

Arts Education Designed for Students & Teachers

Connect to: Arts – Drama, Dance, Music

PLEASE JOIN US DECEMBER 10 – 11

THE NUTCRACKER

HAMILTON PLACE

1 SUMMERS LANE

TWO EXCITING FIELD TRIPS FOR THE PRICE OF ONE!

ATTENTION ALL TEACHERS!

The Canadian Ballet Youth Ensemble is a non-profit charitable organization committed to developing educational outreach programs.

For the past 15 years we have produced high caliber productions pertaining to the arts. Our educational workshops have been designed to help meet the requirements of the Ontario Arts Curriculum. What makes our programs unique is the two stage process that we have designed. Through an **on-site** exhilarating presentation at your school, students will have the pleasure of meeting Jude Johnson and being introduced to a captivating presentation that introduces students to the components of music, dance and drama. The second stage is a field trip to Hamilton Place where students will watch a live performance of The Nutcracker, featuring over 100 local students dancing on stage with 60 professional dancers from the **world renowned National Ballet of Cuba**. Students will watch the live fairytale of The Nutcracker unfold before their eyes. As students imaginations give way to creativity they will also be able to relate to the component of music, art and drama that they were introduced to during Jude Johnson's presentation. Our productions are attended by over 3,500 students annually because of the enjoyable and differentiated learning environment provided both within and outside of the classroom.

Letters received from numerous teachers have indicated that students embrace any opportunity for learning through the engagement of interactive learning where they can to visualize, learn and apply. The Nutcracker fully supports this style of learning.

Breaking through the Myth

A common statement raised by boys today is "ballet is for girls". Did you know that in contrary to that statement that there are numerous similarities to ballet and sports. Many top athletes have soared through the sports world because they complimented their sports with dance. Breaking through the myth that sports and dance are two opposites, students will see that the two have many similarities rather than differences. The two disciplines work in collaboration. Dance has all the elements of a sport: physical endurance, coordination, practice, discipline, and even, in some cases, competition. Yet many, if not most, dancers define dance as something distinctly different from a typical athletic activity. Dancers are both artists & athletes, performing at the highest levels of human performance. Scientific studies have been done trying to determine what is the "toughest, most difficult to master, most challenging sport". Researchers looked at 60 sports & rated them based on over 20 performance criteria including physical, intellectual, & environmental. The "toughest sport" was Ballet! Dancers often do not consider themselves as athletes, but in reality, the physical demands they place upon themselves rival almost any athletic endeavor. A recent article in a Sports Magazine tried to determine who were

the toughest athletes in the rough and tough of pro sports. Their choice was a ballerina. The article, "Real Jocks Wear Tutus" went on to describe the rigorous training, schedule and physical demands that dancers face just about every day of their life. They are indeed athletes, and just as other athletes can learn a great deal from dancers, dancers would be wise to embrace many of the proven strategies athletes use in the areas of training, nutrition and rehabilitation. *The same way Arnold Schwarzenegger (bodybuilding), Bruce Lee (martial arts), Greg Louganis (Olympic gold medal diver), Willie Gault and Hirsch Walker (pro football) and many other high level athletes have used ballet training to make them better at their sport, dancers can "cross-train" like athletes to make themselves more resilient, less injury prone and improve performance.*

We look forward to welcoming you to this year's performance of The Nutcracker. With dazzling set designs, costumes and Tchaikovsky's familiar musical score, this delightful timeless classic tells will be a learning experience students won't forget!

For more information and to make a booking:

by phone : 905-512-1453

By email: info@cbye.ca

Video clip.... Go to www.cbye.ca and click on School Performances.