Dear UCI Dancers,

Happy New Year! We hope you had a restful winter break! We look forward to working with you during winter quarter. Feel free to contact us if you need some assistance. Please see your Dance-related news below, including Scholarship application, Jazz IV, two MFA Thesis requests, studio reservations and reminders. We encourage you to take care of yourselves as you start back (eat, drink water, sleep) !



## WINTER QUARTER WEEK 1 NEWS !

### **Dance Scholarship Applications**

The Dance Department is putting out a call for applications for scholarships in different categories: creative projects, research & writing, Hip Hop/Modern/Jazz/Ballet technique & performance. See the application linked below, the deadline to submit is January 13<sup>th</sup> by 5pm. https://zotmail.oit.uci.edu/RTE\_uploads/16/dancescholarshipform.pdf

### Jazz IV w/ Dr. S. Ama Wray

Reawaken, expand and play – Be all of who you are and more. Join Dr. Wray for an exciting quarter of jazz. Tuesdays and Thursdays at 11:00-12:20pm in DS 128. For more information contact <u>wrays@uci.edu</u>



Tuesday and Thursday 11:00 - 12:20 in DS 128 with Dr S. Ama Wray "Reawaken, Expand and Play – Be All of Who You Are and More".

MFA Thesis – Lisa Allin

Lisa Allin, MFA dance student '23, is calling for dancers and musicians to participate in a thesis project.

Experience the spirit of jazz! We're continuing an exploration that contributed to the making of "The Jazz Treatment," which debuted in the recent *New Slate* dance production. Through lively and rhythmic interplay, we will investigate jazz within the framework of its fundamental characteristics. Dancers and musicians will dive into guided improvisations from which new work will be devised.

Jazz Labs will take place every Monday from 8-10pm (except holidays) starting January 23, 2023, and the project culminates with a fifteen-minute compositional piece in the *Dance Escape* production during April. Dancers: counts as a mainstage show. Musicians: independent study credits offered.

Please email <u>lallin@uci.edu</u> with your interest or if you have any questions.

### MFA Thesis – Frankie Henderson

MFA 2<sup>nd</sup> year graduate is looking for dancers to participate in her thesis work. "Functional Cross Training for Collegiate Dancers"

The goal of this study is to apply an approach of cross training that will enhance dancers' physical strength for contemporary floorwork and investigate its effects on balance, strength, and cardiorespiratory function. (see flyer) For more

#### information contact fhender1@uci.edu

# FUNCTIONAL CROSS TRAINING FOR COLLEGIATE DANCERS

## Thesis Research Study With 2nd Year MFA Dance Student Frankie Henderson

The purpose of this study is to implement a functional cross training approach to supplement collegiate dancers training. The goal of this study is to apply an approach of cross training that will enhance dancers' physical strength for contemporary floor work and investigate its effects on balance, strength, and cardiorespiratory function.

Requirements for this study: -UCI dance major enrolled full time -18 years or older -No current injuries -Not involved current cross training (not including yoga/pilates)

Commitment requirements: -11 weeks of training and testing outcome measures. (Not to include winter break) -3 one hour sessions a week



Please scan QR code to fill out study interest form The research team will contact you for next steps

## Participation Interest Contact:

Frankie Henderson fhendert@uci.edu

Faculty Sponsor: Dr. Kelli Sharp, Dance Department Clair Trevor School of the Arts - Ksharp@uci.edu

Volunteers needed for practice teaching demonstration

2nd year MFA student, Bradford Chin, seeks one-time volunteers to help practice his teaching demonstrations for his upcoming tenure-track position interviews. The 2-hour session will include a brief introductory dance history talk, a 60-minute "Improvisation and/as Composition" movement session, and time for participants to share their feedback with Bradford. Faculty members are also welcome to participate and/or observe. Meet in PSTU 1130 on Thursday 1/12/23 at 6-8pm. For further information contact <u>bachin@uci.edu</u>

## **Studio Reservations**

Reminder of the online studio reservation system. Please follow the instructions for reservations. You need to reserve a week in advance for space.

### How to access the reservation system:

Scan the QR code attached to this message



- Undergraduates can start requesting reservations Monday to Thursday for the following week (reservations closed Fridays, Saturdays and Sundays).
- Reservations are for official dance department events/productions.
- Same week reservations are prohibited and will be denied.
- Students will receive a confirmation email when their reservation is accepted.
- Students have a max cap of 4 hours per week in 2 hour blocks. Consecutive blocks of time will be denied.
- Reservations will be addressed on a first come, first serve basis with no guarantees.

## Reminder – Doors, Exits & Barres

We ask you to NOT prop open doors in the studios or between the bathroom and studios. Also please do not block the exits with barres, this is a safety hazard. Thank you!

Best wishes for a wonderful quarter,

Molly Lynch Chair & Professor Dance Department