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# A Vermont Performing Experience

# BURKLEIN

## Ballet Theatre

Newsletter | Summer 2015 | Week 4

July 19 - July 25, 2015

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*Great dancers are not great because of their technique; they are great because of their passion. ~ Martha Graham*



*While I dance I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole. This is why I dance. -Hans Bos*

## Pace Yourself

Whether you are here for two weeks or all six weeks, learning how to pace yourself is very important. How many of you push so hard the first few days and then feel wiped out by Thursday? What could you do differently to pace yourself to make the whole week happen at your best and not have the Thursday slump? Here are a couple of ideas to get you through... **SLEEP!** Make sure you are getting enough sleep, being with your friends is fun, but don't forget how good it feels to be rested! **PROPER NUTRITION!** Balancing your meals so that they give you energy is also very important. Think about an apple before that bowl of ice cream...

## PROGRAM INFORMATION

**Don Quixote** - *Don Quixote* first premiered in Moscow in 1869. The ballet is based off of a novel by Cervantes.

**Alice Anders and Lauren Hagy** - Alice Anders is 15 and from Fort Smith, Arkansas. Lauren Hagy is 14 and from Gulf Breeze, Florida.

**Jared Mesa** - Jared Mesa has been a choreographer in residence for eight years with BBT. This is his 13th summer with BBT.

**Dylan Crossman** - Dylan is originally from Montpelier, France. He was a dancer with Merce Cunningham Dance Company.

## Intermediate Program



## 2016 Audition Tour and Master Class Series

Would you like your home studio to host a 2016 Burklyn Ballet Theatre Audition and Master Class? We are currently booking our audition tour and taking reservations for our master class series. For more information, Contact Christina Paolucci at [info@burklyn.com](mailto:info@burklyn.com)

**Director - Ellen Collison**

**Assistant Director - Kristen Newsom**

What a pleasure it has been to have the Intermediate Program Dancers here at Burklyn. This year we had such a wonderful group of dancers, they were a joy to have in and out of the studio. We were delighted to have Molly Faulkner join us this week to help with the finishing touches of her ballet, *The 11th Hour*. Thank you to the parents and students for making this year's program such a success.

### Congratulations Dancers!

Anna Anders, Georgia Barnes, Aiva Berrigan, Sophia Braswell, Claire Gelillo, Emily Jankura, Sophie Manosh, Julia O'Gormann, Leo O'Reily-Okuno, Madison Preiss, Larissa Schiller, Zoey Spenceman, Samantha Stockard, Lexi Subia, Benjamin Taber, Kayla Tracy, Veronica Vigor, Addisen Westphalen, Lindsey Wettstein, Kalia Frances Wolf-Hamilton, Claire Wright

## Dancer Spotlight



**Flora McLeod**

**Hometown:**

Raleigh, NC. She dances with North Carolina Dance Institute.

**Favorite Ballet:**

*The Gatsby*, performed by The Royal Ballet

**Role she would most like to dance:**

"Giselle", Act II, especially with the Willies

**Interesting Fact:**

She is a huge comic book nerd!

## Counselor of the Week



**Jared Mesa**

Jared Anthony Mesa is originally from Yuma, Arizona. He is currently the Ballet Master with the Western Arkansas Ballet of Fort Smith, AR.

**Favorite Ballet:**

*Le Corsaire*  
*Don Quixote*

**Favorite Role:** Conrad in *Le Corsaire*

**Favorite Foods:**

hot dogs, potato chips and green salads

**Interesting Fact:**

Jared has practiced Kung Fu, and has also been in a band!

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