



OSSDF eduDANCEon Resources

Thank you for your school membership to Ontario Secondary School DANCEFEST.

A membership of \$250 provides your school with registration to **OSSDANCEFEST**, an annual dance celebration that celebrates and empowers the dance artistry of Ontario youth, and access to the **OSSDF eduDANCEon Resources in the School ZONE** of our website, www.ossdancefest.ca.

Dance educators at your school have access to wonderful, fun, creative and comprehensive **OSSDF eduDANCEon Resources** that include fantastic virtual workshops delivered by amazing and highly skilled Canadian dance artists and educators. These workshops provide curricular and/or extra curricular dance learning to students at home or school with **lesson plans** included in some of the workshops.

Ontario Secondary School **DANCEFEST** eduDANCEon Resources

1. The following link is for **Observing DANCE** PowerPoint and Handout:

<https://drive.google.com/drive/folders/1bvizLfkKbk4f1-0NhMKYnudYIMFQt4U?usp=sharing>

2. **MUSICAL THEATRE** - Choreographer and triple threat performer, **Sarah Vance**, is a creative powerhouse in both stage and film. Select credits include: "*Chris, Mrs.*" (choreographer), Elgin Theatre, "*American Gods*" (STARZ), Toronto Raptors Dance Pak (NBA), "*Grease the Musical*" (Toronto), Drayton Entertainment, Charlottetown Festival, Citadel/Theatre Calgary and "*So You Think You Can Dance Canada*" (CTV). Sarah, a York graduate, is also a Registered Kinesiologist. The following link is for **Sarah Vance' Musical Theatre Workshop**:

<https://drive.google.com/drive/folders/1zRI0D4EOSz2VX8G3UdFERxOQOxW5rHMC?usp=sharing>

3. **CONTEMPORARY** - **Aeris Korper** with dancers **Lisa Emmons and Mayumi Lashbrook**, is committed to the creation, presentation and education of contemporary modern dance. They are interested in exploring human connection, the energy that exists between people when they feel heard, seen and understood. Aeris Korper performances continually inspire audiences and move them to reflect. The following link is for **Aeris Korper's Contemporary Workshop**:

<https://drive.google.com/drive/folders/1Pn1zpRWNLa3-xSPK1f18tllLBSnNIPUx?usp=sharing>

4. **HIP HOP** - 2017 OSSDF Adjudicator, **Jordan Washington**, is a favourite workshop leader and a former core stepper for the legendary BLACK ICE Step Company. He is an entertainer and a soul movement enthusiast with the objective to develop and cultivate the minds of artists through quality education and higher learning. His new ideals and extraordinary visions can be seen in his works with media outlets Bravo, MuchMusic, BET, and CTV. The following link is for **Jordan Washington's Hip Hop Workshop**:

<https://drive.google.com/drive/folders/1rvrddyF3zK2UeqJH3SxAUb2aW2RXi7I?usp=sharing>

5. **TAP** - **Ryan Brown** is an OSSDF Alumni from Bluevale Collegiate. A graduate of Sheridan's Musical Theatre Performance Program and winner of the Brian Lineman Triple Threat Award, Ryan performs in film, television and musical theatre stage productions across Canada. Selected roles: "*Cinderella*" (Prince), "*Beauty and the Beast*" (Lumiere), "*Shrek*" (Lord Farquaad). Students know Ryan as our friendly OSSDF event host and a musical theatre workshop leader. The following link is for **Ryan Brown's Tap Workshop**:

<https://drive.google.com/drive/folders/13ItJEMyYWEhxz9QK7s6PdAc00wJAafpz?usp=sharing>

6. **JAZZ FUNK** - **Genny Sermonia**, upon graduation from Sheridan College's prestigious Music Theatre Performance program, began her first season at the world-famous Stratford Festival Theatre and followed that with select Broadway National Tours of "*Mary Poppins*", "*Sweet Charity*", "*South Pacific*", "*Elf*", "*West Side Story*" and "*Miss Saigon*". Her film debut was a new series called "*Hellcats*". Genny played Cashmere in the feature film "*Full Out*".

The following link is for **Genny Sermonia's Jazz Workshop**:
https://drive.google.com/drive/folders/1QIEZaf4dzLHsmEZ5sRf30IU6EzQo_Vqd?usp=sharing

7. **MUSICAL THEATRE** - Canadian awarding winning choreographer, producer and educator, **Stephanie Graham** won the 2015 Dora Award (Toronto) for outstanding choreography for *"The Wild Party"* and has been twice nominated for the Merritt Award (Halifax) for outstanding choreography on Neptune Theatre's productions of *"Cinderella"* and *"The Addams Family"*. The following link is for **Stephanie Graham's Musical Theatre Workshop**:

<https://drive.google.com/drive/folders/1vcV8geDmJf9kzMOLRUhnNLj1qpUkUoSL?usp=sharing>

8. **HIP HOP** - Stratford and Broadway performer, **Jason Sermonia**, began his career in the Toronto production of *"The Lion King"*. Jason has also appeared in the movies, *"Chicago"* starring Richard Gere, Catherine Zeta-Jones and Renee Zellweger and performed at the 66th Annual Tony Awards. The following link is for **Jason Sermonia's Hip Hop Workshop**:

https://drive.google.com/drive/folders/10a4TT7blbs2_k9WFA6lj4HS_eUZhXG9s?usp=sharing

9. **BALLET** - **Sarah Bowman** has been committed to OSSDF as our Stage Manager and assistant to our Event Team. Sarah graduated from the Music Theatre Performance Program at St. Clair College, where she performed in shows such as *"A Chorus Line"*, *"The Drowsy Chaperone"* and *"Cinderella"*. Currently, Sarah shares her passion for dance with the students at Centre Stage Dance Studio, New Hamburg, and Unlock Unleash Control, Kitchener.

The following link is for **Sarah Bowman's Ballet Workshop**:

<https://drive.google.com/drive/folders/1np9VpWI2-sFfjQ8XPof6VyMlxJKCUNkA?usp=sharing>

10. **STRENGTH & STRENGTH** - **Sabina Budd** hails from Ontario but moved to Newfoundland in 2014. She teaches with The Arch Method, a high heels performance company and, The Dancehouse Downtown, a dance studio for adults who want to keep the dance spirit alive! The following link is for **Sabina Budd's Stretch & Strength Workshop**:

https://drive.google.com/drive/folders/1pGnr2QOqlm6DAW0Rr_pQRe1xujr9Ue49?usp=sharing

11. **LYRICAL** - In this workshop, **Sabina Budd** teaches small space lyrical choreography that will get your body moving and flowing. Sabina's Lyrical workshop is a fusion of Ballet and Jazz, full of technique and fun to dance! Gently flow back into dance after Sabina's first workshop, Stretch and Strength.

The following link is for **Sabina Budd's Lyrical Workshop**:

https://drive.google.com/drive/folders/1C5pHps-5S2M19Poxia0wOim4jJ19nG_Z?usp=sharing

12. **BOLLYWOOD** - **Dhruv Naik** is the Co-Owner and Artistic Director of Jadoo Entertainment - GTA's Premiere Bollywood Fusion Dance Company, founded in 2009. Jadoo offers dance classes across the Greater Toronto area and has most recently found success with its critically acclaimed Bollywood Dance Musical Production, *"Devdas"*.

The following link is for **Dhruv Naik's Bollywood Workshop**:

https://drive.google.com/drive/folders/115zKld7Qh_PVID619W6HFujCw7jFGiBD?usp=sharing

13. **The CREATIVE PROCESS** - **Deb Kapp** leads this interactive session with educators attending OSSDF Teachers' Council. Participants experienced a researched approach to Dance Education that gives students a movement vocabulary. Action Words are the path to the rich exploration of the body moving through space, in time, with different energies and relationships. The following link is for **Deb Kapp's Creative Process Workshop**:

<https://drive.google.com/drive/folders/1h0tvB8lluayibBz6BpxUCMIldtW3ozo7?usp=sharing>

14. **BEGINNER HEELS** - **Sabina Budd** hails from Ontario but moved to Newfoundland in 2014. She teaches with The Arch Method, a high heels performance company and, The Dancehouse Downtown, a dance studio for adults who want to keep the dance spirit alive!

The following link is for **Sabina Budd's Beginner Heels Workshop**:

<https://drive.google.com/drive/folders/1U-eKt7nQUs9td9LnAjsxWAq2CY8Wbdap?usp=sharing>

15. **The CREATIVE PROCESS** - **Annemarie Cabri** is a former professional ballet and contemporary dancer with a relationship with the National Ballet of Canada and the Canadian Opera Company. She enjoys helping people discover the connection of self-expression and the power of dance, and, how movement spurs our creative thinking and learning.

The following link is for **Annemarie Cabri's Creative Process Workshop**:

https://drive.google.com/drive/folders/1hZbVRNFq26R_XRMgJNFsfFdNMDb_p3QI?usp=sharing

16. **BALLROOM** - **Faye Elizabeth Rudko** lives in London, England. She started Ballroom dancing at 5 years of age. Shy and lacking confidence, dancing allowed her to feel free in a space where she felt safe to express her inner emotions. Determined, driven, passionate, and sharing the love of dance is her number one passion and to inspire others to enjoy Ballroom dance. The following link is for **Faye Edge & Vladimir Rudko's Ballroom Workshop**:
https://drive.google.com/drive/folders/1uPW85qp4dsl1mhYUKCyYftQc_vbK6ZGR?usp=sharing
17. **BREATHING THROUGH A MASK** - **Fariya Doctor** B.Sc., RMT, GCFP, is a Guild Certified Feldenkrais Teacher™, Secretary and Board Member of the Feldenkrais Guild of North America®. Fariya led a "live" workshop with our Teachers' Council with a focus on Breathing Through A Mask. www.fariyadoctor.com
The following link is for **Fariya Doctor's Breathing Through A Mask Workshop**:
<https://drive.google.com/drive/folders/1RVd3AQGC-LVhtx7-cpNYnO4jrRBQGncu?usp=sharing>
18. **CLASSICAL LATIN** - **Carmen Leardi** is an OSSDF alumni and graduate of E.J. Lajeunesse in Windsor. The lecture in her workshop entitled "*The Pathway from Pre-Professional to Professional Dance Artist*" touches on her experiences as an Ontarian dancer through secondary and post-secondary education to professional and emerging professional amid the pandemic. The following link is for **Carmen Leardi's Classical Latin Workshop**:
<https://drive.google.com/drive/folders/1uBxaWV27f6KPNyMNMH7YNBulefFh6Q6g?usp=sharing>
19. **BALLET** - **Jessica Thomas'** passion began after seeing the Nutcracker as a child. She lives in Detroit, Michigan and is a professional freelance educator, choreographer and performer of ballet and contemporary dance in Detroit, Chicago, and NYC. Achieving her Masters, Fine Arts (Dance) from Wayne State University, Jessica continues there as a professor and instructor of Ballet.
The following link is for **Jessica Thomas' Ballet Workshop**:
<https://drive.google.com/drive/folders/1hJ9icxJ2mMjfmulXGc5aaEPHoOxa6rTB?usp=sharing>
20. **YOGA** - **Melissa Chiandussi**, OSSDF Board member and teacher at St. Joseph's High School in Windsor, leads this workshop that provides an opportunity for participants to adopt specific bodily postures while they control breath and stretch for a well-deserved relaxing workout. The following link is for **Melissa Chiandussi's Yoga Workshop**:
https://drive.google.com/drive/folders/1Y_s7Jgg4AwBOlzF6RyuVY-89f2VL6hJ5?usp=sharing
21. **OSSDF2021 TEACHING MOMENTS** from Adjudicators, OSSDF President, **Laurel Brown**; OSSDF Board member & Sponsor of OSSDF Creative Collaboration, **Glenys McQueen Fuentes**; and, **Jane Deluzio**, CODE Past-President - together, they share some of their observations of the OSSDF2021 dance entries.
The following link is to the **OSSDF2021 Adjudicators' Teaching Moments**:
https://drive.google.com/drive/folders/1Viu-sQdTKI8EitDshglDt_7-TvWEC1Xq?usp=sharing
22. **JAZZ** - **Andrea Ciacci** shares Jazz Tech and Movement Analysis and Interpretations as well as Laban Movement Efforts in her workshop. Some Canadian Jazz companies to know are: Holla Jazz www.hollajazz.com and Decidedly Jazz Danceworks www.decidedlyjazz.com. The following link is for **Andrea Ciacci's Jazz Workshop**:
<https://drive.google.com/drive/folders/16J0CmaComhsZmJsqwKOKgklijyqUoF3Z?usp=sharing>
23. **LYRICAL** - **Kristi Thompson** is a dance teacher at Pure Academy in Windsor. An OSSDF Alumni, she creates online workshop videos that include pre-recorded in-depth tutorials featuring intermediate level combos in jazz, contemporary and lyrical.
The following link is for **Kristi Thompson's Lyrical Workshop**:
<https://drive.google.com/drive/folders/1gnwllDKVxoyTB-3DaEF0tpGeKyvQIVA0?usp=sharing>
24. **YOGA** - **Sam Manchulenko** is a yogi, dancer, and lover of life. A former professional dancer, she completed a variety of yoga teacher training programs and studies with Sri Dharma in NYC where she is honored to serve as a mentor. Sam has taught yoga in Africa, Asia, Morocco, Ghana, and the Bahamas as well as studying flamenco dance in Spain.
The following link is for **Sam Manchulenko's Yoga Workshop**:
https://drive.google.com/drive/folders/1v8oSBwMCg2KtZ_FyexAbWgldPsM8GS7t?usp=sharing

25. **EXPRESSIVE ARTS** - **Maggie Forgeron**, and Master's students of the European Graduate School, explore everyday accessible movements to enliven the senses and help our inner dance find its "beauty" and meaning in our lives. Part lecture, part moving meditation, this sample class is an introduction to body-based Expressive Arts Therapy.

The following link is for **Maggie Forgeron's Expressive Arts I Workshop**:

https://drive.google.com/drive/folders/1RMHX5RFGvJ8tD_2lboL1rMxdi742mPtP?usp=sharing

26. **CONTEMPORARY** - **Meaghan Frampton** is a graduate of Ecole Secondaire E.J. Lajeunesse in Windsor and an OSSDF Alumni. Her high school experience was greatly enriched by OSSDF and she is very excited to be able to connect with OSSDF students in this way.

The following link is for **Meaghan Frampton's Contemporary Workshop**:

https://drive.google.com/drive/folders/1ZZhB9Pt_s4c7b0ZWz5iddFmq44p_dvP0?usp=sharing

27. **CONTEMPORARY** - **Katie Chartrand** gives dancers time to play with movement before moving forward with choreography. She encourages dancers to listen and take in all elements of the music; use improvisation as a tool for exploration; and, move with intention without the pressure to feel emotions deeply. Take away the technique and just listen and let your body respond. The following link is for **Katie Chartrand's Contemporary Workshop**:

<https://drive.google.com/drive/folders/15Ruo5OQvWmnKbdH7y8TgjToro-yzwrh?usp=sharing>

28. **EXPRESSIVE ARTS** - **Maggie Forgeron** provides an **Expressive Arts Workshop** to the teachers attending the OSSDF Teachers' Council. Educators enjoy exploring movement through a directed body-based response to a drawing of self.

The following link is for **Maggie Forgeron's Expressive Arts II Workshop**:

29. **FOSSE JAZZ** - **Caitlyn McKeon** is a triple threat performer from London, Ontario who danced through COVID performing in a magical production called *Illusionarium* that ended in Chicago. She is now happy to be back in Ontario, performing and choreographing in several theatres including Petrolia Playhouse and The Capital Theatre in Port Hope.

https://drive.google.com/file/d/1o41W7Jc_1JgbHbvY8vimhLFPXw070DSw/view?usp=sharing

30. **TAP** – **Ryan Brown** is an OSSDF Alumni from Bluevale Collegiate, a graduate of Sheridan's Musical Theatre Performance Program, and winner of the Brian Lineman Triple Threat Award. Ryan performs in film, television and musical theatre stage productions across Canada. Selected roles: *"Elf the Musical"* (Buddy), *"Cinderella"* (Prince), *"Rocky Horror"* (Eddie/Dr. Scott), *"Beauty and the Beast"* (Lumiere), at Neptune; *"Shrek"* (Lord Farquaad), *"Beauty and the Beast"* (Lumiere) at The Globe; and, *"Forever Plaid"* (Sparky). Students know Ryan as our friendly OSSDF host.

https://drive.google.com/file/d/1LK-U6wjjF0clKweoikcOlputnjZuAQZS/view?usp=drive_link

OSSDF appreciates the talented workshop leaders who gave back to the community during the global pandemic and provided these amazing dance workshops for students to learn and enjoy. So, let's connect these talented professionals with your students. Their awesome **warm-ups** can be used separately in your classes. And, of course, their dance **combinations/choreography** can be offered in classes by their teachers and/or students can follow along at home - stopping and starting the videos as needed.

The **OSSDF lesson plans**, included with some workshops, provide at least a week of learning material. The **videos** share **warm-ups/cooldowns**; **choreography for a specific dance style**; and a **personal video** of the professional dance artist. Artists shared their personal journey - education; when their passion for dance began; dance training; challenges; celebrations; career before COVID; plans after COVID; how they coped during the pandemic; and how they have continued to dance.

We hope you will take advantage of these wonderful educational resources. We feel very fortunate to have secured these tremendously talented dance artists to share their innovative artistry with us during the extremely challenging times of the pandemic for the performing arts. Together, we will all continue to do our part to keep dance vital in education!

Enjoy dancing to eduDANCEon resources!

Be well. Be safe. Keep dancing!

Laurel

Laurel Brown(she/her)
Past-President



Create. Collaborate. Celebrate.
Educate. Empower. Inspire.

Visit us at

Web: <https://www.ossdancefest.ca/>

IG: @ossdancefest

Facebook: @ossdancefest