

## **Important Dates**

- Nov 27 - 29**    **Concert rehearsals at the theatre** – see page 2
- Nov 30**        **Concert Performance** – see page 2
- Nov 30**        **End of year presentations** - on stage at Concert
- Dec 5**         **Last day of classes** - see page 7

**13 Nov**            **P&F AGM 6pm**                    **Sewing Bees every Saturday**

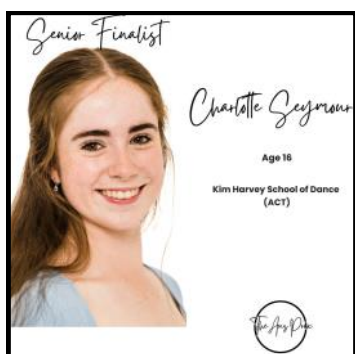
- Page 1**            **News**
- Page 2**            **Concert Information**
- Page 3 & 4**      **KHSD Term 3 Competition results**
- Page 5 & 6**      **A message from KHSD Graduate Caitlin Melhuish**
- Page 7**            **Week 8 Adjusted Timetable**



Soraya Sullivan had a wonderful experience at the Margot Fonteyn International Ballet competition and was one of fifteen to be awarded a scholarship. Soraya’s scholarship was offered by the Queensland Ballet Academy. Soraya has now settled in well to the English National Ballet School and will visit us when home for a quick trip in December (with Elle Krinas)!

Charlotte and Victoria Seymour had wonderful time the recent YAGP Australia. Charlotte was a

Finalist for the senior classical section. Charlotte has been offered a short, summer and fulltime scholarship to Alberta Ballet School, Canada. Plus a short term and summer school scholarship to San Francisco Ballet School.



In 2025 Charlotte will take up the two short term scholarships and visit both schools. But first in January she will compete as a senior finalist in the inaugural Aus Prix held in Perth.



# 2024 Concert

The 2024 KHSD concert Hocus Pocus is going to be fabulous.

Bring your family and friends, tickets on sale soon.

Look out for the Rehearsal and Performance schedule that was emailed 5 Nov. This document has information for each dancer on when to arrive for their classes rehearsal. Plus valuable information of performance day arrival times.

Coming soon:

Student requirements note - What you'll need to have packed in the bag for rehearsal and performance days

## KHSD P&F

KHSD P&F have Sewing bees every Saturday leading up to the show. If you're able to help in any way it is appreciated.

The P&F have sent out a few forms to help with backstage organisation and ease of movement for both parents and little dancers.

The forms are:

- Volunteer sign up sheet (WWVP card required)
- Young Dancers form - for those only dancing in ACT 1
- Photography and video ordering form

# *Nth Degree*

## **12 & Under Groups**

Classical - 1st (3rd Highest Score Overall 12 & Under sections)

Lyrical - 2nd (6th Highest Score Overall 12 & Under sections)

Tap - (5th Highest Score Overall 10 & Under sections)

Contemporary - 2nd

Jazz—3rd

## **Open Age Groups**

Classical 1st & 2nd (8th & 10th Highest Score Overall Open Age sections)

Musical Theatre - HC

Lyrical - HC

Contemporary - 2nd & HC

Jazz - HC (4th Highest Score Overall Open Age sections)

## **14 & Under Groups**

Classical - 1st (3<sup>rd</sup> Highest Score Overall 14 & Under sections)

Lyrical - 2nd (5th Highest Score Overall 14 & Under sections)

Contemporary - 1st (6th Highest Score Overall 14 & Under sections)

Musical Theatre - 2nd & HC

Tap - 1st



14 & Under Performance

# *Betsy Sawers Memorial Awards 2024*

## **Grade 4/5 combined**

Finalists - Amelia Swiderski and Sofia Busic

Runner up - Amelia Swiderski

## **Grade 6/7/8 combined**

Finalists - Vicky Seymour, Ava, Muscat & Naomi Knight

## **Intermediate/Advanced Foundation combined**

Finalists - Vicky Seymour, Ava Muscat, Ellie O' Loughlan, Amelia Turnbull, Camilla Machado

Block Awards - Elle O' Loughlan, Camilla Machado

Encouragement - Ava Muscat

Runner Up - Vicky Seymour

## **Advanced 1/2 combined**

Finalists - Olivia Enders, Rubie Meli & Charlotte Seymour

Block award - Rubie Meli

Winner - Charlotte Seymour



Charlotte, Rubie & Olivia



Charlotte & Isabella

## 14 & Under Sections

- Open Fast Tap - 1<sup>st</sup> Vicky Seymour, 2<sup>nd</sup> Andrea Tokich
- Open Slow Tap - 1<sup>st</sup> Vicky Seymour, 3<sup>rd</sup> Andrea Tokich
- Open Waltz Tap - 1<sup>st</sup> Vicky Seymour, 2<sup>nd</sup> Andrea Tokich
- Tap Championship - 1<sup>st</sup> Vicky, 2<sup>nd</sup> Andrea Tokich
- Open Classical Ballet - 1<sup>st</sup> Vicky Seymour, HC Ava Muscat
- Restricted Classical Ballet - 3<sup>rd</sup> Andrea Tokich
- Open Contemporary – HC Ava Muscat
- Restricted Contemporary – 2<sup>nd</sup> Vicky Seymour
- Open Demi Character – 3<sup>rd</sup> Vicky Seymour
- Restricted Demi Character – 1<sup>st</sup> Ava Muscat
- Open Lyrical – 3<sup>rd</sup> Ava Muscat
- Restricted Lyrical - 1<sup>st</sup> Andrea Tokich, 3<sup>rd</sup> Vicky Seymour
- Open Jazz – 2<sup>nd</sup> Ava Muscat
- Restricted Jazz - 1<sup>st</sup> Andrea Tokich
- Tap Improvisation - 1<sup>st</sup> Vicky Seymour
- Ballet improvisation – 3<sup>rd</sup> Vicky Seymour
- Lyrical Improvisation - HC Vicky Seymour & Andrea Tokich
- Open Aggregate Winner – Vicky Seymour
- Novice Aggregate Award Winner - Andrea Tokich

## Open Age Sections

- Open Classical – 1<sup>st</sup> Charlotte Seymour, HC Isabella Willshire
- Open Lyrical – 1<sup>st</sup> Charlotte Seymour
- Ballet improvisation – 1<sup>st</sup> Charlotte Seymour
- Open Demi – 2<sup>nd</sup> Charlotte Seymour, 3<sup>rd</sup> Isabella Willshire
- Open Contemporary – 2<sup>nd</sup> Charlotte Seymour
- Student Chorography – 2<sup>nd</sup> Charlotte Seymour
- Open Musical Theatre – 2<sup>nd</sup> Charlotte Seymour
- Restricted Musical Theatre – 2<sup>nd</sup> Isabella Willshire
- Contemporary Improvisation – HC Charlotte Seymour
- Classical Championship – 1<sup>st</sup> Charlotte Seymour
- Lyrical/Contemporary Championship – 1<sup>st</sup> Charlotte Seymour
- Charlotte Seymour was also awarded
- Open aggregate
- The Jan Buckridge IP for most outstanding ballet dancer 13yrs and over
- The Gabrielle Tesoriero IP for most outstanding performer 13yrs and over.

## 'Follow Your Dreams'

### 13 yrs

- Lyrical – 1<sup>st</sup> Deveer Yadav & Top 5 highest scoring routines with 95.5!
- Contemporary - 2<sup>nd</sup> Deveer Yadav
- Jazz - 3<sup>rd</sup> Deveer Yadav

Deveer was also awarded the 'Most Promising Dancer' award!

## Brindabella Dance Festival

### 12 & Under

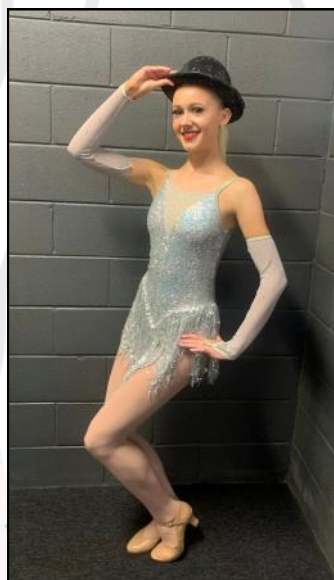
- Restricted Lyrical – Highly Commended Laura Hackett
- Restricted Contemporary - Highly Commended Laura Hackett

### 14 & Under

- Restricted Jazz – 1<sup>st</sup> Deveer Yadav
- Restricted Lyrical - 1<sup>st</sup> Deveer Yadav
- Open Contemporary - 3<sup>rd</sup> Deveer Yadav

### Open Age

- Classical Ballet - 3<sup>rd</sup> Isabella Willshire
- Musical Theatre - 1<sup>st</sup> Isabella Willshire



Isabella

Congratulations

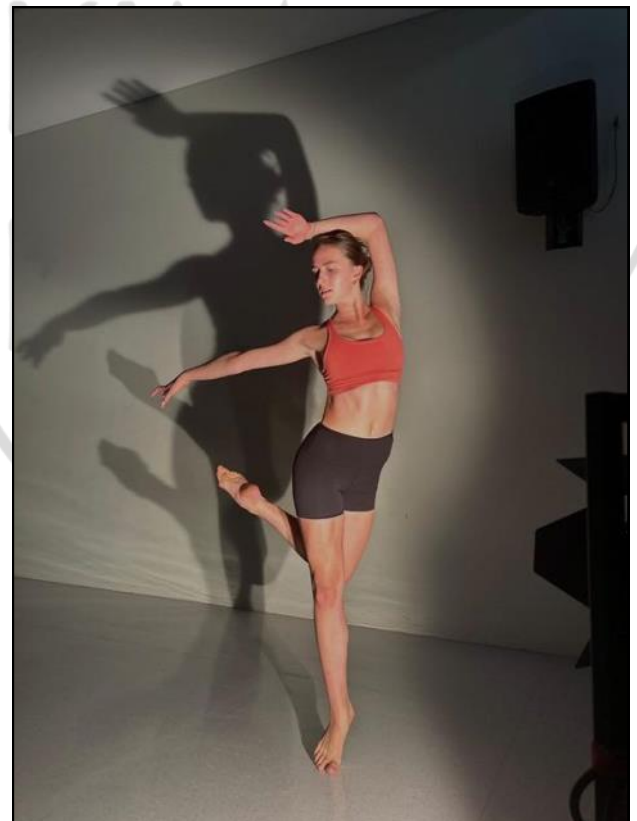


Hello! My name is Caitlin and I graduated from KHSD in 2020. For the past four years I have been studying at the Western Australian Academy of Performing Arts and am currently about to complete my honours year. As I've come to the end of my training in an institution, and am preparing to enter the professional dance sector, I have been reflecting on how I have grown as a dancer and as a person while at WAAPA.

My first year at WAAPA, while I didn't realise it at the time, was incredibly challenging, and because of that, taught me so many valuable things. Reflecting on it now, I can see how much I lacked confidence and assurance in myself, and the impact this then had. In a new and different environment, I allowed myself

to become quite overwhelmed, putting unnecessary pressure on myself which wasn't productive. Over the next few years, however, there was a huge shift in my perspective. I was exposed to new ways of dancing, choreographers and companies which excited and inspired me. While in the ballet stream, a huge portion of my training consisted of contemporary which included; choreography, improvisation, repertoire, and technique on top of the usual classical classes; ballet, pointe, solos etc. Together, this multifaceted training allowed me to begin to discover the ways I did and didn't enjoy moving, giving me options where I could take what resonated and leave what didn't. I could feel a sense of artistry begin to emerge, giving me sense of confidence which changed the way I danced, and was celebrated by those around me.

Within this time however, I did also encounter a number of injuries which had a unique impact on me. Growing up, I experienced multiple stress fractures and reactions in my feet. This was an unresolved issue that prolonged into my years at WAAPA and was something I felt as if I was constantly dealing with. I then became more concerned for my bone health when I suddenly experienced a bulging disc in my back because of two old stress fractures in my back, that I was unaware I had. Thanks to the upkeep of strength training however, these fractures are no longer an active issue. While this information really spooked me at the time, I am now extremely grateful for it as it initiated an investigation into my own health, which would soon become very important.



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While the three years I spent doing my bachelor were very physically and mentally demanding, I have a great appreciation for the skillset and discipline I have been left with. I was very lucky to overall have such a positive experience, but at times I was of course frustrated by the things happening around me, unaware of how they would shape my pathway and perspective. While I came to WAAPA thinking I wanted to be a ballet dancer, it was obvious to me by the end that I wanted to explore the vast world of contemporary. After coming to this realisation, I decided to continue my training for one more year and participate in WAAPA's pre-professional contemporary company known as Link, which is also a post-graduate honours year.

The Link program offered me the opportunity to work with inspiring choreographers, perform in beautiful spaces, and travel to amazing new places. Of note, I'm immensely grateful that I was able to travel to Seoul, South Korea for our study tour, and have such a unique and amazing cultural experience. While I of course too encountered many challenges over the year, I am leaving feeling incredibly inspired and motivated to pursue a career doing what I love. In addition to the amazing dancing opportunities, I decided to do the honours year to also pursue the academic interests that had been brewing over my time at uni. Especially so, as I would use this research opportunity to investigate my own health, and how I could then benefit the quality and longevity of my career as a dancer.

As mentioned, I have consistently struggled with bone stress injury. Something which has been common amongst my peers. This prominent issue, however, was never something which those around me knew a solution to which addressed its root cause, it felt like it was something normal which you just had to get on with. In classic me style, I couldn't settle for this, and while experiencing other interesting health factors, took the issue to physiotherapists, GPs, and even an endocrinologist, to which I received very little response. The advice I was given for the confusing results from blood work, irregular menstruation and bone stress injury was to hop back on the pill. Ultimately inspiring my post-graduate honours thesis, titled *The Controversial Implementation of the Oral Contraceptive Pill on the Bone Health of Female Ballet Dancers with Menstrual Disturbances*. While also, revealing to myself a passion I have for the research being conducted into the health of dancers. So overall, as I reflect on the time I've spent at WAAPA, in both my bachelor and honours years, I'm feeling very grateful to say that I have had a rich learning experience. Which, has both excited and inspired me, but also helped me to prepare myself for the future endeavours that await.

# Week 8 Timetable

MONDAY							
STUDIO 1		STUDIO 2		STUDIO 3		STUDIO 4	
4:00 – 5:00	ADVANCED FOUNDATION & INTERMEDIATE						
5:00 - 6:30	ADVANCED 1 & 2					5:00 – 5:45	PRIMARY JAZZ
6:30 - 7:30	INTERMEDIATE & SENIOR LYRICAL						
		7:00 - 8:00	KHSD ALUMNI BALLET				

TUESDAY							
STUDIO 1		STUDIO 2		STUDIO 3		STUDIO 4	
4:00 - 5:00	INTERMEDIATE FOUNDATION & INTERMEDIATE						
5:00 - 6:30	ADVANCED FOUND, 1 & 2					5:00 - 6:00	PRE INTER & INTER TAP
		5:30 – 6:30	JUNIOR & PRE INTERMEDIATE CONTEMPORARY			6:00 – 7:00	ADULT TAP
6:30 - 7:30	INTERMEDIATE & SENIOR CONTEMPORARY						
		7:00 - 8:00	PRO JAZZ				

WEDNESDAY							
STUDIO 1		STUDIO 2		STUDIO 3		STUDIO 4	
4:00 - 5:00	RAD GRADE 4 & 5	4:00 - 5:00	RAD GRADE 2 & 3			4:00 – 4:45	PRIMARY TAP
		5:00 – 6:00	RAD GRADE 1 & PRIMARY			5:00 – 6:00	SUB JUNIOR TAP & JUNIOR TAP
		6:15 – 7:15	SUB JUNIOR & JUNIOR JAZZ				

THURSDAY							
STUDIO 1		STUDIO 2		STUDIO 3		STUDIO 4	
4:00 – 5:00	INTERMEDIATE FOUNDATION & INTERMEDIATE	4:30-5:30	JUNIOR LYRICAL				
5:00 – 6:00	ADVANCED FOUND, 1 & 2					5:30 - 6:30	HIP HOP
6:00 - 7:00	INTERMEDIATE & SENIOR JAZZ	7:00 - 8:00	ADULT BALLET				