

Ballet Boot Camp August 20-24, 2018

Meet the Faculty!



Michelle Henly - RAD-RTS has a wealth of teaching, choreographing and adjudicating experience both here in British Columbia and as far away as Europe and the Middle East. Before becoming co-owner and director of ballet at *Triple Heat Dance – Academy of Performing Arts* Michelle directed the dance faculty at *Watford Technical College* in London, England, teaching GCSE, AS and A-level dance. In the Middle East she was director of the *British Academy of International Arts* working with international students teaching dance as well as collaborating with *One World Actors Studio* on musical theatre performances.

Michelle has extensive training in both classical ballet and musical theatre. Michelle received her classical ballet training from the *National Ballet School of Canada* (1984-1987) and the *Royal Winnipeg Ballet School* (1989-1992). Following her graduation in 1992, Michelle moved to Toronto, Ontario to further her dance education studying Musical Theatre at the *Randolph Academy of Performing Arts* and acting for film and stage at the *Equity Showcase Theatre*. She is a *Royal Academy of Dance* (RAD-RTS) certified Ballet teacher and holds a BFA and B.Ed from the *University of British Columbia*.

Michelle is known for her disciplined but fair approach to training and passionately seeks to build a strong technical foundation in dancers as well as inspire a love for movement. Michelle will be teaching Ballet Technique, Variations and Pre-Pointe this summer.



Chantelle Norris completed her formative ballet training in Calgary, Alberta, under the guidance of respected classical educators such as, Tara Silvaggio (Alberta Ballet School & RWB), Elaine Werner Hutchison (former teacher with the RWB), and ballet master Brian MacDonald (former Artistic Director, Royal Swedish Ballet). As a dancer, she was awarded various scholarships, such as, the 'Most Promising Artist' scholarship from the Wild Rose Dance Arts Association, 'Outstanding Classical Dancer' from Expressions the Dance Gallery, and 'Recognition of Excellence' from the Mayor of Calgary.

Before locating to Vancouver Island in 2006, Ms. Norris was ballet Director of "Expressions the Dance Gallery" in Strathmore, AB. There, she began her CBTS with the Royal Academy of Dance under the guidance of Umrhan Sumen, former leading soloist with The National Ballet Company of Turkey. In 2006 she was awarded Associate of the Royal Academy of Dance, then continuing on to obtain her Associate Diploma of the Imperial Society of Teacher's of Dancing. Chantelle had the privilege of travelling to Chichester, England in 2009 and 2011, to obtain direct mentorship from ISTD syllabi creators Lyn Richardson (ISTD Senior Examiner) and Teresa Theodoulou (Vice Chair of the ISTD Modern Committee).

Over her 11 years on Vancouver Island, Chantelle's creative choreography and classical knowledge has gained her respect in the community, classroom and stage. Many of her students have gone on to dance full time with prestigious ballet schools such as, the Royal Winnipeg Ballet and the National Ballet of Canada, and have received coveted top placements at international ballet competitions. She is currently Artistic Director of the Kirkwood Academy Pre-Professional Program, an enriched program for talented and driven students to train in classical ballet, as well as a guest teacher for various schools both local and abroad. In 2016, Chantelle created 'Nanaimo Contemporary Ballet' to serve as a platform for emerging young ballet dancers to expand on their neo-classical knowledge and skills.

Ms. Norris recently became owner of Shoreline Dance Academy in Powell River. We are thrilled to have Chantelle joining our Ballet Boot Camp teaching Ballet Technique, Pointe and Conditioning.



Oksana Hayduk started dancing competitively at the age of 6 in small town Sylvan Lake, Alberta, starting off with tap, ballet and jazz, and later expanding to lyrical, pointe and contemporary. Through 12 years of competing, she received many awards and opportunities, and began to teach at multiple studios at the age of 16. Although she has taught tap, ballet, jazz, lyrical and contemporary, she prefers to focus on contemporary.

In 2013 Oksana joined The BreakThrough Movement directed by Garrett Minniti and Ahkai Franklin, based out of New York City. This company is designed to reach out to dancers across North America through the media and bring them together to perform, create their own show, teach workshops and more. Oksana trained with ITP (Intensive Training Program) directed by Moe Brody at Harbour Dance Centre in Vancouver, BC. ITP has 20-15 hours of training per week in the styles of contemporary, hip hop, street jazz, and ballet, as well as had many performing opportunities including WE Day, Free the Children MTV Productions. In 2014 she continued her training at Harbour Dance Centre for 2 years with Aviary, a performance company focused on contemporary and jazz funk, directed by Julio Fuentes. On her 2nd year with Aviary she also trained with The Source Dance Company directed by Joanne and Alex Pesusich, again focusing on multiple styles and creating a well-rounded dancer and performer. After spending 3 years training in the commercial industry, Oksana decided to follow her true passion for contemporary and train with Modus Operandi at Out Innerspace Dance Theatre directed by Tiffany Tregarthen and David Raymond; a 4-year post secondary contemporary dance education program. She will be going into her 3rd year of training for over 30 hours a week. She has had opportunities to perform works by Company 605, Karissa Barry, David Raymond, Vanessa Goodman, Kate Franklin, Paras Terezakis, and Shay Kuebler, for MO year end recitals, International Dance Day, and New Works at Night.

We are thrilled to have the talented Oksana Hayduk working with for us this summer. Oksana will be teaching Contemporary classes.



Rachel Bood - Certified Pilates Instructor, Lead Instructor, Certified STOTT Pilates Practitioner - Reformer, Mat, Injury & Special Population, Zenga, and Total Barre, TRE Practitioner, A.I.D.T. Advanced Associate

Growing up in the world of dance, Rachel has always loved movement. Through her training as an Advanced Associate with The Association of International Dance Teachers (A.I.D.T), she began to explore how the movement is created and unveiled her passion for anatomy. Helping her students develop a strong understanding of how their bodies function and to improve dysfunction became the focus of Rachel's work.

After moving to the Comox Valley in 2006 she was inspired by her Physiotherapist, Lynn Brandon, to apply her knowledge and passion for movement and physiology to Pilates. Rachel has been teaching at Bodyworx since her certification in 2008. She has had the opportunity over the years to work with Courtenay Recreation, Campbell River Pre-natal groups, Dance troops such as *True Colours Youth Company of Performing Arts*, Athletes and Equestrians.

Rachel carries her certification with STOTT in *Matwork, Reformer, Injury and Special population* as well as *Zenga* and *Total Barre*. She works hard to educate her clients on their own personal strengths and imbalances. She brings an upbeat experience to all age levels in a comfortable and caring environment, challenging both mind and body, helping to create a lasting appreciation for good mechanics while maintaining everyday pain free movement!

Rachel will be working with dancers this summer incorporating cross training with functional movement and stability so that when the dancers push their bodies they have the support behind it.



Erika Mayall – Physiotherapist - MPT, HBS(Kin), CAFCI, FCAMPT

Erika graduated with a Master of Physical Therapy degree from the University of British Columbia in 2007. Previously she graduated with an Honours Bachelor of Science in Kinesiology from the University of Western Ontario in 2005. Since graduation, she has gone on to complete extensive post-graduate training in manual therapy (FCAMPT), acupuncture (CAFCI), and the Integrated Systems Model (ISM) approach and continues to develop her skill set with regular ongoing education.

As a former elite dancer, Erika has a special interest in treating dancers and other performing artists. She has a keen interest in not only treating injuries, but also in injury prevention and maximizing performance potential in dancers. Erika has completed specialized training in the field of dance medicine in Australia, Canada and the United States, and has studied with leaders in the field such as Craig Phillips and Lisa Howell. Erika is an active member of the International Association of Dance Medicine and Science (IADMS) and a board member of Healthy Dancer Canada (HDC). She is currently the on-site physiotherapist at the Pro Arte Centre in North Vancouver. She is a frequent speaker on the topic of dance medicine at conferences locally, nationally and internationally.