

SUMMER **2020** NEWSLETTER

and dancer enrichment activities



The Studio & Santa Cruz Ballet Theatre | partners in excellence serving Santa Cruz County for over 30 years
Diane Cypher, Artistic Director | Pamela Martin, Music Director | Sandy Nelson, Administrative Director

COMPANY DANCERS EARN AWARDS

Congratulations to our Company dancers and all of our students on the 2019-2020 season! All of our dancers made new progress in a wide range of areas, from stamina to new technical achievements, to greater focus and more flexibility, to deeper physical strength and artistry. Several of our students were recognized with scholarships and further awards.

Asher Voorhees was awarded a full scholarship to the American Ballet Theatre Summer Intensive Program in Southern California, and he will attend this program via the Zoom format.

Juliette McLaughlin was accepted into the SFB, Houston Ballet and PNB Summer Programs (PNB on scholarship); she will attend the Oregon Ballet Theatre Summer Intensive.

Savanna Maddy was awarded a scholarship to attend the Ballet Alliance Summer Project as a dancer.

Flora Chatwin was awarded a scholarship to attend The Ballet Alliance Summer Project as a choreographer.

CONGRATULATIONS TO OUR 2020 GRADUATES

These young people are all credits to today's youth, and hold the future in their hands. With discipline, commitment and talent they have each made fantastic achievements, both in the academic classroom and in the ballet studio. We wish them all success and happiness as they pursue higher education and careers. We are proud of each of you and your accomplishments!

Milana Beck will dance professionally with Utah Metropolitan Ballet next season.

Flora Chatwin will attend the University of California at Irvine and pursue a double major in Dance and Dance Science.

Ryan Gonzalez is recovering from a knee injury and will keep training to see where dance or academics may lead; he is getting strong again!

Caroline Meisel will attend UCLA and pursue a Humanities degree with minor or double major in Dance.

Patrick Westerman has earned an academic scholarship to Benedictine College, where he intends to pursue a nursing degree, possibly minoring in Dance.



2019-2020 Senior and Junior Company dancers photographed by Jim Schwartz

ANNUAL LESLIE SWAHA AWARD

Congratulations to Flora Chatwin for winning the 2020 Leslie Swaha Award! This award is given to the outstanding dancer who exhibits talent and a superior work ethic combined with integrity. Flora is the perfect example of that combination. Not only is Flora one of our brightest dancers, she is also a talented choreographer. We look forward to seeing where Flora's ambition and skills will lead. Thank you, Flora, for being an inspiration to all of our dancers. We wish you the best in your future endeavors!

COVID-19 UPDATE

Time seems to be traveling both quickly and slowly right now. Restrictions are changing often, and parts of the county are opening up. We want to be sure that our environment is completely safe for our dancers and staff when we open our doors to students again. With this in mind, updates will be sent to current students and their families via email by Sandy as they arise. For now, our Summer Session will be taught via Zoom.

Meanwhile, we are making upgrades in our building, both for the Zoom experience and in anticipation of inviting students back into the studio. Our instructors are watching students on large screens to see you better and offer more guidance on your execution. We have installed HEPA filters in both studios A and B. We are working on protocols for entering and departing the building, as well as distancing, temperature-monitoring and cleanliness. When we are guided to bring students back, and when we believe it is truly safe to do so, we will be ready for you! Go to very end of this newsletter, following Dancer Enrichment Activities, for some information on our Summer Intensive Program.

MILANA BECK EMBARKS ON A PROFESSIONAL CAREER

After auditioning remotely for Artistic Director Jacqueline Colledge, Milana Beck has been offered a contract with Utah Metropolitan Ballet for the 2020-2021 Season. Milana will attend The Ballet Alliance Summer Project where Ms. Colledge will solidify the offer. Having watched Milana develop from a tiny dancer into an accomplished artist has been a highlight for our audiences. She started in the Petite Company and attended annual Festivals in the Junior Track from the age of 10.

Milana has always been an enthusiastic student and we remember her fondly as a mischievous Baby Mouse in "The Nutcracker," a delightful Clara, as an assured lead Marzipan dancer, and this last year as a beautiful Snow Queen. We are sorry we missed her performances as the lead in "Grand Pas Classique Hongrois," in which she was stunning in rehearsals and in our Ballet Alliance Adjudication, and also new facets of her dancing in the visceral "Lavender."

Milana's enthusiasm and superior work ethic will take her far in the field, and we all wish her success in her endeavors! Perhaps she will return to Santa Cruz Ballet Theatre as a guest artist some day. Congratulations, Milana! Your hard work and talent are justly rewarded and we look forward to what future you create for yourself.



Flora, clockwise from top left: in rehearsal for Eva Stone's "Lavender" with Patrick Westerman, in Eva Stone's "End of a Year," and with friends.



Milana, clockwise from top left: as a Ginger Snap and as the Ballerina Doll in "The Nutcracker," in rehearsal with Ryan Gonzalez, and balancing en pointe in rehearsal for the pas de deux of "Grand Pas Classique Hongrois" with Patrick Westerman.

Dancer Enrichment Activities

We sent these to our students when Shelter-In-Place hit in March and we closed our doors. Now that our dancers are finished with their academic school years, we are providing them again here, so when you have the time and inclination you can enjoy learning more about dance and music and have fun with the games.

Have you had enough screen time? Print out the game and puzzle pages, grab a pen and enjoy outside in the shade.

VISUAL EDUCATION AND ENTERTAINMENT

Fun performances and other things to watch. Be sure to check out websites of professional companies, many of which are streaming and offering ballets for free during the pandemic. Our favorites are San Francisco Ballet www.sfballet.org and Netherlands Dance Theatre www.ndt.nl, but there are many options out there.

For Levels III and IV: https://www.youtube.com/watch?v=gYv13ZLFZ_8&feature=youtu.be

Intermediate level pointe work - students of the Royal Ballet Academy

Levels V and VI: <https://www.youtube.com/watch?v=FySuVhmb-OY&feature=youtu.be>

Royal Ballet company class

Levels II and up: <https://www.youtube.com/watch?v=KqjWNhmd6Hw&feature=youtu.be>

Royal Ballet rehearses Alice's Adventures in Wonderland

Pre-Ballet, Primary, Level I, Level IIa: <https://www.youtube.com/watch?v=7SyhV1VK1dw&feature=youtu.be>

Tales of Beatrix Potter - preview, with a link if you are interested in purchasing the footage - clever and charming production

Levels IVb, V and VI: <https://www.youtube.com/watch?v=n28Z8IzrgRE&feature=youtu.be>

Partnering class

For everyone, especially Pre-Ballet students:

<https://youtu.be/j-r-ZaZCi0k>

before computer-generated animation! Each frame had to be hand-drawn by illustrators, can you imagine?



MUSIC EDUCATION!

Parents are encouraged to take the time to reinforce the composer and name of the piece, to add value for the dancers to start learning the composers and great works of art.

For everyone

Gustav Holst - The Planets, played by a Youth Orchestra:
<https://youtu.be/be7uEyyNIT4>

P.Dukas. The Sorcerer's Apprentice: <https://youtu.be/U4yH4B9deok>
music made visual - free dance/improvise to this one!

Gershwin's Rhapsody in Blue: <https://youtu.be/7-MJZJJs4A>
This piece...an American classic that goes beyond the expectations of classical music. You can see the orchestra, conductor, pianist and the changing tempos and intensity of this piece and it's only 18 minutes ...free dance and follow tempo changes for some fun exercise and individual artistry.

Pre-Ballet to Level III

Peter and the Wolf: <https://youtu.be/1ZCV50iBNg8>

There are several narrations, this is a nice tempo...not too slow to drag on too long....newer recording. Great musical education ... you are encouraged to free dance to the story line.

Pre-Ballet to Level IIb

Saint Saëns - Carnival of the Animals: https://youtu.be/f28WAO1TQ_o

This can teach kids musical interpretation in movement. Improvise dance the animals and freeze between movements. This is an especially entertaining version, with explanation of the animals, visual to watch the musicians and jokes for the adults.

TERMINOLOGY PUZZLES

Match the name of the step on the left to its description/translation on the right

BASIC

| | |
|---------------------|-----------------------------|
| demi | to disengage |
| port de bras | circle of the leg |
| grand | to escape |
| degagé | to pass |
| chassé | on the neck of the foot |
| adagio | half |
| échappé | to change |
| passé | carriage of the arms |
| changement | small |
| rond de jambe | to chase |
| sur le coup de pied | full or large |
| petite | slow and sustained movement |

INTERMEDIATE/ADVANCED

| | |
|---------------|---|
| jeté | to toss |
| pas de chat | on the ground |
| en avant | to throw |
| écarté | to strike |
| a'terre | to develop |
| en l'airs | step of the cat |
| coupé | to carry, to travel |
| fouetté | to fly |
| frappé | moving or traveling forward |
| assemblé | thrown apart |
| renversé | to tilt |
| en croix | in the air |
| porté | to cut |
| brissé | step of the horse |
| ballotté | to glide |
| pênché | to assemble |
| pas de cheval | to whip or whipping |
| glissade | upset |
| developpé | in the shape of the cross: front, side, back, side |

Can you name these steps shown below?



Perle demonstrates a beautifully executed

_____ .

Two words; hint: "under over"



Alumni Melody and Lucien execute a common move in classical pas de deux, named after an animal:

horse fish porpoise

(circle your answer)



Milana showing off her elevation in a

sauté

sissonne

pas de chat

(circle one)

BALLET BINGO

Color in or cross off the square when completed. Encourage your dancer to complete all items.

Take a photo of these tasks completed or during the creation process and email to Sandy. Let her know if it's okay to post on our social media sites or if it is just for our enjoyment. We look forward to seeing our dancers in action.

| | | | | |
|--|--|--|---|---|
| Draw a picture of a ballerina | Do 20 crunches or sit-ups | Listen to classical music for at least 20 minutes | Spend at least 2 full minutes in the straddle (center) splits | Learn about the history of Ballet |
| Make up a dance and perform it for your family | Make a costume out of ordinary items you find around the house | Skip rope for 2 full minutes | Free-dance or improvise to your favorite piece of music | Learn about George Balanchine |
| Perfect your first position: back, neck, legs, feet | Read about the story of Swan Lake | FREE SPACE | Execute a beautiful tendu a'la seconde (in second) | Watch a dance movie |
| Run in place for as long as you can with knees nice and high | Balance on one leg | Learn about who Marie Taglioni was | Do your butterfly stretch for 2 minutes | Do 50 jumping jacks |
| Do the splits and spend extra time on the side that needs it | Clean out your dance bag | Practice long and tall posture while executing demi plié in 1st position | Practice dancing REALLY slowly | Write the alphabet with your toes in space — no pencil required |



| | | | | | | | | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
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| f | u | o | b | d | e | c | o | t | e | c | i | h | a | d | e | v | a | n | t | l |
| e | r | r | o | b | l | n | b | a | o | h | e | r | e | e | p | p | e | t | i | b |
| g | l | i | d | e | e | e | f | l | e | a | p | e | m | g | r | a | n | d | n | a |
| d | e | m | i | g | v | f | n | a | f | n | o | t | d | a | a | l | l | e | g | l |
| e | c | a | p | l | e | e | r | e | c | g | l | i | e | g | m | n | e | t | e | l |
| r | o | n | d | d | e | j | a | m | b | e | q | r | d | e | y | c | d | e | r | e |
| a | u | a | a | l | l | o | n | g | e | m | u | e | p | l | a | t | i | m | u | t |
| e | p | m | j | b | e | p | a | s | s | e | t | a | l | f | e | n | t | p | e | g |
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| f | e | d | c | b | b | d | e | r | r | i | e | r | e | u | o | r | s | d | g | s |
| e | f | f | a | c | e | a | t | t | u | a | e | g | t | s | a | t | e | n | d | u |
| a | g | d | e | t | o | u | r | n | e | f | b | a | l | a | n | c | e | i | e | s |

WORD SEARCH

Find these ballet terms in the puzzle above

words are across, down and diagonal (nothing is backward or upside-down)

Movements or Steps

port de bras
chassé
degagé
échappé
passé
changement
rond de jambe
sur le coup de pied
allegro
devant
derrière
balancé
battu
sauté

plié
tendu
temps lié
elevé
relevé
retiré
échappé
detourné
sous sus

General
ballet
pointe
arabesque

Body Line

croisé
effacé
en face
de côté

Descriptions

demi
grand
adagio
petite
fermé
overt
allongé

Learn About the World's Most Famous Ballets

| Name of Ballet | Period and premiere date | Original Choreographer if known | Composer | Interesting facts | Main characters |
|---------------------|--------------------------|---|-------------------|--|--|
| Swan Lake | Classical 1877 | Marius Petipa and Lev Ivanov (not original choreographers, but the ones responsible for the version we know today) | P. I. Tchaikovsky | 1. This classic bombed when it first premiered in Russia. 2. This ballet gives the leading ballerina the challenge of playing two different/contrasting characters: the white and the black swan (Odette is the Queen of the Swans, Odile is Rothbart's daughter, transformed to resemble Odette) | Prince Sigfried Odette Odile Count Rothbart |
| Giselle | Romantic 1841 | Jean Coralli and Jules Perrot | Adolphe Adam | Based on the ancient German folk tale about the wils: "Gives me the wils" | Giselle Albrecht Hilarion Myrtha Bathilde |
| The Sleeping Beauty | Classical 1890 | Marius Petipa | P. I. Tchaikovsky | 1. This ballet transpires over the life of a young princess, from first birthday to marriage to a prince 2. the battle between good and evil drives the story | Aurora Desire Lilac Fairy Carabosse |
| Coppelia | Classical 1870 | Arthur Saint-Léon original recreated by Marius Petipa | Leo Delibes | 1. In the premiere, the leading male role of Franz was played by a female dancer 2. There is really no "standard" version of this ballet today; many choreographers have reinvented it | Swanhilda Franz Dr. Coppelia |
| Don Quixote | Classical 1869 | Marius Petipa | Ludwig Minkus | 1. Like Coppelia, many versions of this classic have been created, and only really Petipa's choreography for the Grand Pas de Deux and sections of the first act remain standard, as originally staged by the Russian Alexander Gorsky | Kitri Basilio Don Quixote Sancho Panza Gamache |



Swan Lake, left:
Prince Sigfried
and Odette,
the Queen of the Swans



Coppelia, right:
Swanhilda
masquerades as a doll
in Dr. Coppelius'
workshop

Which ballet is the answer to these questions?

1. An evil witch or sorcerer casts a spell on the leading character (two ballets fall into this category)

_____.

2. In this ballet, the leading character goes mad and dies at the end of the first act _____.

3. This ballet features the famous "Rose Adagio" in Act I _____.

4. Fairytale characters such as Puss-in-Boots, Little Red Riding Hood and the Bluebird and Princess Florine appear in the Act III wedding scene _____.

5. A nobleman lies to the leading character, and her friend (who is in love with her) reveals the lie _____.

6. The leading male character is a barber in this ballet _____.

7. A doll comes to life in this ballet _____.

6. Which ballets have Happy Endings, and which ones have Sad Endings?

Coppelia happy sad Swan Lake happy sad

Don Quixote happy sad Giselle happy sad

The Sleeping Beauty happy sad

7. Do you think justice is served in the outcome, in other words, is it a hopeful ending, even if sad?

Coppelia yes no Swan Lake yes no

Don Quixote yes no Giselle yes no

The Sleeping Beauty yes no

8. Match the ballet to its overall feeling/description:

Coppelia An exuberant romance where the dancing is more important than the story

Swan Lake Choreography requires excellent classical technique

The Sleeping Beauty A tale of romance, deceit and forgiveness

Giselle The story of a prince who falls in love with a swan

Don Quixote Playful, comic story



Scenes from *Giselle*

Left, the culmination of Act I

At center: Giselle, her mother Berthe, Albrecht and Hilarion.

Below, in the forest of Act II

Left, Myrtha summons the wilis from their graves to dance in the moonlight. Right, Hilarion pleads for his life.



9. Write the name of the ballet(s) which have elements of

Character dancing* _____.

Good vs. Evil _____.

Humor or farce _____.

Dream sequence or hallucination _____.

*Which ballet(s) feature the following in their usual/standard staging:

Czardas _____, Polonaise _____.

Mazurka _____, Fandango _____.

11. Is there a romance at the center of the story?

Coppelia yes no

Swan Lake yes no

Don Quixote yes no

Giselle yes no

The Sleeping Beauty yes no

Right: the leading characters
Kitri and Basilio in *Don Quixote* Act I



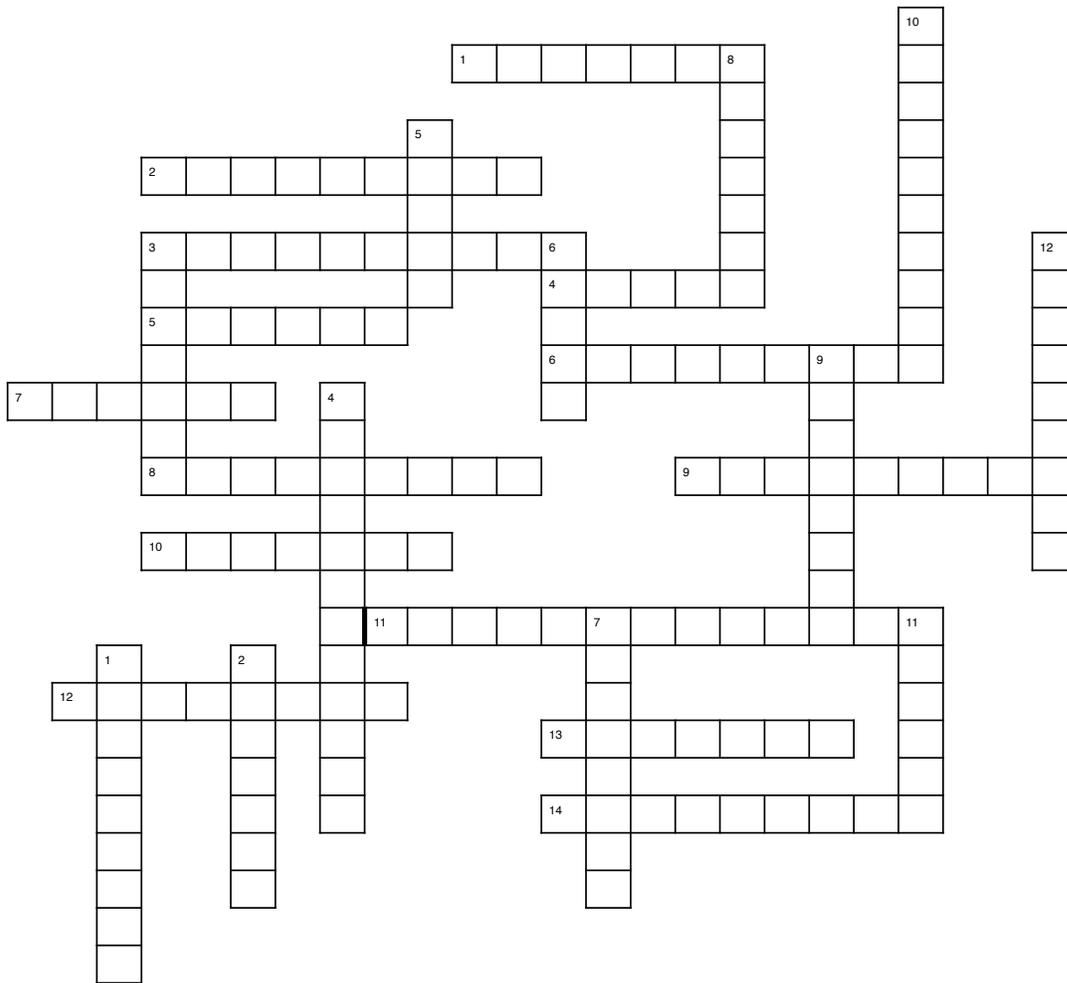
Scenes from *The Sleeping Beauty*

Left, Princess Aurora and
Prince Desirée in the Act III grand
pas de deux.

Right, the Prince's kiss releases
Aurora from the spell.
*Do you recognize SCBT and The Studio
alumnus Lucien Postlewaite?*



Ballet Terminology Crossword Puzzle



ACROSS

1. "to elongate"
2. Two words: a jump from one foot that lands on the same foot — "time raised"
3. shouldering (usually includes head positions)
4. Open (refers to a landing)
5. bounce; the light, elastic quality of jumping
6. the stretch or beat of a leg
7. A string of turns described as "chain" or "links"
8. Two words: to travel backward
9. a step which means "to enfold or envelop"
10. a jumping step which is "bounced" or "ball-like" — can take off from two or one legs, be done in different positions, landing in coupé

ACROSS (continued)

11. Three words: “step of the thigh” — this is a 2-part step with either a petite passé or degagé to plié in 5th position, then a sissone in the required direction
12. “caper,” a jump in which the extended legs beat in the air
13. “sustained” - a large range of steps, done at the barre and in center and sometimes turning or not turning
14. “in a walk” - when the dancer turns slowly on one foot in place by a series of slight movements of the supporting heel

DOWN

1. Three words: “step of the cat” — this step shows each leg in passé at the top of the jump
2. This jumping step is one of the very few in standard ballet terminology which was named after its originator. There are many different versions of this step, most often a jump from two feet landing on one foot
3. “boxed” — this step can be done as a jump, or as a turning step (much like chaîné turns)
4. “bubbling” or “gurgling step” — an advanced jump in which each leg completes a double rond de jambe en l’airs while in the air; usually executed by female dancers
5. “closed” or to “close” — usually referring to the completion of a step
6. “to fall” — most often used as a connecting step, this action moves the dancer’s weight from one leg to the other
7. “turned aside” — this step turns toward the back foot in sous sus, changing legs at the half-turn point and can be executed with either a half or a full turn
8. Two words: to travel forward
9. Two words: the inward rond de jambe, or any step executed turning toward the supporting leg
10. “a sudden spring or bound” — a jump on two feet in which the legs squeeze together in sous sus in the air
11. the “open” or “shaded” body line (hint: not crossed)
12. Two words: a dance for two

ANSWERS KEY

Choose from these words or phrases to complete the crossword puzzle

| | | | |
|-----------|------------|--------------|-----------------|
| allongé | detourné | épaulement | promenade |
| ballon | en arrière | fermé | sissone |
| ballonné | en avant | gargouillade | soubresaut |
| battement | en dedans | overt | soutenu |
| cabriole | emboîté | pas de chat | temps de cuisse |
| chaîné | enveloppé | pas de deux | temps levé |



Important Musical Terms

Music Periods:

Baroque ~ 1600-1750

Classical ~ 1750-1820

Romantic ~ 1810-1910

Modern ~ 1910-present

andante ~ walking meter

polonaise ~ courtly triple meter

mazurka ~ Polish dance

waltz ~ triple meter

adagio ~ slow and large

retard ~ getting slower

preparation ~ to prepare

accelerando ~ getting faster

bolero ~ Spanish dance

coda ~ end of musical piece

crescendo ~ growing louder

gigue ~ lively old English dance

forte ~ loud, dynamic

tempo ~ speed music is played

jig ~ folk dance: English/Scottish/Irish

common time ~ 4/4 meter

waltz time ~ 3/4 meter

march time ~ 2/4 meter

Be sure to check in with our local music organizations about their plans for the upcoming seasons. All local arts groups need our support in this time of uncertainty!

kuumbwa
jazz



CABRILLO FESTIVAL

A SPECIAL SHOUT-OUT TO MID-COLUMBIA BALLET

We recognize the Artistic Direction and staff of Mid-Columbia Ballet for their generous support of our In Concert performances, that sadly did not take place due to the coronavirus. The work of Artistic Director Debra Pearse Rogo, Administrative Director Gaye Wutzke, Company Manager Joel Rogo and choreographer Nicole Haskins were all contributed by Mid-Columbia Ballet to help us achieve our performances of "The Jungle Book." MCB has been a Ballet Alliance colleague (formerly RDA/Pacific) for many years. Their support of our spring 2020 season is appreciated, even though the performances did not come to fruition. Our dancers did gain much from the rehearsal process, especially in acting abilities. There was growth even without performances. Thank you MCB for your friendship and support! We will forever be indebted, and hope your artistic staff will return for future endeavors.

THE STUDIO SUMMER INTENSIVE PROGRAM 2 WEEKS: JULY 27-AUGUST 7

LEVELS IIb and III

These two levels will work together in the Intensive Program. Week One (July 27-31) **Ballet** will be taught by **Erin Robbins**, Artistic Director of South Dayton Dance Theatre. Erin has taught in our Intensive Program for almost 20 years now. Her company is an Honor member of RDA/Northeast. She excels in teaching intermediate ballet technique and is both demanding and positive. Week Two (August 3-7) **Ballet** will be taught by **Nicole Comella**, Associate Director of State Street Ballet Young Dancers. Nicole danced for State Street Ballet for many years, and is an excellent instructor. She is also an accredited Pilates instructor, so be prepared for those influences. Over both weeks of the program, **Linda Lock** will teach a **Choreography Course**. This class will be short (not much screen time), but will incorporate lots of homework. Students will be given assignments and will be asked to return to the following class with projects done. Linda studied choreography at Cabrillo College and has a great understanding of the craft. **Music for Dancers** will also be taught over the course of the 2 weeks by **Chris Pratorius Gomez**. Chris has taught music to our dancers over the years and our students have greatly benefitted from his expertise and creativity.

LEVELS IVb, V and VI

Advanced level students will benefit from 3-hour **Ballet** classes taught by **Deborah Hadley** for two weeks. If you have had the privilege of working with Ms. Hadley in our previous Level A programs, you know you are in for a treat, as well as in for a challenge. Deborah teaches privately in the Seattle area, and ours is the only studio she guest teaches at. She is, simply put: amazing. As one of our favorite guest instructors David Arce puts it, she is The Matrix ninja of ballet technique. Seattle-based choreographer and teacher **Eva Stone** will teach a **Choreography Course** both weeks. Continuity is important, as the course will evolve over 6 days (Mon/Wed/Fri each week), with showings of projects on the final day. **Chris Pratorius Gomez** will teach his **Music for Dancers** course to our students as well. Both the Choreography and Music classes will not require much screen time, but will require homework, site-specific creations, introspection and self-motivation. We are lucky to have such wonderful teachers this summer! These courses were carefully curated given the current quarantine, and based on their ability to be equally effective over Zoom or in person.

Schedules TBA, but plan on working hard for two weeks. Clear your schedule of other activities to get the most out of this program.