The Queen's Theatre. Sadly it burnt down on 17 June 1789 during evening rehearsals leaving the dancers to race off the stage as the beams were falling from the roof. After a few rebuilds, the present building was constructed in 1897 for Shakespeare's plays, followed in the 1920s with plays by George Bernard Shaw and Noel Coward. Since the 2<sup>nd</sup> World War, it has predominantly been used for large-scale musical productions. The musical, The Phantom of the Opera, has been performed there continuously since 1986.







Illy, Daisy, Eliza, Mélia & Emily (Age 5) WLS Dance Wednesday Primary Ballet

### Aching muscles?

**BLACK BEANS** = Just bursting with low fat protein and are perfect for repairing muscles. Eat at breakfast with an egg or on toast. No more pain.

### Slow metabolism?

**MACKEREL** = Rich in Omega 3 fatty acids, protein and iodine. Helps the metabolism to function well. Also has an anti-inflammatory effect so excellent for joint pain too.

### Lacking in Energy?

**QUINOA** = For that high energy boost. Great for your lunch box, packed with amino acids, iron, potassium and Vitamin B2. No excuse not to dance all day!

## Stay Strong! Stay healthy! Raid the Kitchen! What is in your lunchbox?

We all know that to stay strong we need to eat well, but did you know that there are certain foods that are natural healers? Lacking in concentration, muscle sprain, low energy, joint pain? The answer is in your kitchen!

### Struggling to remember the choreography in class?

**EGGS** = great for boosting brain power. They are packed with Vitamins B and D and will help to keep you alert and awake all day.

### Lost that glow? Feeling a little down?

**NUTS** = A small handful every day will help maintain healthy skin and eyes and a very healthy immune system. Rich in Vitamin E. You will be noticed!

### Tired Skin, Hair and Brittle Nails?

**AVOCADO** = A healthy cholesterol reducing fat to give us beautiful hair, nails and skin. Smash up an avocado on toast with ground pepper for breakfast or a light lunch.

### Inflamed muscles?

**BUTTERNUT SQUASH** = High in Vitamin A. Oven bake some butternut squash tossed in a little olive oil, delicious served with sour cream and black pepper. Full of Vitamin A and protective carotenes, this works as an anti-inflammatory and will sort out those irritating aches.

## PARIS SUMMER SCHOOL

We achieved places at the prestigious Opera National de Paris Summer School for two weeks. It was an amazing and unique experience for both of us. We were lucky enough to stay at the school boarding in the beautiful buildings and grounds. The ballet studios were modern and spacious each with a viewing platform for visitors and a grand piano. The wonderful teachers including Mr Romoli, Mr Namont and even Elizabeth Platell the Director taught us and really inspired our dancing. During our classes we learnt the intricacies of the French classical ballet style and technique which is very controlled and elegant as well as having very rapid feet in allegro.

Students attending came from around the world which was nice as we now have friends that we are still in contact with in places like America, France and Germany. At the weekend we had a trip into Paris and got to go backstage in the Opera Garnier theatre which was incredible. We saw the practice rooms and the raked stage. When the two weeks came to an end we did a demonstration of what we had learnt in classes for the parents. This was performed on the school's stage which is also raked and which we both found rather scary to dance on. We had to practice our balances differently to adapt to the slope.

The Paris summer school was an exceptional experience we will never forget and we enjoyed every single moment of it.

Isla Ghali & Issy Taylor (YDA Year 11)



## TEACHERS WORDS OF WISDOM - AS REPORTED ON THE FRONT LINE!

Don't grip onto the barre as if it is a life support machine!

You have 2 ears and 1 mouth - use them in proportion!

Being on time is too late!

Don't use excess energy on a single pirouette or you will light up the National Grid!

The master has failed more times than the beginner has tried!

**ALL DANCERS - YOU HAVE BEEN WARNED!**



[www.westlondonschoolofdance.co.uk](http://www.westlondonschoolofdance.co.uk)  
[www.youngdancersacademy.com](http://www.youngdancersacademy.com)



Young Dancers Academy and  
West London School of Dance



## CHANGING LIVES COUNTRY BY COUNTRY AND STEP BY STEP

My name is Veronica, and I attend the Italian dance school Gruppo Teatrale Sperimentale in Rome.

Thanks to a competition I was rewarded a scholarship to train for one week at WLS Dance & YDA. Obviously for me this was a great opportunity. I made new friends and had classes with great teachers. For months I was looking forward to coming and was very nervous that I would not be up to their high standard. Instead I was warmly welcomed by both teachers and students, although we spoke different languages, they helped me and made me feel at ease. This was an experience I will never forget and I will never stop thanking the teacher Raymond Koning for giving me this great opportunity!

Veronica Caristo (age 13)

## EMMA NORTHMORE WLS Dance Ballet Teacher

### Where did you study ballet?

Elmhurst lower school, ENB Upper school and Images of Dance at the London Studio Centre. I danced in Phantom of the Opera and with ENB, I performed in many soloist roles as a First Artist as well as performing Clara in The Nutcracker. I was fortunate to dance in many of the ballets. I have been a finger fairy, a cygnet in Swan Lake, one of Aurora's friends in Sleeping Beauty and Dawn in Coppelia amongst other roles.

### Why do you love dance?

I love the sense of freedom and movement and being completely carried by the music. The feeling of performing is like food for the soul!

### What is your work experience?

I was Assistant Director of Images of Dance for The London Studio Centre and taught at Urdang for the last 4 yrs. I have given open classes at Pineapple and Danceworks as well as associate courses at Tring and have given cover classes at Central School of Ballet as well as the Royal Ballet School.

### Why did you decide to teach?

I had planned to be a physio then started teaching when the teacher didn't turn up at Pineapple! I thoroughly enjoyed myself and was encouraged by the likes of Viviana Durante, a retired dancer from the Royal Ballet and have never looked back! I feel I have found a passion and gift that far exceeds my talents as a ballet dancer and relish every moment in the studio.

### What do you think you can give to the students?

I feel I am able to inspire students and can come up with many ways of achieving the same goal and so every student achieves and improves. I motivate and energise a class and the students finish feeling confident in themselves which is so vital for their learning.

## PRIZE GIVING FOR YDA & WLS Dance GRADUATES 2015

You would never have known it was the end of the week and late on a Friday night when the school year ended with a high energy show, bursting with excitement and glamour as we said goodbye to our 2015 graduates:

Conner Jordan-Collins, Jade Longley & Grace Park English National Ballet School  
James Humpleman - Laine Theatre Arts  
Becky Hudson & Elena Trotman  
Elmhurst School for Dance  
Erin Crowley - Royal Conservatoire of Scotland  
Chloe Fisher - Tring Park  
Lara Levy - Arts Educational School London  
Moesha Lamprey - The State Ballet School in Berlin  
Kareen Fares (WLS Dance) - Godolphin & Latimer - received a commendation for her choreography skills.  
Ethan Joseph (WLS Dance) - Arts Educational School



## EASTER Course Monday 4 till Friday 8 April 2016 SUMMER Course Monday 25 till Friday 29 July 2016

Our courses are open to all dance students at WLS Dance and YDA, as well as anyone age 9-16 in the community, irrespective of where they are presently dancing.

From 10am - 3pm each day, you will be dancing non-stop concluding with an Open Class for your parents/friends to come and watch all you have learnt.

This is a great opportunity to make new friends who share the same passion for dance and to learn from some of the best teachers in the industry.

To truly benefit from this course, you ought to be doing 2 or 3 ballet classes a week, subject to age.

All details and application forms are on our website:

[www.westlondonschoolofdance.co.uk](http://www.westlondonschoolofdance.co.uk)

[www.youngdancersacademy.com](http://www.youngdancersacademy.com)



## SCHOLARSHIP AUDITION FOR WLS Dance AFTER SCHOOL CLASSES Age 8 - 15

This is an audition to find pupils with talent who have not received a scholarship before, to give them a chance to discover and to explore their potential in dance. The audition is open to boys and girls age 8-15 yrs old. We are looking for talent, passion and commitment. If you know of anybody who you think should apply, please encourage him or her to do so, even if they haven't ever had a formal dance lesson before.

AUDITION DATE

SUNDAY 8<sup>th</sup> MAY





# THE SHEPHERD'S BUSH VILLAGE HALL FOR HIRE



## Bulwer Street, London W12 8AP

Available to rent for meetings, parties, children's parties, exercise classes, dance and community use and with disabled access. Conference carpeting available. The main hall measures 16x11.25m with separate kitchen facilities. Mirrors, Ballet Barres and CD system Located between Shepherd's Bush Green and Westfield with easy access to public transport. For further information on hiring the Village Hall, please contact: villagehallw12@gmail.com or speak to Jackie on 07954 141607

## DATES FOR THE DIARY....

**Carol Concert (YDA)**  
Friday 4 December 2015

**Nutcracker Performances**  
Sunday 6 December 2015

**YDA Prelims Audition**  
Sunday 7 February 2016

**YDA Final Audition**  
Sunday 13 March 2016

**EASTER COURSE WLS Dance & YDA**  
Monday 4 - Friday 8 April 2016

**YDA Associates Audition**  
Sunday 15 May 2016

**WLS Dance Scholarship Audition**  
Sunday 8 May 2016

**4th Choreography Competition**  
**WLS Dance & YDA**  
Sunday 12 June 2016

**SUMMER COURSE WLS Dance & YDA**  
Sunday 19 June 2016

**Prize Giving YDA**  
Friday 1 July 2016

**France School trip YDA**  
Tuesday 5 June - Friday 3 July 2016

**Summer School 2015**  
Monday 25 - Friday 29 July 2016



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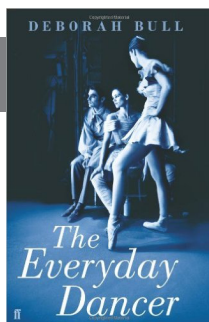
# Diverse Dance Mix

This summer Momo and I were lucky enough to attend a teacher training course at Rambert Studios for a brand new dance based fitness class created by the one and only Darcey Bussell with Nathan Clarke.

DDMIX is a full body aerobic workout based on a range of different dance styles that stimulates the body and mind. We learnt thirteen short routines (African, Arabic, Bollywood, Charleston, Disco, Flamenco, Greek, Hand Jive, Irish, Line dance, Salsa, a Rocky themed 1980s and hippy themed 1960s) plus a warm up and cool down. Darcey and Nathan personally taught the routines then instructed us on the main teaching points and aims of each exercise focusing on specific muscle groups, high and low intensity variants for the basic steps and the ethos of the workout. Nathan and Darcey then assessed us and phew, we passed! We are now qualified DDMIX instructors. I have also been using the programme as a fun, energetic and stamina building warm up for ballet students, DDMIX is a great way of experiencing different dance genres and styles plus THEY LOVE it! Currently African and Bollywood are majority favourites... So if you fancy getting fit with Darcey why not come and give DDMIX a try? Come and join: Saturday afternoon at Irreverent Dance Studio at 1:30pm - 2:15pm in Kentish Town.

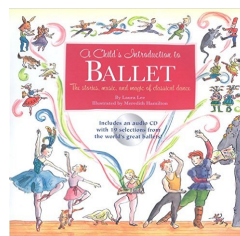
Georgina McDermott, WLS Dance & YDA Ballet and Musical-Jazz Teacher

## RECOMMENDED.....



### THE EVERY DAY DANCER by DEBORAH BULL

A behind the scenes account of life as a dancer starting as a child, from a 7 year old attending her first class at White Lodge, the Royal Ballet School, training with The Royal Ballet, the daily schedule and the emotions and hard work that goes on both on and offstage. She is now Creative Director of The Royal Opera House. This is an honest account of life as a dancer over a 30 year career and a fascinating read for any child interested in a career in dance.



### A CHILD'S INTRODUCTION TO BALLET (Book & CD) by LAURA LEE & MEREDITH HAMILTON

This beautiful book and CD by Laura Lee tell the stories of 25 ballets with beautiful illustrations by Meredith Hamilton.

Filled with fun facts, how tos and history snippets, it is an exciting introduction for any young dancer. Also, you will learn about the choreographers, the composers and the dancers. The text corresponds with the particular music score chosen for each ballet to enhance a specific point for the young dancer to notice, encouraging an awareness not only of the ballet but of the music itself. We would recommend this for 5-10 year

### The ROBERTA MARQUEZ MASTERCLASS took place on Sunday 25th October.

Roberta Marquez is a Brazilian dancer and a Principal of The Royal Ballet. She has an interest in teaching and we were delighted to be able to host this Masterclass in our own Village Hall and offer to all students in the wider community the opportunity to learn from this inspirational dancer. 20 talented young dancers had a wonderful time, exploring new techniques and repertoire, picking up tips along the way. Giving up their Sunday morning lie in, they ran over by 40 mins and didn't even notice. They were having so much fun. Roberta commented afterwards how much she enjoyed our students.

NEXT MASTERCLASS WILL BE WITH NICOLA TRENAH, TEACHER AT THE ROYAL BALLET UPPER SCHOOL.  
SUNDAY 14TH FEBRUARY 2016 - DETAILS ON OUR WEBSITE



**DONATE NOW** Please help more young dancers pursue their passion and fulfil their dreams. The Du Boisson Dance Foundation's mission is to help those in need of financial support to pay for ballet lessons, fees, physio, kit etc. Changing lives - step by step. All support greatly appreciated.

There are many different ways to donate:

Bank Transfer: Barclays Bank Sort Code: 20-74-63

Account No: 30824941 OR

Cheque payable to The Du Boisson Dance Foundation

Send to: The Du Boisson Studios, 25 Bulwer Street, London W12 8AR

email: [development@duboissondance.org](mailto:development@duboissondance.org)

**JustGiving™**

Donate now