

TALKING POINTE



THE SHOW MUST GO ON : AGAINST ALL ODDS!

On the morning of Sunday 8th May, a group of our dancers, props, costumes and teachers were awaiting the coach, which had been booked to take them up to Elmhurst Ballet School in Birmingham to take part in their showcase performance.

What should have been an easy ride turned into quite a challenge when the coach didn't turn up. Not to be deterred and with sheer determination and resilience, our dancers, armed with their kit and costumes, ran for the tube to Marylebone, jumped on a mainline train to Birmingham, raced for taxis and arrived in time at Elmhurst - with hardly a hair out of place - phew!

But that wasn't the only challenge, as the day before, one of the pas de deux dancers was taken sick and unable to perform. Ben & Alessio came to the rescue as Anna re-choreographed and within 24 hours were ready for the trip to Elmhurst, having performed the night before to the parents.

On arrival at Elmhurst one of our new teachers, Klara Houdet taught an on stage ballet barre for both Elmhurst and our students. Bravo Alessio, Ben and all the dancers for staying cool throughout and putting on a fabulous performance. Elmhurst was very impressed!



CRACKING THE WEST END

This year's Nutcracker at Her Majesty's Theatre came with many challenges. In a record breaking 18 hour day we achieved the impossible - an install, de-rig and two performances of the Nutcracker in just one day with 140 children in each cast.

Everyone played their part magnificently.

From the new choreography created for a slimmed down stage set to the dramatic and exciting lighting, this was a very different Nutcracker. Jonathan Gray, wrote in The Dancing Times, "With a reduced set, but some lovely new costumes, the young dancers did Du Boisson proud...and, as always, they were excellent."

We would like to thank the amazing backstage crew, teachers and voluntary helping hands and of course, the front of house team at Her Majesty's for all their help and good humour.

Credit too must go to all the students, whose calm professionalism and joyous performances won the day and impressed everyone at Her Majesty's!



YASMINE NAGHDI, FORMER WLS Dance STUDENT, SOLOIST AT THE ROYAL BALLET

Yasmine Naghdi (24) a soloist at The Royal Ballet, attended WLS Dance from age 7-11. She performed various roles in our shows and danced as Clara's friend in her last Nutcracker at the school. In June 2004, Yasmine went to White Lodge, The Royal Ballet's Lower School. Progressing into the Upper School, after only 18 months, she was offered a professional contract with The Royal Ballet Company. She had already won the "Young British Dancer of the Year" competition in 2009. Yasmine danced her first major role as Olga in Onegin in 2012, and danced the same role in 2014 alongside Natalia Osipova.



Yasmine made her Principal debut last year as Juliet in Kenneth MacMillan's Romeo and Juliet alongside Matthew Ball. Anna, together with a group of our dancers, went to see her performance. Anna said, "Yasmine brought a rare intelligence and understanding of the role combined with an exquisite classical technique. I was very proud of her and remember with fondness her early days with WLS Dance."

We caught up with Yasmine this week as she was rehearsing her latest Principal role in Kenneth MacMillan's 'The Invitation' to ask her about her memories of her time with us.

'When I joined WLS Dance as a little girl, I was such a 'butterfly', as Anna called me. I was so hyperactive and sitting still at school all day was torture; I coped by knowing that after school I could go straight to my ballet class. Performing so often with WLS Dance resulted in me never suffering stage fright. Even now when I stand in the wings, I don't get nervous as I relish every opportunity to dance in front of 2,500 people.

Anna was a wonderful teacher and never treated us as children but as if we were already young 'professionals'; she taught us very early on how to take full responsibility for ourselves, to be disciplined at all times, and how to conduct ourselves in class, backstage as well as on stage. WLS Dance will always remain a part of me. That's where I got my first corrections at the barre and my first stage experience! I'd like to wish all the children at WLS Dance and YDA every success in achieving their dreams!

Yasmine will be dancing her much-anticipated debut as the Sugar Plum Fairy on 23rd November (School's Matinee) and on 27th December 2016 with Matthew Ball as her Prince. Her upcoming roles can be found on: roh.org.uk/people/yasmine-naghdi

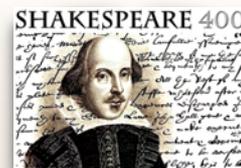


Photo: Andre Uspensky



SUMMER COURSE

MONDAY 25TH - FRIDAY 29TH JULY



The Easter Course was a great success this year as eager young dancers descended on The Village Hall from all over the country, even from as far as Scotland. The dancers, ranging from age 8-16 years old, learnt many new techniques based on the repertoire from Giselle. Run by Kerry Williams and Josephine Hollings accompanied by a pianist from the English National Ballet, the boys and girls learnt about the different styles within the ballet. The boys studied the nuances of mime and the girls had to learn about really tight formation when working in the corps de ballet.

Sign up now for our Summer Course

Repertoire will be based on the Kenneth Macmillan's *The Dream*, in honour of Shakespeare's 400th Anniversary

All details and application forms are on our websites:

www.westlondonschoolofdance.co.uk
www.youngdancersacademy.com



TOP OF THE LEAGUE TABLES...MAKING THE NEWS!

We were absolutely delighted to see that YDA came top of the GCSE Schools League Tables in the Evening Standard for the Hammersmith & Fulham area. We congratulate our pupils on all their hard work and feel that this result really endorses the ethos of the YDA that academic studies are as important as the dance and theatre skills training which all our students receive. Well done to everybody!

HAMMERSMITH AND FULHAM				
Young Dancers Academy (I/M)	9	89%	0%	NP
The London Oratory School (A/B)	184	87%	71%	1023.7
Sacred Heart High School (A/G)	164	85%	61%	1041.9
Fulham Cross Girls' College (A/G)	126	74%	44%	1047.2
Lady Margaret School (A/G)	88	73%	50%	982.9
Ark Burlington Dances Academy (A/M)	154	61%	31%	1042.8
Fulham College Boys' School (A/M)	64	56%	14%	992.5
Hurlingham and Chelsea (I/M)	103	50%	11%	1001.0
Phoenix High School (F/M)	167	34%	8%	973.4
Chelsea Independent College (I/M)	21	29%	5%	NP



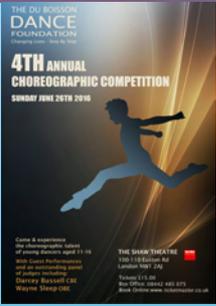
www.westlondonschoolofdance.co.uk
www.youngdancersacademy.com



Young Dancers Academy and West London School of Dance

4TH CHOREOGRAPHIC COMPETITION

KLARA HOUDET



We are very happy to announce that our **4th Choreographic Competition** will be held this year on **Sunday 26th June**. This will be an exciting evening featuring young and talented dancers aged 10-16 who have created their own short piece for themselves or who will be choreographing others to dance. The evening will begin at 6pm and take place at **The Shaw Theatre** in Euston.

The Choreographic Competition has become a highlight of our summer term. Judging the competition will be a host of well-known personalities in the ballet and entertainment world. As well as our Honorary Patron, **Darcey Bussell**

CBE, we are delighted to welcome this year **Wayne Sleep OBE** and **Bonnie Langford** to the panel. We look forward to seeing you there.



We are delighted that Klara Houdet, teacher of classical ballet now at WLS Dance and YDA, joined us earlier this year.

Born in Reunion Island, Klara went on to train and perform with the Paris Opera Ballet School, Les Ballets de Monte Carlo, the National Ballet of Canada, American Ballet Theatre and the Colorado Ballet. She has performed a variety of coveted and prestigious roles and we are so lucky to benefit from her great experience.

We caught up with her before class this week and had a few questions for her...

At what age did you start ballet? And when did you know that you wanted to be a dancer?

I took my first ballet class at 3 years old and I knew right away that I wanted to be a dancer. I loved the atmosphere and smell of the studio, the music and the tutu. I remember at family reunions, I would always put on a show.

Who was your most inspirational teacher and why?

I will never forget training with Taina Morales of the Cuban National Ballet (mother of Cesar Corrales at ENB). She always explained the exact dynamic required, the intention behind the step, the feel of it. With her, the daily demanding training became a pleasure.

Also Anna du Boisson, as with Anna the exercises become dances. She teaches that the technique is not an end in itself but just a tool to dance; it is not separated from the artistry and musicality.

What particular advice would you give to any young dancer?

Always trust your instinct.

What inspired you to become a teacher? and what is your experience of teaching at WLS Dance/YDA?

Teaching is way more rewarding than dancing! I want to be able to inspire students, to help them develop their full potential, to let them benefit from my experience. The students at WLS Dance and YDA have a remarkable work ethic. Teaching such committed and dedicated dancers is delightful; they are so willing to learn and improve. Having both vocational and recreational students in the same class works well as they get along so well and learn from one another. They have a voice which enables them to trust their own judgement. It is a pleasure to work with them.

ROBERTA MARQUEZ Former Principal of The Royal Ballet

A huge welcome to Roberta Marquez who has joined us at WLS Dance. Roberta has danced all the dream roles from Juliet, Sugar Plum Fairy, Odette and Odile to Manon, Titania and Princess Aurora.

We are very lucky to benefit from the expertise of such an experienced and inspirational dancer. Born in Rio de Janeiro, she began dancing at the age of 4 and was recognised very early on as a future star.

Roberta trained with the Maria Olenewa State Dance School, was taught by guest teachers from the Kirov Ballet, joined the Municipal Theatre Ballet in Rio where she became a Principal and then joined the Royal Ballet in 2004 as a Principal.

Roberta is teaching evening Coaching Class at The Village Hall as well as the Pointe Work Class for Year 8 students of YDA. She will also be taking over Junior Coaching class for WLS Dance.



For more information, please contact the School Office on 020 8743 3856



YDA ASSOCIATES BESPOKE BALLET TRAINING 8-12 yrs

The Associate programme has now been finely tuned. Its purpose is to prepare talented children for entrance into vocational schools, such as Elmhurst, Royal Ballet, Central School of Ballet, Tring Park or indeed our Young Dancers Academy.

We help to provide suitable photographs, the application forms and an individual consultation with the parents to advise the right course of action for each child. Classes held on Saturdays throughout the academic year.

For more information, please contact the School Office on 020 8743 3856



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...

Baby to Ballerina Show WLS Dance & YDA

Shaw Theatre:

Sunday 19th June 2016

Performances: 1.00pm & 6.00pm

4th Choreography Competition WLS Dance & YDA

Shaw Theatre:

Evening performance 6.00pm

Sunday 26th June 2016

Summer School 2016

Monday 25th July - Friday 29th July 2016

Back to School Classes: Village Hall

Monday 5th - Friday 9th September 2016

4.45 - 6.00pm (Year 6 / 7 / 8)

6.00 - 7.30pm (Year 9 / 10 / 11)

Uniform Fitting Day

Du Boisson Dance Studio

4th September 4.00 - 6.00pm

September Term WLS and YDA 12th September 2016

We would like to thank Raymond Koning for all he has done in creating this newsletter with Elizabeth Wigoder; he will be very much missed along with his fabulous sense of humour. Elizabeth is delighted to welcome her new partner in crime, Helen Mason, who has taken over from Raymond, and they hope you have enjoyed their first issue together.



Editors: Elizabeth Wigoder & Helen Mason
newsletter@duboissondance.org

GOOD TOES ONLY... NO NAUGHTY TOES HERE

Training often begins with 'good toes and naughty toes'. Children, if not taught to use the whole foot, will point with the big toes only. This produces weakness in the outer foot muscles and leads to technical faults such as 'sickling' or 'fishing'.

These issues result in incorrect placement of the weight on the feet and produce 'rolling' which then prevents proper control of the turnout. If the foot is not pointed correctly, only half of the calf muscles are used, the result being that one half of the calf muscles are overloaded whilst the other half become weakened, producing problems with the Achilles tendons. As the large calf muscle starts above the knee joint, this can produce knee

problems in the future. It's so important to get this right early on.

We teach children 'doming' exercises to be repeated several times a day to ensure that the entirety of the transverse arches of the feet is maintained. Correction when rising is essential to ensure that the weight is placed centre foot. With slightly older children theraband exercises should be introduced to ensure the whole foot is being used in this exercise and this is to be done daily.

Correct training is particularly relevant before beginning pointe work as several times the body weight passes through the feet and ankles on pointe and this can lead to many problems in the future.

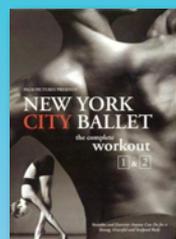
So... good toes only please!



SHIRLEY HANCOCK MCSP SRP ONC

Physio to all students of YDA and WLS Dance

Physiotherapist 020 7402 7700 Email:rehab.han@btinternet.com



The New York City Ballet Workout on DVD

When I am going away and can't get to a ballet class, I always take this DVD with me.

I find the workout fully comprehensive. It works out every muscle and part of your body, leaving you feeling toned and lean.

The dancers, both men and women, are beautiful and inspire you to keep up with them and all to gentle classical music in the background as each exercise is explained. Recommended for all ages. Try this, and you will never travel with anything else!



Ballet Shoes by Noel Streatfield

Newly republished by Puffin, this has become a classic to generations of aspiring young dancers. The tale of Pauline, Petrova and Posy Fossil who are all adopted as babies by Great Uncle Matthew, an eccentric and rich explorer who then disappeared. They

are left in the care of his niece Sylvia who sends them all to stage school where it becomes clear that Posy has a great talent and passion for dance. All goes well until the money runs out and then...well, I won't ruin it! This is a heartwarming story for all young dancers.

GREAT ACHIEVEMENTS OF CURRENT STUDENTS

Our year 11 YDA graduates have completed all their auditions to secure their place at an upper school and all came back with fantastic results:

Royal Ballet Upper School
Nicholas Vavrecka

English National Ballet School
Genevra D'Aquino, Imogen Ginty

Elmhurst School for Dance
Katia Abramovich, Isla Ghali, Emily Lewis

Tring Park School for the Performing Arts
Chloe Jackson
Sara Turtelboom WLS Dance

École supérieure de danse de Cannes Rosella Hightower
Isabella Taylor

Henley College: Sam Edwards

Dorastorey Trust Scholarship: Mackda Shemles

FORMER STUDENTS

Yasmine Naghdi	Royal Ballet / Frankenstein
Daniela Norman	ENB Swan Lake / Albert Hall
Gemma Gullefer	Ballet Dortmund
Samira Mighty	Mama Mia / Uk Tour
Katie Singh	Aladdin / Prince Edward Theatre
Harry Francis	Cats the Musical / UK Tour
Chrissy Brooke	Wicked / UK Tour
Moesha Lamptey	Elmhurst Graduate Program
Innes Kiselewski	The Rock School for Dance

..... to name but a few

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
Cheque payable to The Du Boisson Dance Foundation
Send to: The Du Boisson Studios, 25 Bulwer Street, London W12 8AR
email: development@duboissondance.org

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