

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 two MFA Thesis requests, studio reservations and dates for Dance Escape and Physical Graffiti. We encourage you to take care of yourselves as you start back (eat, drink water, sleep) !



## WINTER QUARTER WEEK 2 NEWS !

### 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 Slatedance* 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 [lallin@uci.edu](mailto:lallin@uci.edu) 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](mailto: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  
[fhender1@uci.edu](mailto:fhender1@uci.edu)

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

**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!

**Dance Escape & Physical Graffiti (tentative dates)**

Feb. 7 – Dance Escape dancer audition

Mar. 7 – DE piece audition

Apr. 11-19 – DE tech & dress rehearsals

Apr. 20-22 – DE performances

Feb. 27 – Physical Graffiti dancer audition

Mar. 13 – PG piece audition

Apr. 25-May 3 – PG tech & dress rehearsals

May 4-6 – PG performances

Best wishes for a wonderful quarter,

Molly Lynch

Chair & Professor

Dance Department