

*i*DANCE

MAGAZINE



Mikaela Zarsky

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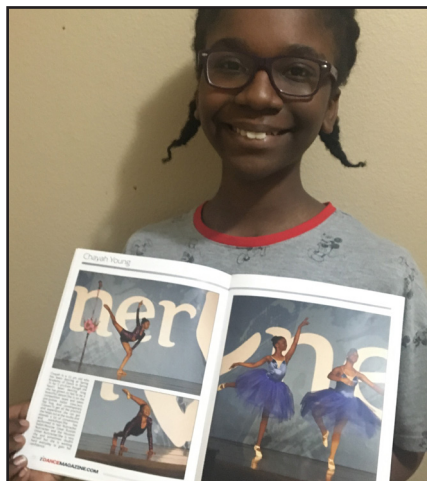
Mission Statement

Our Mission is to Promote Self-Esteem and Recognition to All Talents with Equal Opportunity and without any Discrimination

OUR MISSION STATEMENT

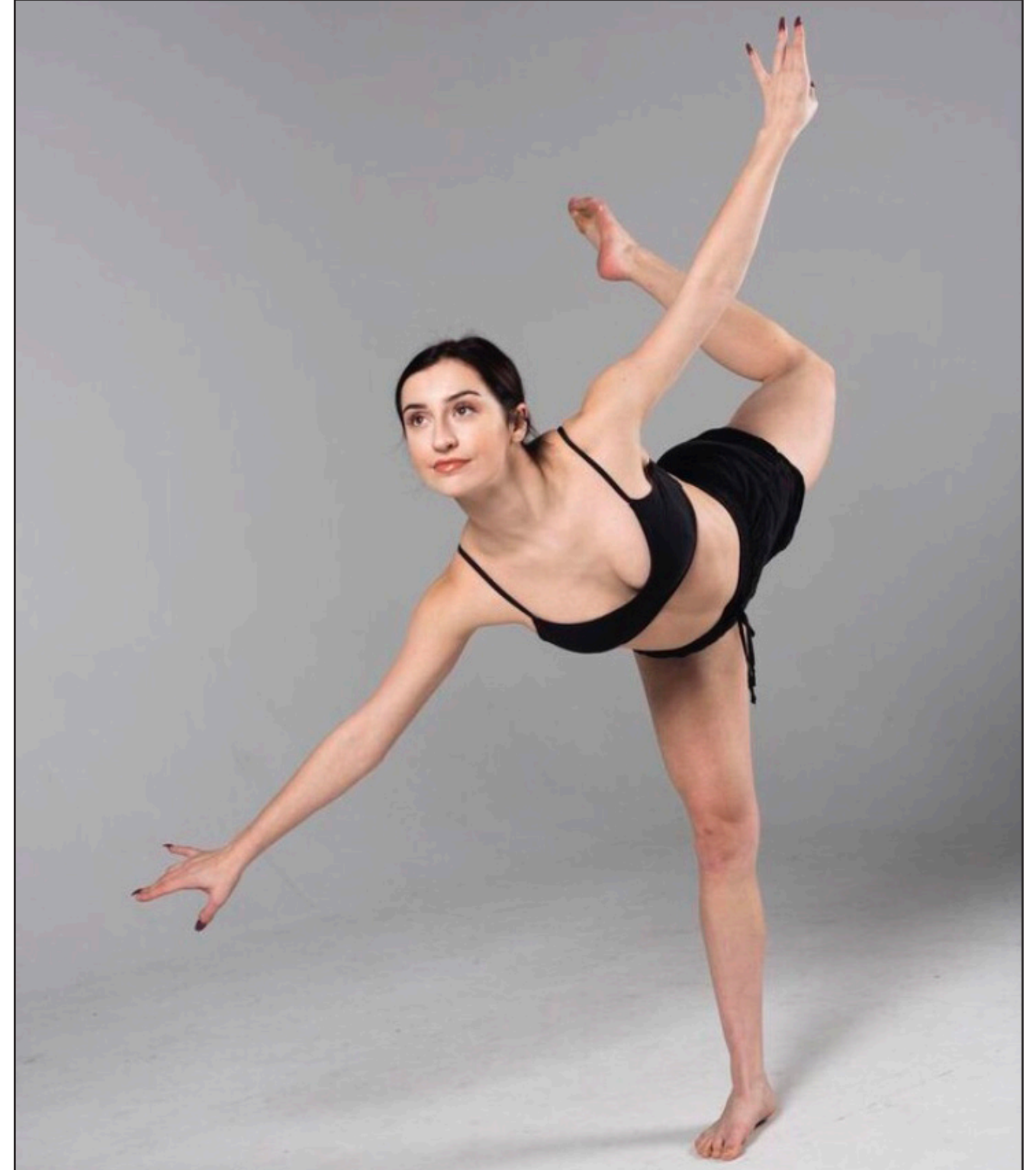
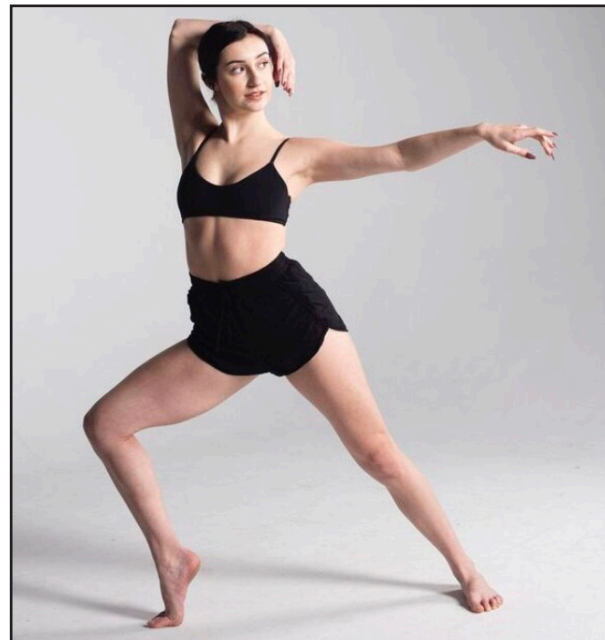
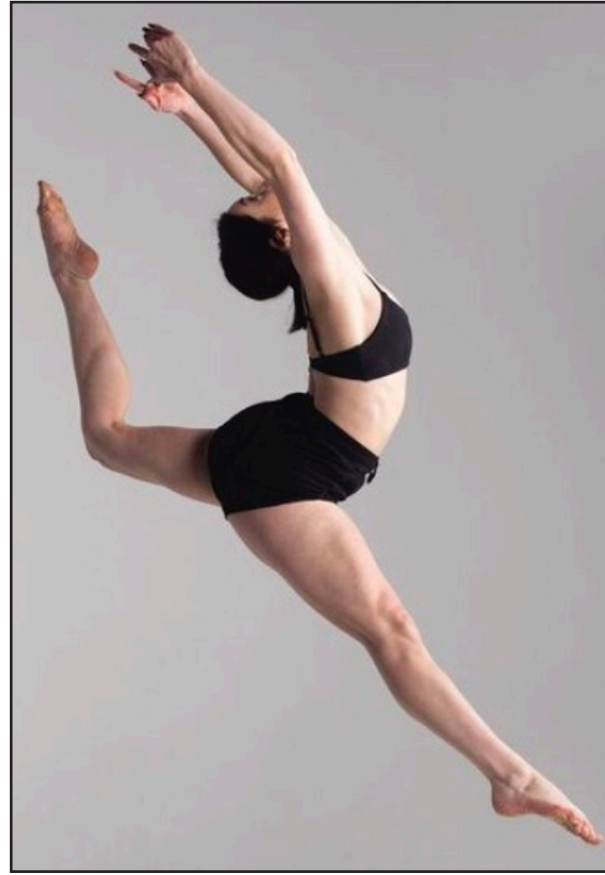
Our Mandate is to treat all Talents of all ages, gender, level of ability and expertise equally

PROMOTING SELF-ESTEEM & RECOGNITION



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Anne Ruth Leveille

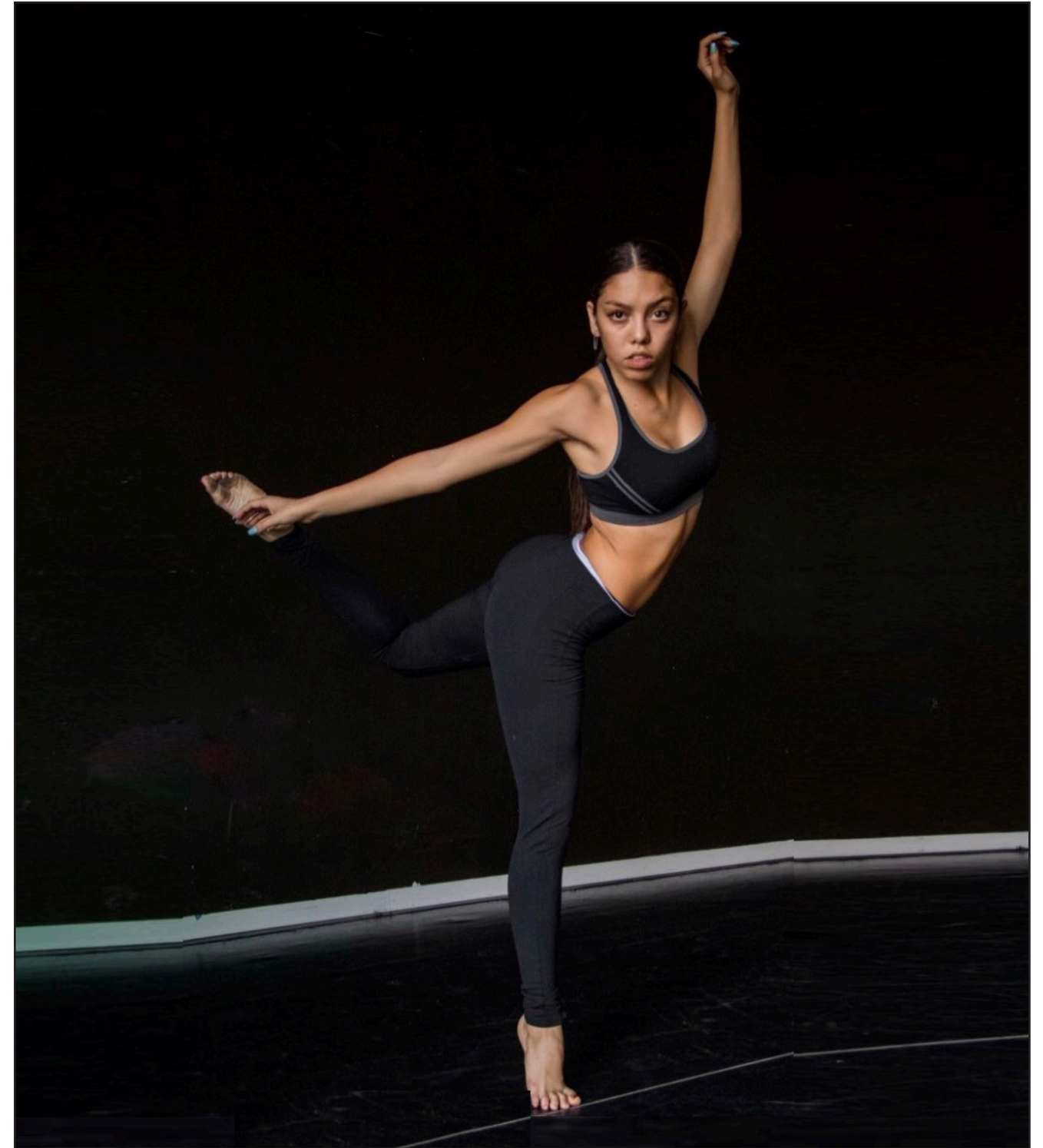


Anne is originally from Winnipeg, Manitoba. She started her love of dance at the age of 3 years old, with ballet and tap. As she grew older she expanded too jazz, contemporary, hip hop, acrobatics, and theatre. Anne also completed numerous RAD Ballet exams, and has completed her Acrobatic Arts course.

Anne found her love for performing at a young age, as well as her love for acting. She started her acting career at the age of 9 by going to Los Angeles for an acting conference, and it grew from there.

Anne has competed in numerous competitions and challenges since the age of 10, as well as choreographing her own solos. This then grew too choreographing pieces for competition as well as teaching. She completed Teacher training courses with her home dance studio, and started her apprenticeship at the age of 15, becoming a full teacher in 2018.

Anne loves sharing the art of dance with the younger generation, and having a connection with her students. She is motivated everyday by seeing dancers grow and find their true passion for the art of dance.



Autumn Thom



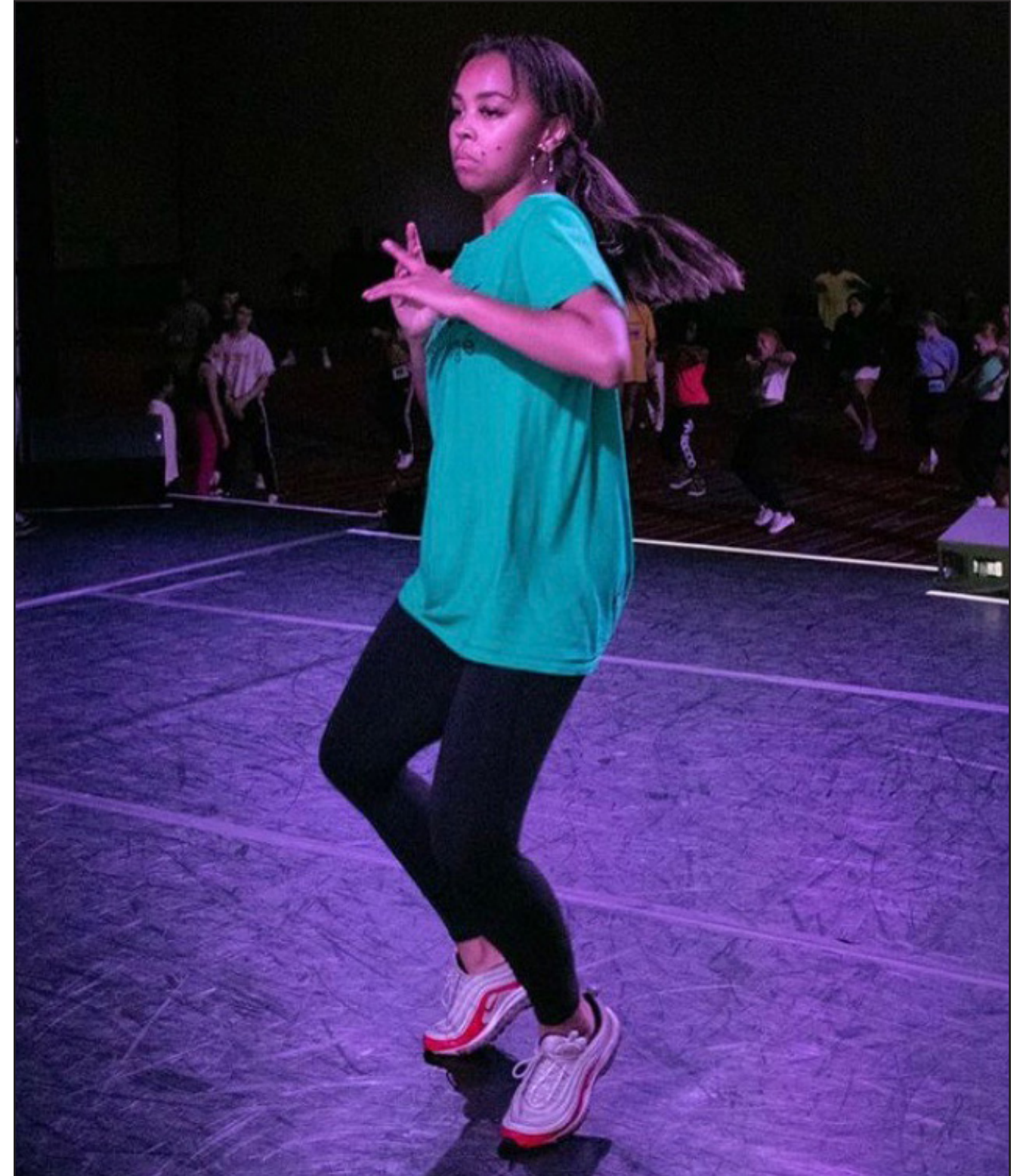
Hi! My name is Autumn Thom, and I am writing to you for consideration of publishing within IDANCE MAGAZINE! I am thrilled about this exciting opportunity!

I am 17 years old and have been dancing for over ten years. I started my dance training at a local recreational program within my community at the age of 2 years old. After seeing how it felt to perform, I began my formal dance journey pre-professional at the age of 10 years old at NYC Dance Projects in conjunction with Alberta Ballet School. Fortunate for me, my studio provides training opportunities for me in all dance genres from ballet, contemporary, jazz, and hip-hop, to name a few!

When I was younger, I always knew I wanted to make people smile in whatever activity I did, so when I started dancing, I knew this was my life long dream I wanted to pursue. Through training hard, I danced around 15 hours a week, doing what I loved. The one goal that I still have to this day is to become a renowned choreographer and continue my path in acting.

Within my lifetime, I have been very fortunate. In the spring of 2020, I placed in the top ten of Break the Floor Live for seniors age 13-19 within Canada. In the fall of 2020, I performed at the 2020 MTV EMA's for the artists on the rise and my dear teammate Tate McRae. In 2019, I was a dancer in the Netflix show Julie and the Phantoms. In 2018, I was on World of Dance Season 3 with the group Movement Society, and have been on a nationwide tour in the United States as an Elite Protégé for The Pulse Presents: Nexus. I have also been lucky enough to act on the Sci-Fi TV show Wynonna Earp Season 4.

I always used to doubt myself when it came to dancing; like us, dancers always find a way to judge themselves and compare themselves to others. I quickly realized that I knew what my path was within the dance industry, and that was to do commercial work instead of going down the company route.

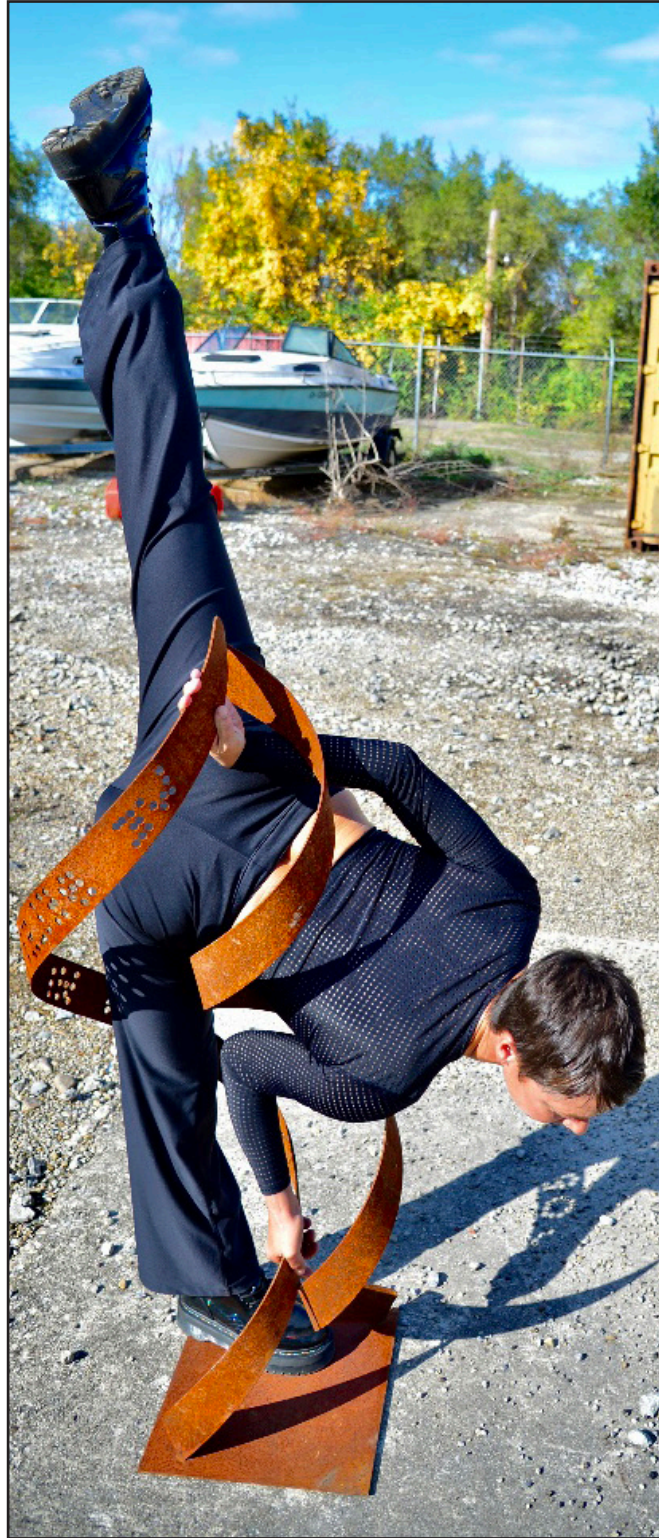


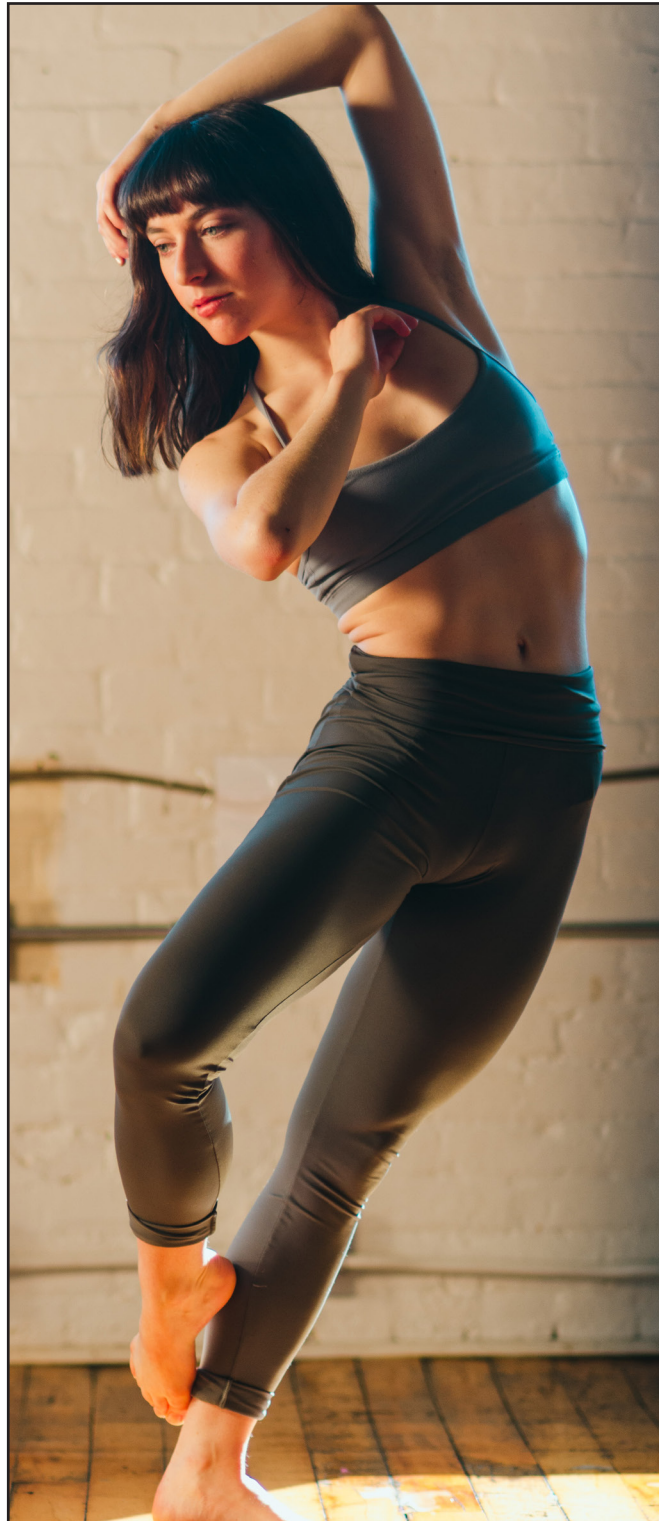
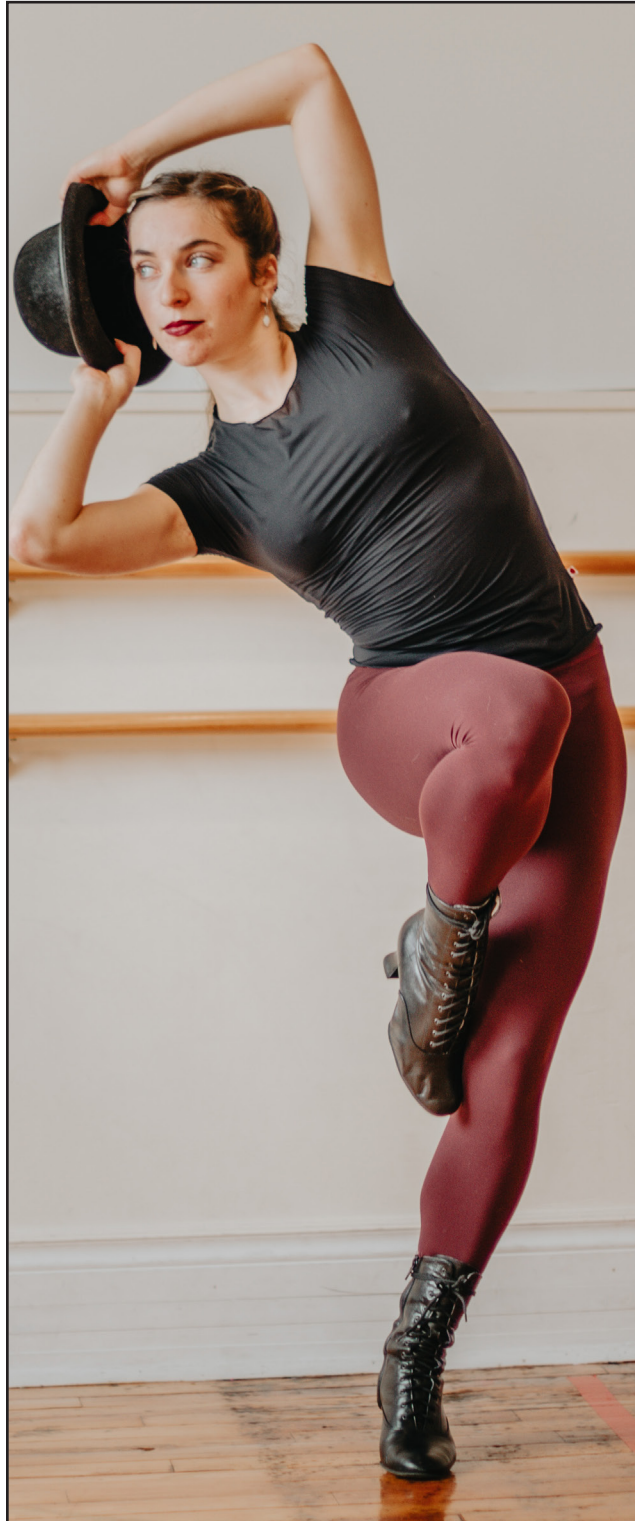


My name is Ava Arnold, I am 14 years old and have been dancing for almost 12. I have been attending the professional division Alberta Ballet School for three years now and am part of a great company called YYCDP.

I placed in the top 20 at the Dance awards in 2018/19 when competing with YYC dance project.

Last year I had the opportunity to travel to New York City and film a music video called Ritual. It was an amazing experience working with a film crew, unique choreography, a talented director and other great dancers.





Hi my name is Chanelle Allaire and I'm a professional dancer. I'm originally from Quebec and now live in Montréal where I am pursuing my dreams in the industry.

During a coaching with my mentor Connie Rotella, I had a big revelation that came to me. She made me see that I shouldn't be afraid of my endless possibilities and get out of my own way to live the life I want. I had to say it loud enough to hear myself say that I am a passionate dancer who is dedicated to my artistic growth. These words resonated with me and made me feel open to the opportunities that await me. The current circumstances are difficult in many ways. For me, I cherish all the time I have to focus on doing what I love to do most, and that is to dance.

This last year has been a real transformation time. I took my first acting and singing class to help me evolve and give me more knowledge to add various skills to my training. Working towards being a Triple Threat artist is something new and I love it. I took advantage of this new virtual world that is offered to us to access training with great choreographers and teachers from all over the world. I surround myself with positive people that help me grow and inspire my desire to work and improve. I am so grateful for my journey. I feel blessed that I have so many outlets. I show up with a smile at what life has to offer me.





Christos Tsiantoulas is a force to be reckoned with. He is a Professional Dancer, Choreographer and Muse currently residing in Toronto. Born and raised in the small town of St. Ann's, Ontario, he taught himself how to dance in the empty barns of his family's turkey farm. He would learn dances off of Youtube from music videos he dreamt of being in and would perfect them to a crisp, always paying close attention to detail. From a young age, Christos always had a strong, artistic passion for dance. Once he entered high school he began intensively training in technical and street styles at Dance Place Welland, while travelling to various dance conventions and workshops across the nation. He continues to travel all around the world to train with the best in the industry, and to absorb their knowledge in order to advance his abilities and strengthen himself as a performer.

Christos' credits include: Grand Army (presented by Netflix), Raptors YYZ (currently known as the Northside Crew), Serena Ryder, Blake McGrath, Feist, Belly, Liz Lokre, Tynomi Banks, D!XON, Pan Am Games Closing Ceremonies, the Social TV, Toronto Pride, High School Musical (Axelrod Performing Arts Centre), Mary Kay Canada, Industry Elite TO, Gloss Entertainment, Hit&Run Productions, JDX Creative, Pulse Elite Protégé, Nulimit

Company, The Male Initiative and more.

His fiery passion for teaching and choreographing has led him to create his own elite dance company titled 'Proper Etiquette'. He decided to bring together this group of dancers to elevate the Jazz Funk scene in Toronto and to provide opportunities to those dancers that commit their time to training with him on a weekly basis. He feels extremely connected to the work that he creates and wishes to use this platform as another way to share his intense passion with the world. In addition, he created #CampChristos in the midst of a global pandemic in an effort to share his craft and current knowledge of the industry with pre-professional and professional dancers. He knew that 2020 was a perfect time to train like beasts and prepare for when the world does open back up again.

Christos continues to be inspired by various aspects of the entertainment industry and is driven to make his mark. He is always looking forward to learning new avenues of the industry and reaching new levels of growth as a professional artist. He has high hopes and big dreams and is determined to achieve every single one of them.



To me, being a dancer is the biggest privilege on earth. Being able to express myself through movement, channeling emotions through my body, fills me with a feeling of gratitude and infinite joy.

If the four-year-old me would have known that the first ballet lesson her parents sent her to could turn into a passion, a profession even, she would not have believed it.

I grew up in Germany and went to one of the best dancing Schools in Dresden (Saxony). My dancing teacher, Mrs. Hölzel showed me how to dance from the heart. Twelve years and lots of national championships and performances later, I decided to make a profession out of my passion, and I moved to Hamburg, Germany

to become a professional dancer, actress and performer.

Half a year ago, after two years of professional Musical Theater training, I decided to take the next step and apply for the International Study Program at Steps on Broadway. This decision involved moving across the Atlantic during a pandemic, to a country I had never been to before. But I did not hesitate for a second, because from the moment I stepped off the plane, and from the first class I took at Steps, I knew that this was the right place for me. I came here to learn from and work with the best in the world, in my effort to both become the best dancer I can be and to find my own way of making art.

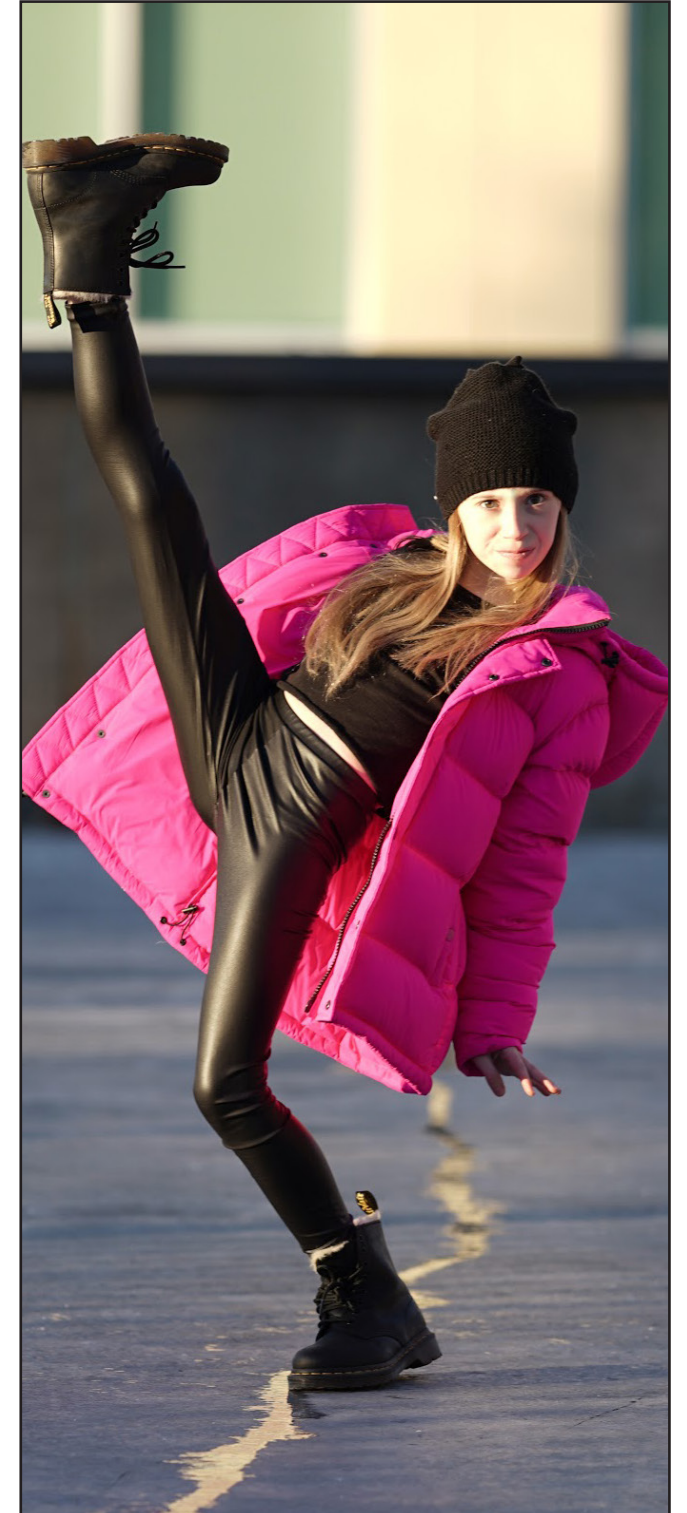
Photographer Dennis Mundkowski



Kaidin is an 11 year old dancer who dances with the elite training program, YYC Dance Project in Calgary, AB, Canada. Primarily she trains in ballet, jazz, lyrical and contemporary dance. She also does some hip hop, ballroom and tap classes. In addition to dance, Kaidin trains to increase her strength while maintaining her flexibility. This year her primary focus has been increasing strength and control in her dancing.

Dancing with YYC Dance Project has given Kaidin the opportunity to travel and compete at numerous dance competition/conventions in Canada and the U.S. She is looking forward to returning to travel after CoVid to be able to perform on a stage, learn from amazing faculty, spend time with friends and see new places.

Kaidin's passion in dance is contemporary and lyrical dance but she loves the entire process of dance training. She loves how dance brings people, movement and music together and would love to someday be able to share this with the world through her choreography.



Kaiulani Chastain



19 year old Kaiulani has been a competitive dancer her whole life. From ages 8-18 she placed top 5 at competitions each time. The last couple years of her competitive dance career she joined two companies at Elektro Dance Academy, Elektrolytes Mega Crew and Lux contemporary! Kaiulani's

first year on Elektrolytes they won first place in the USA at Hip Hop Internationals in 2018! Since then Kaiulani has won many hip hop competitions with Elektrolytes. Her biggest achievement has been competing with Elektro Crew on NBC's World of Dance season 3! Once she turned 18, Kaiulani started

teaching as well as choreographing for Elektro Dance Academy and continues to today! Kaiulani would love to travel and teach out of state since she now teaches all over Arizona! She is very driven and hard working and cannot wait to see what 2021 brings her!

Kaycee Osborne



This past couple years, Kaycee has been doing hip hop only, due to some physical issues that would not allow to continue with as many hours of ballet a week that she would need to do. She is still an amazing technical dancer and misses it so much, but hip hop is now her life and she is thriving. She was chosen to be on a dance team for a professional basketball team, but the Covid hit last year and put that on hold for now. She trains at home and takes online classes to keep in shape and keep her mind sharp. One day, she hopes to dance professionally and follow that dream through to the end.

Kaycee took her first ballet class when she was almost four years old, in a tiny studio, in a tiny town. She was such a fragile little person that was so excited to be a beautiful dancer and dance for lots of people. She immediately took to dance like a bird to the skies!

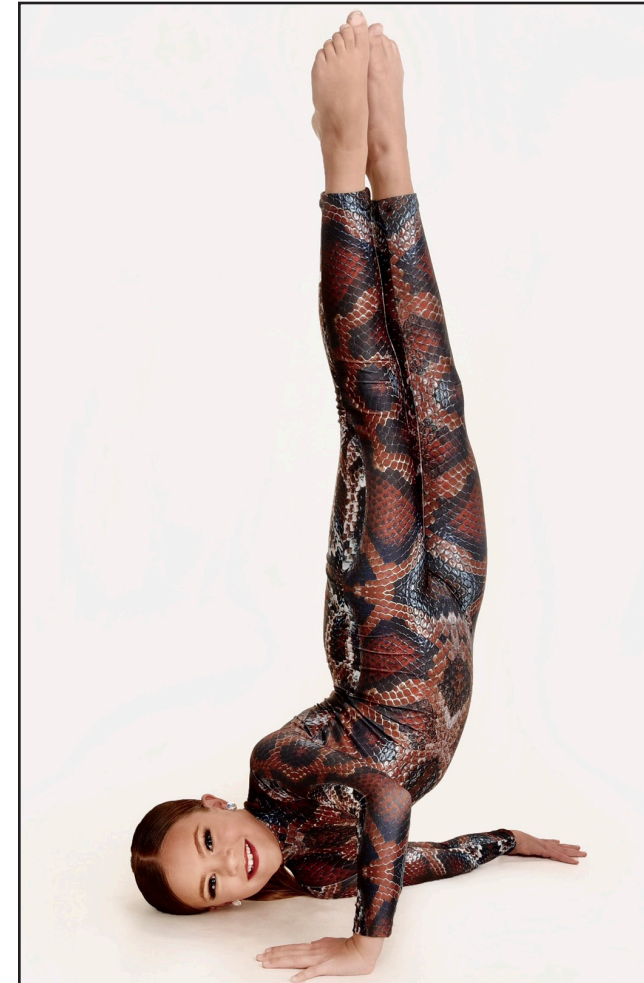
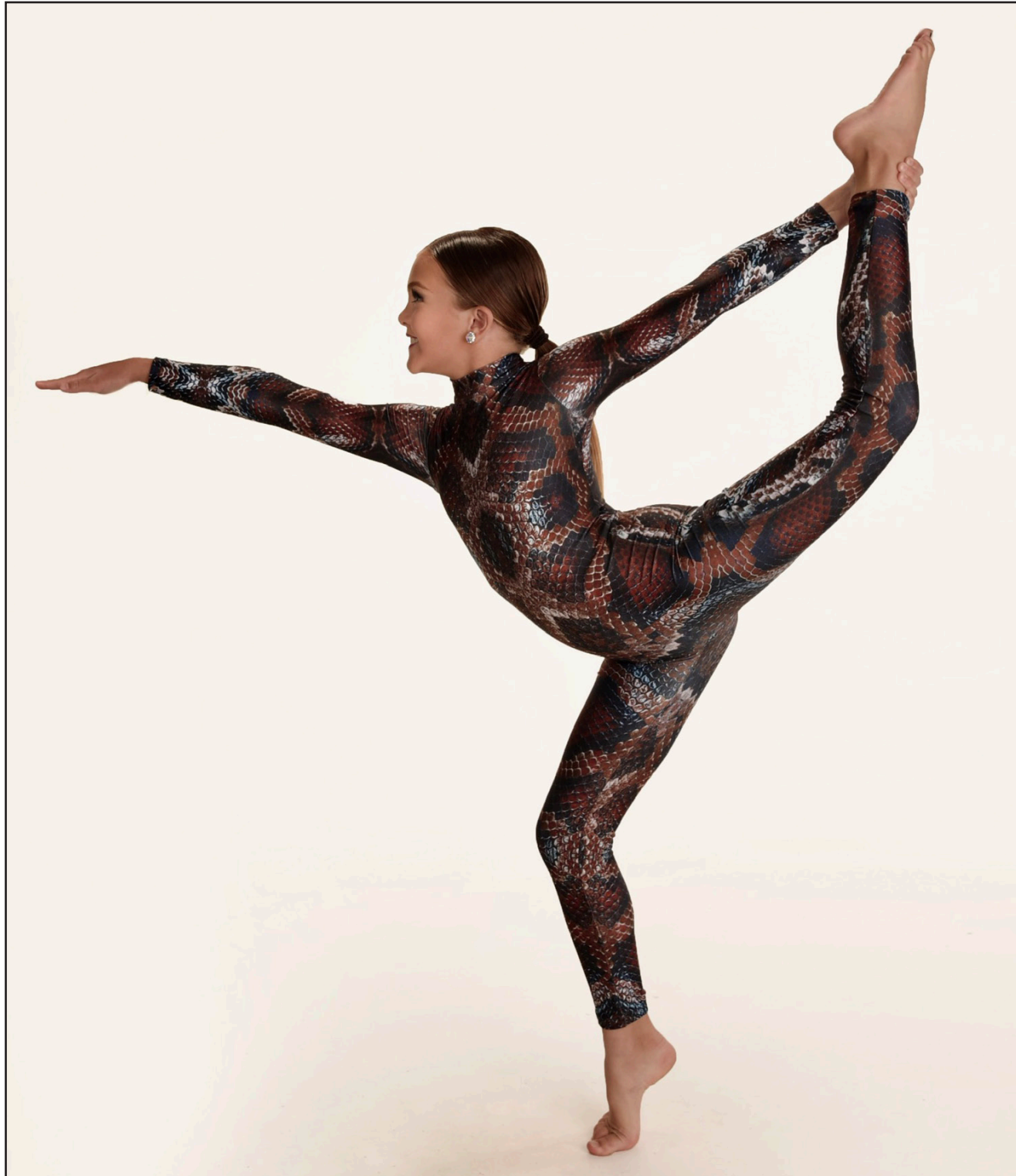
In the next few years, we relocated nearer a city, although kept her in a small studio in a small town, where she dug deep into ballet, jazz, hip hop and tap. Once into the competition scene, she flourished and found her home on the stage! She performed solos and duets, always placing so well in the top two. As proud as she was of herself, it wasn't how she placed. It was that she got out on the stage and do what she loved and performed for all of the audience and made them happy. She was living her dream as a young child already!

After a couple years, we moved her to a larger studio in the city, to give more opportunities since she was getting more serious about dance as a career. She continued to grow and do very well in competitions, receiving medals and scholarships and trophies, which we told her was due to the hard work she put in every day. We also instilled in her to be as good of a loser

as well as a winner. To always be happy for others in their success, to celebrate them and encourage her teammates and even dancers from other studios. To be a good person, not just a good dancer!

When she was 12, she auditioned for the Team Canada Hip Hop team that was to compete in Denmark that year. She was chosen for the team, as well as for a small group and a duet. One night at a practice, the coach announced her as Captain of the team for the year, saying he believed she would be an amazing leader, as she is kind and encouraging and an overall pleasure to have on a team. It was one of the great highlights for her, and they competed and placed 16th in the world, which was an amazing accomplishment.

Over the next few years she continued to dance and do well, and then got into acting as well. She took a series of classes that led to being chosen to compete in Los Angeles for a chance to sign with agents and continue on in the entertainment industry. In the end, we chose not to go to LA, as she was so devoted to dance, that's what she wanted to focus on. She did, however, act in a few short films and have a great experience. One of them won many awards.



Some dancers captivate their audience in a way that draws them in and makes them feel joy deep within. Some dancers possess the power of charming their viewers and evoking emotion inside. My daughter Kelyn possesses these abilities and shares them when she dances.

Kelyn dances competitively at The Pennsylvania Dance Company and it truly is her passion. Kelyn is currently ten years old and this is her eighth year doing what she loves for teacher and owner Miss Jessica Wellington. Kelyn decided in first grade that she wanted to compete her first solo that competition season. Not only did she achieve her goal, but she was an absolute delight to watch. Kelyn is competitive by nature, always trying to outdo herself. She is a fighter, a hard worker, she's ambitious and driven but she is also a wonderful friend, teammate and student. Kelyn has been awarded several Title awards, Judges Choice, Jazz Performance,

and Idol Soloist awards to name some that she is most proud of. She has also been the recipient of numerous scholarship opportunities.

As Kelyn continues her eighth year of dance, she focuses on her goals for the future. She hopes to continue to dance competitively, always doing her best. Kelyn continues to dance with the intent to one day pursue her dream of becoming a commercial dancer in Los Angeles, California. While Kelyn has been successful thus far, she has aspirations to do more and dream bigger. As her mother, I have so much pride for the recognition she has received, but to me, simply watching Kelyn do what she loves, that is the true gift that she gives to her audience each time she takes the stage.

Photographer Laura Ruppertsburger Photography

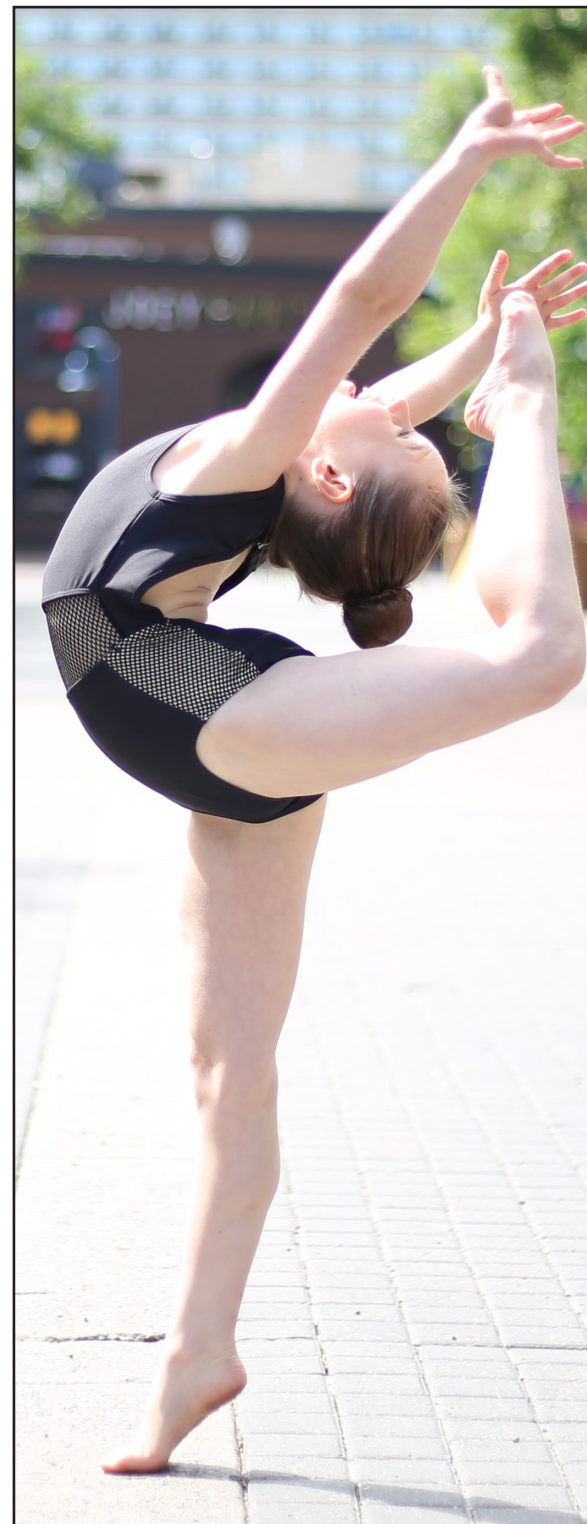
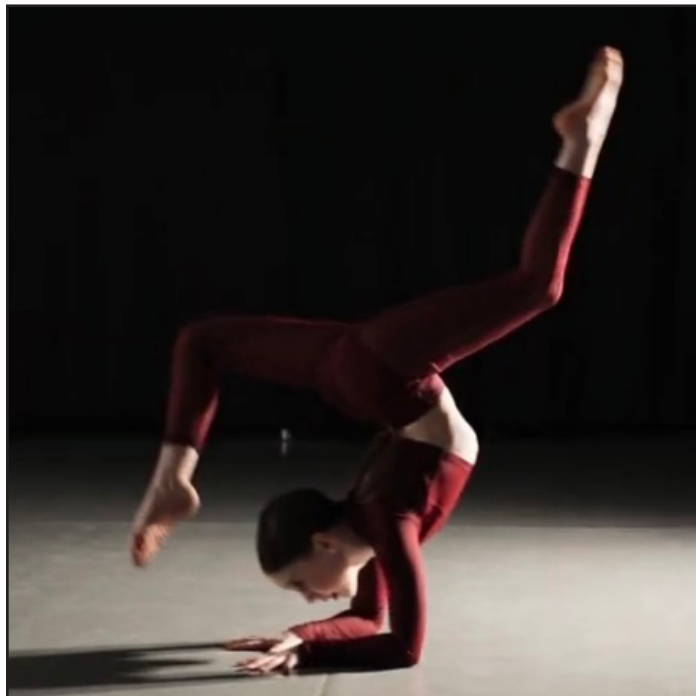
Kenna Chalifoux



Kenna is 10 years old, and has been dancing since the time she could walk! She started in the studio at age 2 and a half, always watching the big girls dance and improving to try and follow them. She has truly grown up in the dance studio, that her Mom now owns. Kenna LOVES the stage and performing, and is so inspired by her fellow dancers that are her best friends! Kenna, from her very first solo competition at age 5 has been awarded top soloist awards and has been given scholarships to several conventions throughout Canada and the USA. She was chosen to attend the Joffrey Ballet School's first ever Cirque Arts program in Las Vegas in 2019 and work with actual Cirque Du Soleil artists in the process! Kenna also got to dance in New York City when she was 8 and would love one day to be on Broadway! You can usually find Kenna dancing anywhere and everywhere with that beautiful smile on her face!

Photographer Jodi Chalifoux, GTFX, Talia Audenart Photography

Kinsley Oykhman



Kinsley has been dancing since she could hear music and move! She has been taking formal dance lessons since the age of 2 and is currently 10 years old and in grade 5. She has training in Ballet, Jazz, Contemporary, Lyrical, Hip Hop, Tap and Musical Theatre.

Kinsley is tiny but mighty! She is full of confidence, talent and especially SASS! Kinsley loves performing and will take any opportunity she can to be on stage or in front of an audience. She has won countless awards for her dancing and theatrical personality. Since she started competing solos at the age of 6, every year Kinsley has won first place and "best overall dancer" awards at local Calgary competitions. In 2019, at 9 years

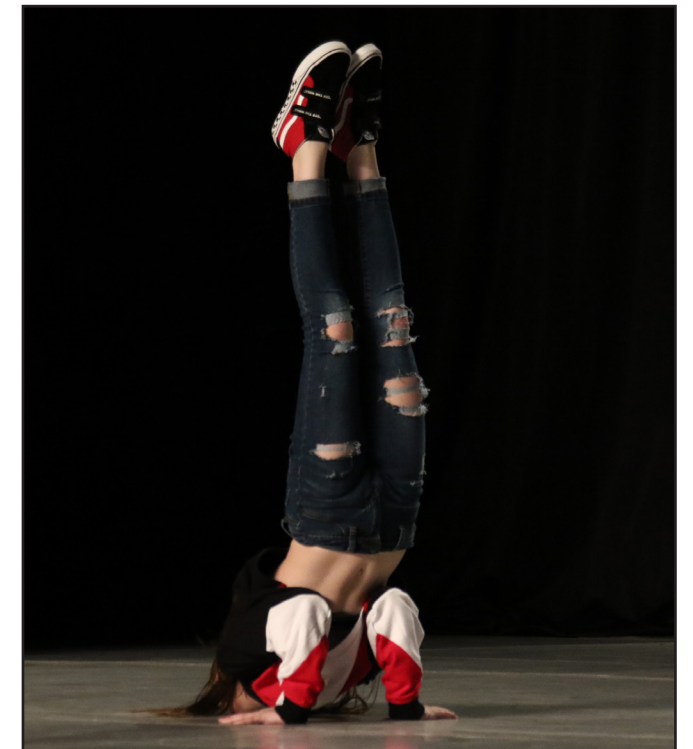
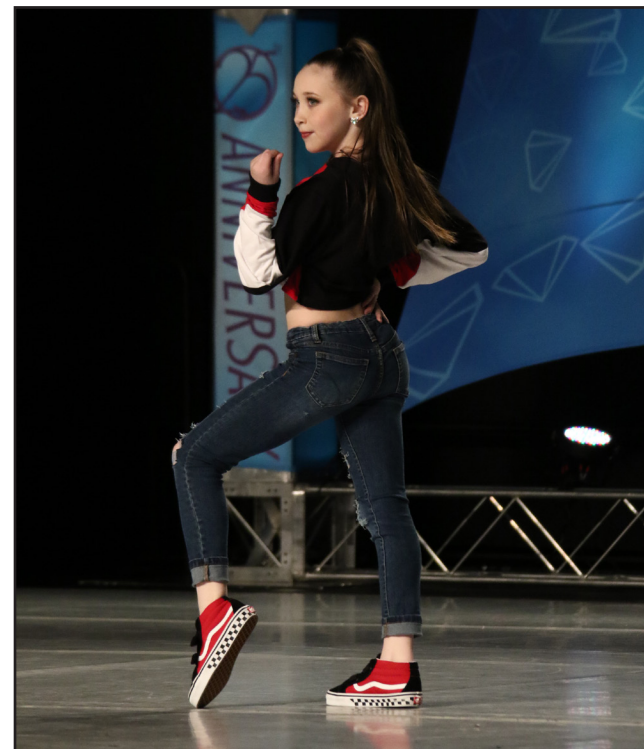
old, she won Dance Starz #1 Solo Champion 12 & under, which was 1st out of 150 solos of dancers aged 9-12. That year she also won a NUVO breakout artist scholarship winner in their Calgary Convention/Competition. Unfortunately, last year and so far this year, Kinsley has been unable to compete due to COVID, but has been focusing on her training and technique so she can get back on stage when it is safe stronger than ever! This year she is training with YYC Dance Project in Calgary and dances 5+ days a week. She is currently working on two new solos, and hopes to compete in the spring!

She is a brand ambassador for P.S. Make me famous, a Canadian company with a passion for fusing

art and fashion. She has been filmed dancing for their YouTube channel and Instagram account, modelling their products while dancing.

As for what the future holds...Kinsley dreams of dancing on Broadway and acting in a television show or movie. In the short term, she is working countless hours training in dance (and some acting and singing on the side) to be as competitive as possible when she can go back and compete at the Dance Awards. She is also working on her new YouTube channel as another creative outlet to express herself.

Photographer Jayna Photography, Chris Zacharias





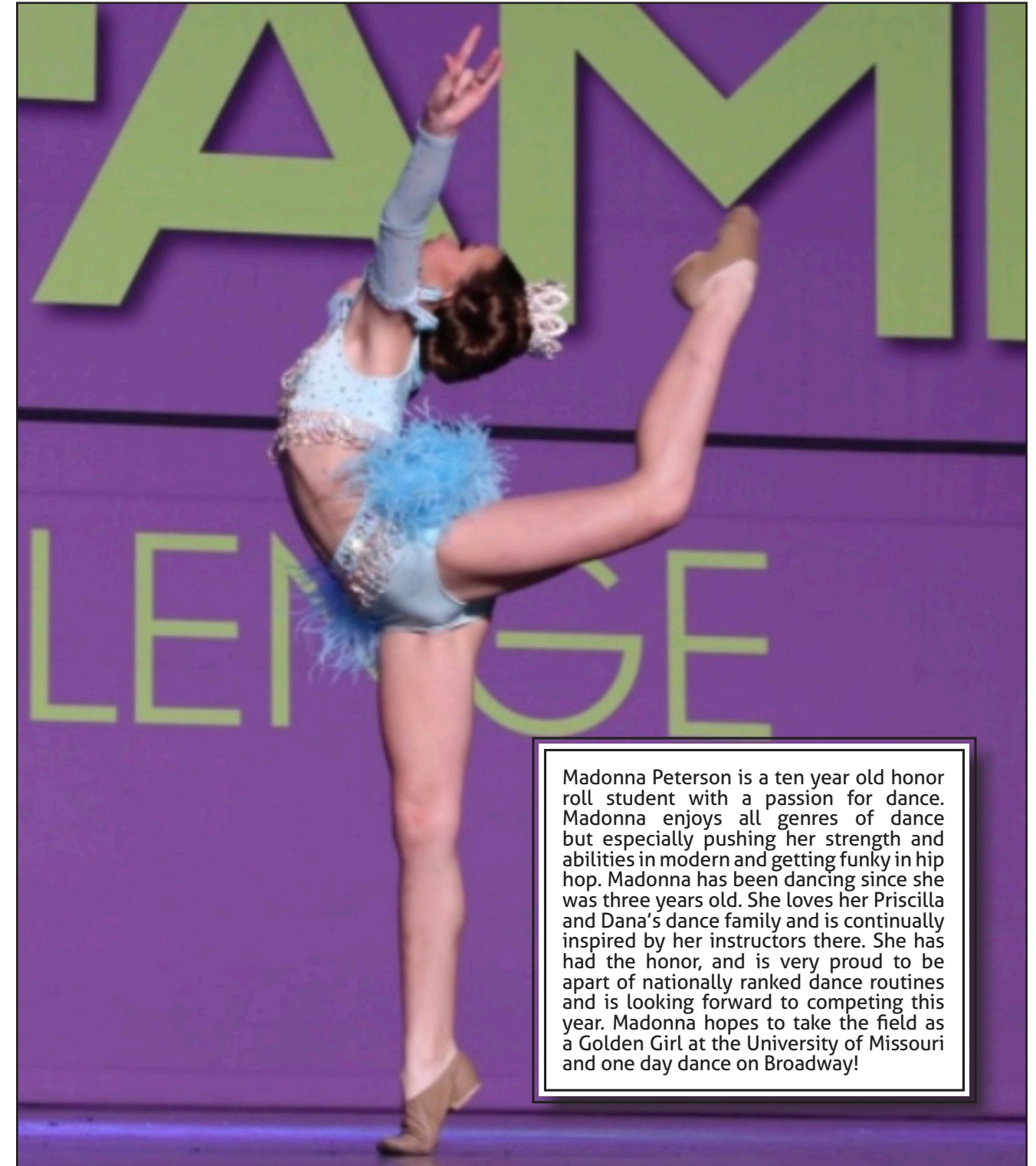
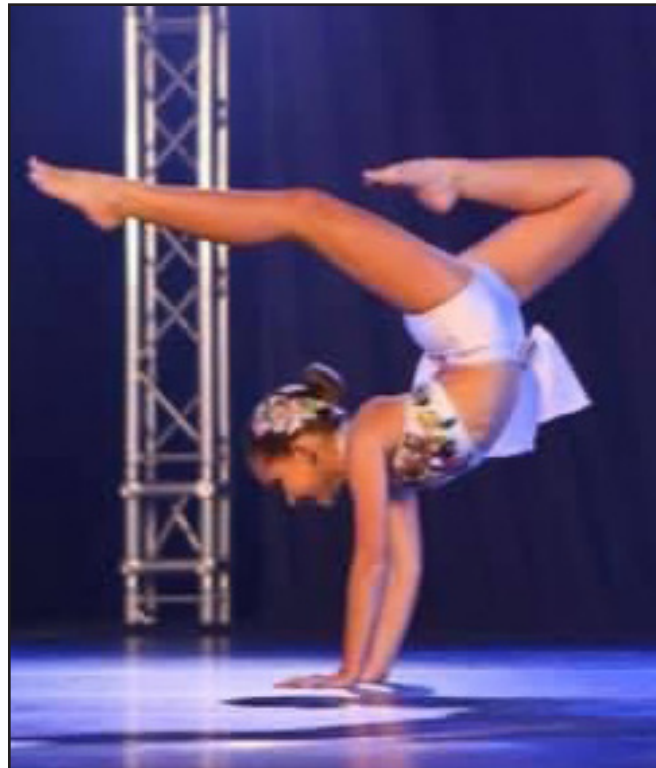
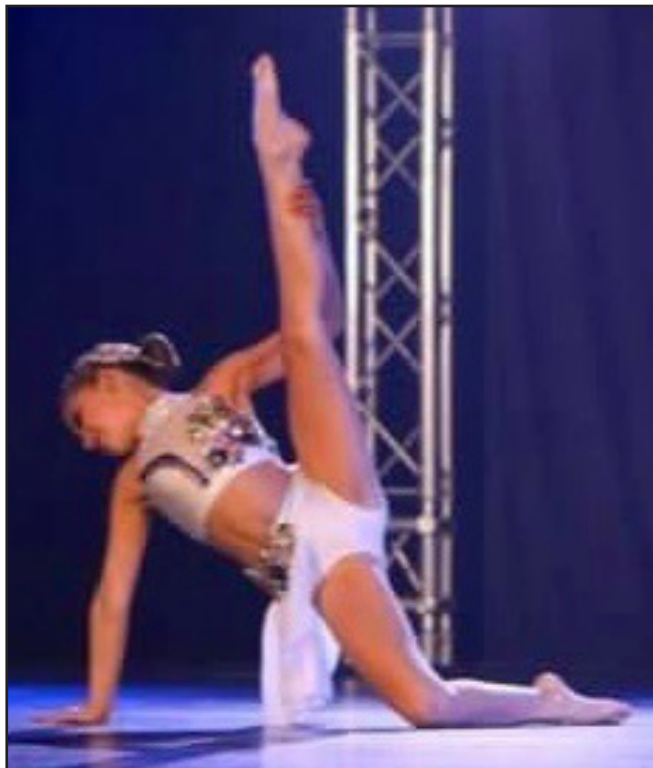
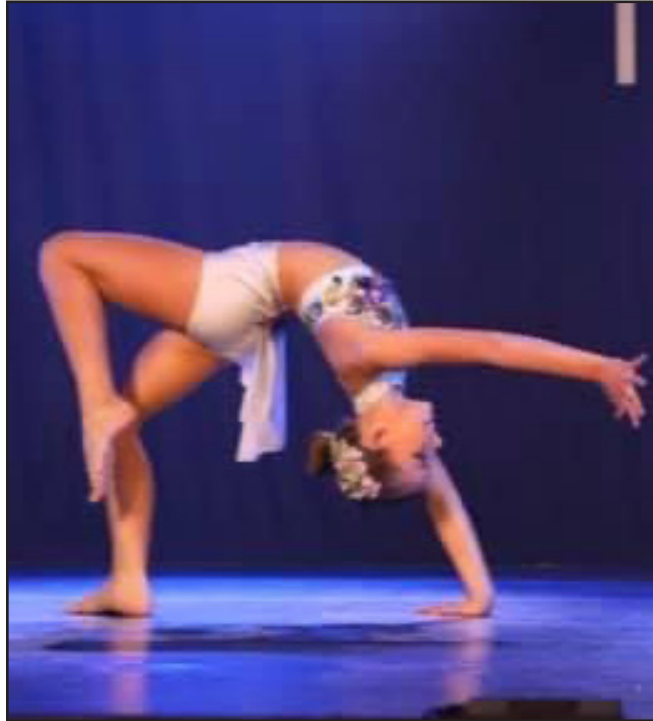
Dance is my passion. It brings me such joy. I train with YYC Dance Project in Calgary, Alberta. I love all types of dance and train in all of them but my favorites are jazz, hip hop and musical theatre! I love being on the stage and going to dance conventions and learning from so many teachers. Covid has been hard this year because we don't get to be with our friends, travel and perform but I am trying to use the time to learn from as many teachers from around the country as I can. My dream is to one day be on Broadway! Keep Dancing



Madison is seven years old and has been dancing since the age of two in a studio. She began her passion for dance with ballet and fell in love with acro once given a chance to try it. Her passion for dance is not limited to just acro. She also loves ballet, lyrical, and jazz. Madison is a competition dancer for Allison's Dance Company out of Benton, Pennsylvania. Madison loves to compete and be on stage. She is at her happiest when performing in front of a crowd. Madison has competed in many competitions including Starquest, ID Dance Competition, Dancers Inc., and Groove Dance Competition where she has earned many medals and

trophies. She absolutely loves getting on stage for awards at the end with her dance sisters. Madison wants to be a dance instructor and own a dance studio of her own so she can teach children to dance with the same passion her instructors give her. She wants to give a special thanks to Mr. Rich, Miss Allison, Miss Liz, and Miss Ashley for all the time and effort they put into making her into the dancer she has become.

Photos Credits: Red outfits - Crissy Bogdanowicz Purple Competition Picture Starquest Competition Photographer



Madonna Peterson is a ten year old honor roll student with a passion for dance. Madonna enjoys all genres of dance but especially pushing her strength and abilities in modern and getting funky in hip hop. Madonna has been dancing since she was three years old. She loves her Priscilla and Dana's dance family and is continually inspired by her instructors there. She has had the honor, and is very proud to be apart of nationally ranked dance routines and is looking forward to competing this year. Madonna hopes to take the field as a Golden Girl at the University of Missouri and one day dance on Broadway!



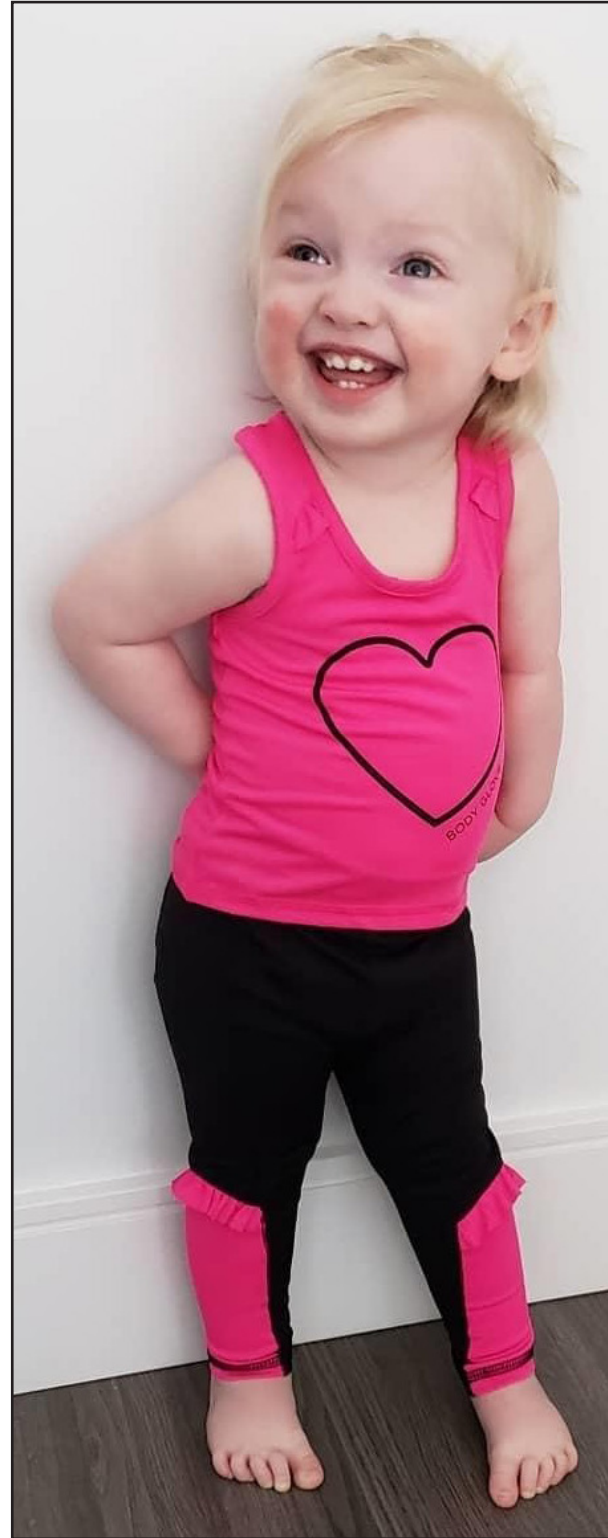
Mikaela Zarsky is fifteen years old and began dancing at the age of three through Riverbend Dance Academy, a local Edmonton studio that has been forced to close to due COVID. Later, she transitioned to Dance Unlimited where she was able to win various titles, such as Face of Fever 2018, Fever Powerhouse Soloist, and Phoenix Teen Pit Title Winner. In 2017, Mikaela had the opportunity to participate in the Royal Winnipeg Ballet Professional Summer Intensive. Additionally, she has attended various conventions including The Dance Awards, Nuvo, Jump, and The Protege Movement, and assisted Pure Dance in 2019. She has also been accepted into the Joffrey Ballet School Trainee Programs for both Ballet and Jazz/Contemporary. In order to pursue a higher level of dance training, she moved to Calgary

in 2019 at fourteen years old, and is currently training with the Alberta Ballet School Professional Division and YYC Dance Project. This has given her the opportunity to work with some of the biggest choreographers in the dance community, including Travis Wall, Teddy Forance, Chantel Aguirre, Michelle Dawley and Stacey Tookey. Mikaela is hoping to be a professional dancer in the commercial dance industry and aims to further her dance education in the near future at a dance institution, such as the USC Gloria Kaufman School of Dance.

Photographer Amy Gardner and Jenna Maslechko (Jayna Photography)

Molly is 9 years old. She is a Troupe Dancer for Origins Dance Academy. She has been dancing since age 3 and has been competing since age 7. When Molly puts her mind to something she won't stop until she achieves it! She is a straight A student who also loves to learn piano and draw. Her favorite types of dance are Jazz, Lyrical and Tap. Her favorite part of dance is being a part of a dance team and being able to dance with friends everyday!





Olena is 2 years old and has been dancing since she was 1 year old. She started dancing with older children and she couldn't even walk. She went every week and did her best. Eventually, by looking at other dancers and her teachers, she took her first steps. Now, at 2 years old she can jump, walk tippy toe and march across the room. Olena's personality shines through in her smile and her love for dancing. She is excited for every class and never wants to leave.

Olena is constantly "practicing" her dancing techniques at home by jumping through holla hops and practicing her turns with her tut tut on. She even has her dad point his toe during gallops!

Olena's love for dance is all in her smile. From the minute she gets to the studio she cannot wait to practice. And isn't that what dance is all about?! She has such confidence in herself, and isn't afraid to try new things.



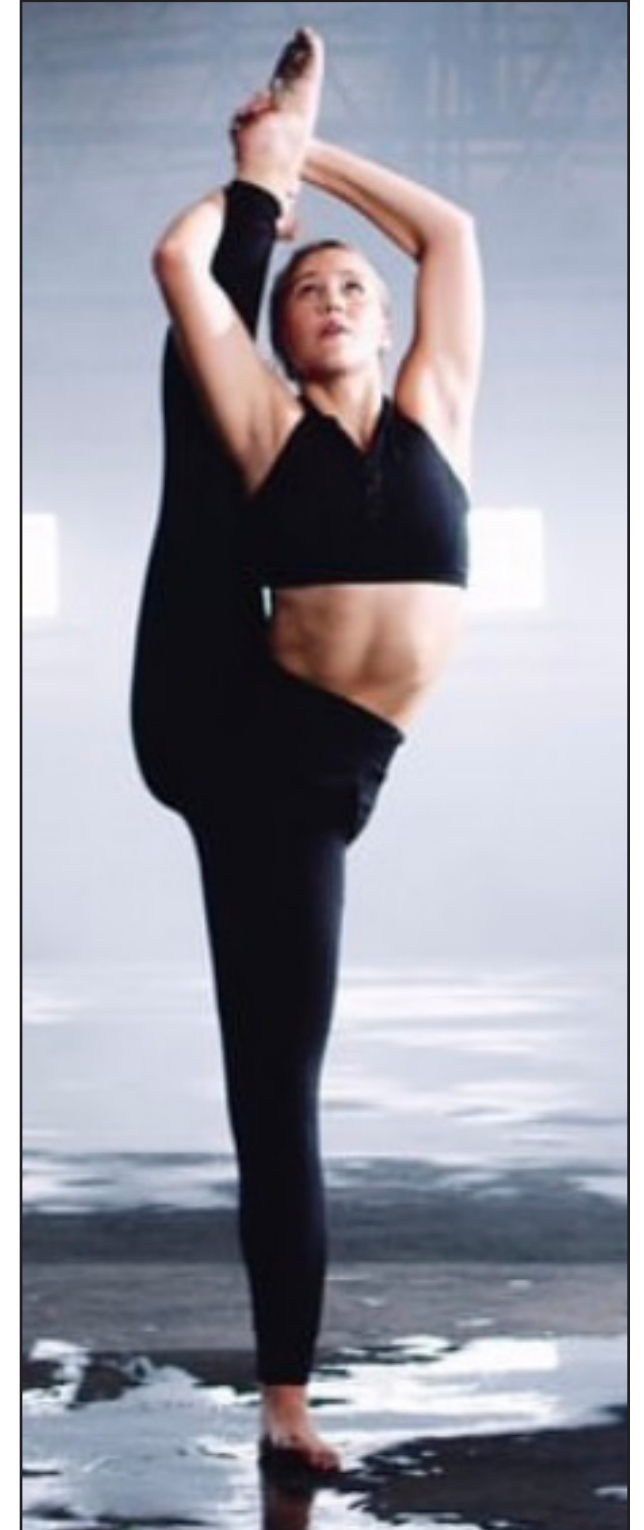
Olivia Schmiedeke



Olivia has been dancing since she was 2 years old at Ms Lisa's Dance. She is not just a dancer from my studio but also my daughter. If I had to describe Olivia I would say she is a quirky, happy fun loving dancer. She has a true passion for dance and loves children. Olivia has taken dance classes in all styles, from classical ballet to hip hop, but I would say her favorite is lyrical. Olivia is a huge role model at my studio for all the younger dancers.

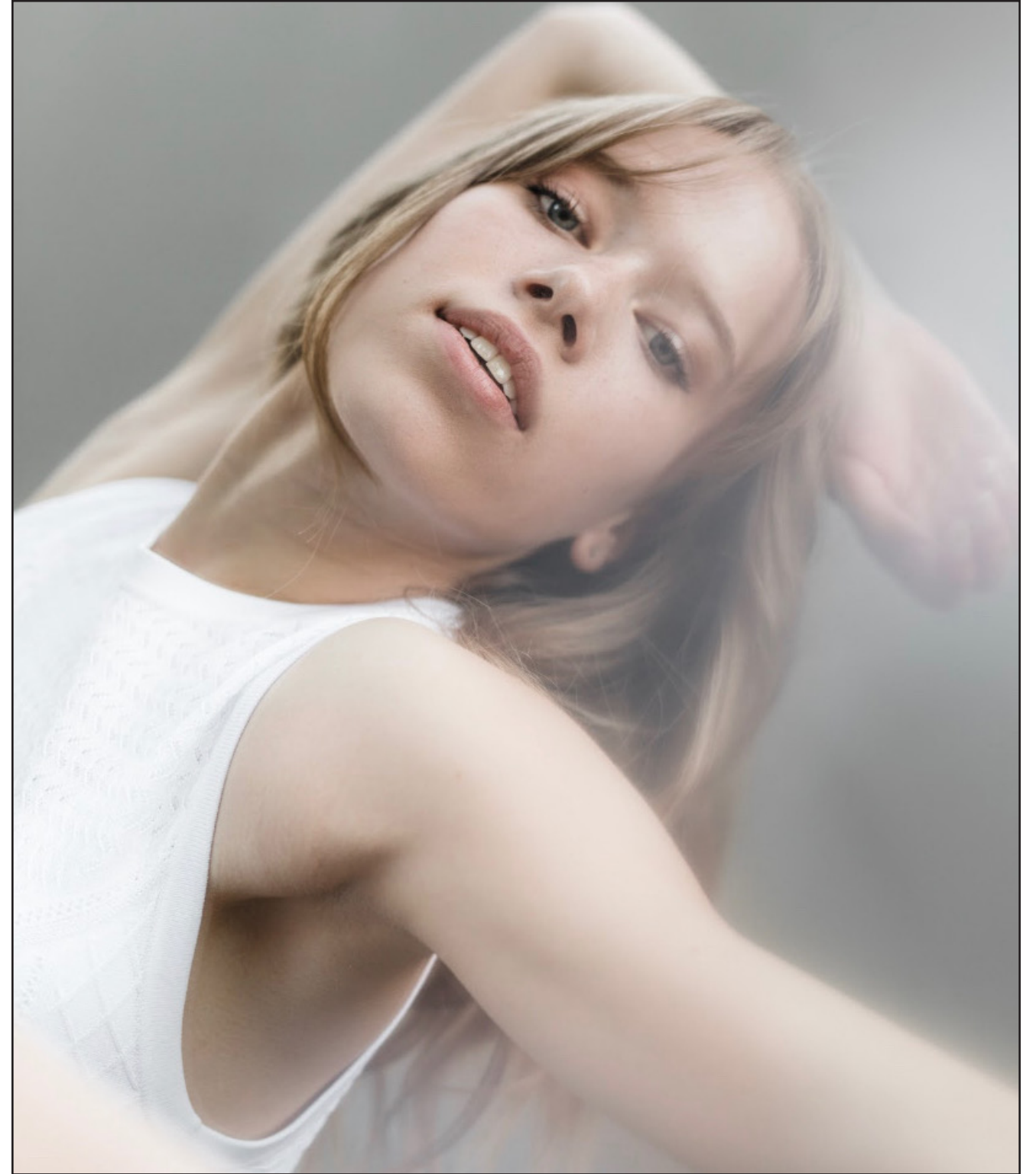
She has competed since she was in 3rd grade and at the beginning of her Senior Year she said, "I really don't care about a trophy anymore, I want to perform and make people happy". Olivia has danced in New York for summer workshops and she was featured in a commercial for dance. She has won numerous first place awards at competitions and has attended conventions every year. Olivia recently auditioned for Americas Got Talent and they

accepted her video. She should find out in a month if she made it to the next round. She has been dancing in a company this semester, babysitting a little girl and she does dance privates at my studio. January she will be attending University of South Florida for dance and business. I think her plan is to own her own studio one day or take over mine.





Robyn is a fifteen year old dancer living in Calgary, AB. She is in her fourth year in the Alberta Ballet School's professional division where she takes both her artistic and academic classes. She also trains with YYC Dance Project, an elite dance team that is partnered with the Alberta Ballet School. Last February, Robyn competed in the Youth American Grand Prix (YAGP) in Las Vegas and received second place in both the classical and contemporary categories and was invited to the finals held in New York City. She has also won "Breakout Artist" at numerous international dance conventions. Alongside her dancing, Robyn has a passion for theatre and has performed with Theatre Calgary in Billy Elliot the Musical and in The Shakespeare Company's The Tempest. Robyn aspires to be a successful professional dancer and trains up to 36 hours a week in order to reach this goal.





Sarah started dance at the age of 3 at a small local studio. At the time, neither she nor her parents had any idea that dance would become such a big passion for her.

The turning point in becoming more serious about dance was watching a live performance on the Nutcracker. She was in love with Ballet from the very first scene! That led to a switch to a serious ballet school where she worked hard on her technique. While there, she participated in three annual productions of the Nutcracker. As much as Sarah loved Ballet, she also loved Jazz and Contemporary, but studying those

disciplines more seriously required moving studios. As luck would have it, YYC Dance Project was holding auditions that year and at the age of 11, Sarah became a member of this highly sought after team. YYC Dance Project requires a lot of hard work and commitment but the opportunities offered are endless. Her favourite things about dancing with YYC Dance Project are her teammates and teachers as well as travel to conventions and competitions where she gets a chance to learn from world famous choreographers. Sarah's dream is to become a professional dancer and choreographer.

Sia Erter

Dancing has always been an escape for me since a really young age. I have wanted to be a ballet dancer since the age of two. My parents have taken me and my little sister to see the Nutcracker and many other ballets, which has provided a lot of inspiration to be a dancer. I remember loving the way the music moved my body and the only care in the world I had was twirling around. After many ballet lessons, at ten years old, I auditioned for my first Nutcracker. I've played many different roles participating in the Nutcracker ballet every year. I not only fell in love with the magical music, but of the fairytale role, "Clara". After all, she gets to dance with the Nutcracker Prince and journey to Land of Sweets! I worked hard every year in hopes of earning the role of Clara. And, it finally happened!

This year was my sixth Nutcracker audition. I was beaming in delight when my mom told me I got the role of Clara. It was a dream come true. This was certainly not going to be the traditional Nutcracker, since I could not be expressive with my face while wearing a mask. COVID definitely posed a challenge to me as a dancer, but it taught me a lot about being creative and bonded me to the other dancers in this unique experience.

We were lucky that our ballet company, City Ballet of Cleveland, had a live show just for parents as well as an online streamed show for family and friends to experience the magic. Dancing during COVID has taught me a lot about how to perform with your body. Through this experience, I have grown into a better dancer and it's given me more of a drive and passion for ballet. The last balance or pirouette I take on stage makes me feel the most alive. The lightness of being on my toes and finishing a difficult sequence is a satisfying experience. I've learned a lot through the pain and the tireless rehearsals that often make me want to just collapse. My love of dance and my dance company is what keeps me going.

As I took my final bows as Clara, I was literally breathless. The only thing that mattered was that I was standing on that stage dressed in the Clara night gown and pink mask looking out into the small, appreciative audience.

I have learned as a dancer that it doesn't matter how many pirouettes you can do or how long you can hold a balance,

if you don't have a passion for dance, then it's all for nothing. Ballet is a rewarding art form that lets you tell a story. What makes a ballet come alive is the story told in the dancer's movements. A quick glissade can show you are telling a happy story or a slow développ  can show you are telling a sad, romantic story. Your movements and artistry are what make you an incredible dancer.

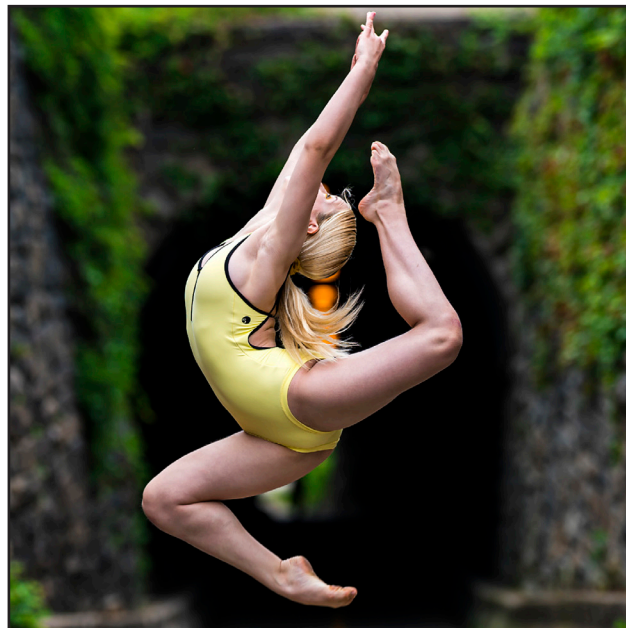
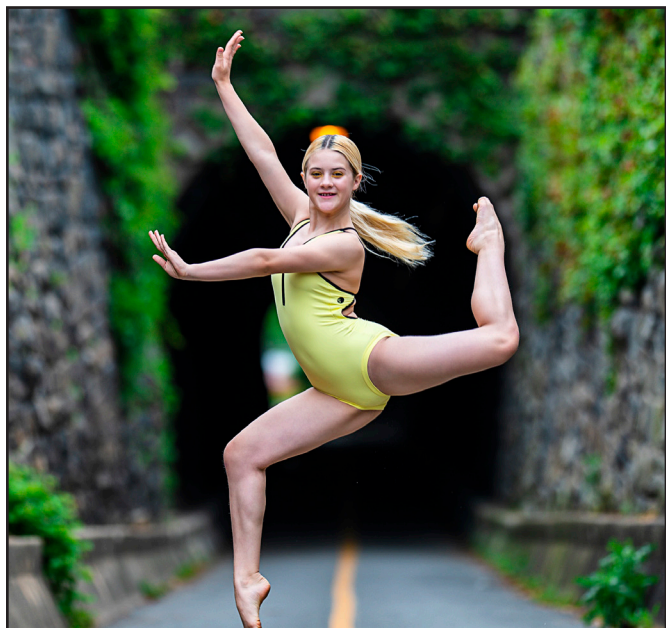
I hope to continue my dance education and very grateful for all the teachers and fellow dancers that have inspired me over the years. My motto in life is... "Just keep on dancing"!





Sophia started dancing at the age of 3. She started off with hip-hop, ballet & jazz all combined into one class. The love she had for dance started since she was able to walk. In September, Sophia joined a new dance studio and has been a full time hip hop dancer. She's constantly practicing at home, teaching her younger brother all the awesome moves. Over the last 2 years she has come so far. Her confidence level has gone up and she works so hard to do what she loves. There has been days where she gets hard on herself when she can't do a certain move, but letting her know that if she continues to practice she will be able to ace it. We are so proud of everything she has accomplished and can't wait to see what the future holds for her.





Sophia Rozdilsky is part of the dynamic sister dancing duo and internet influencer team gymnasticsnomads. She was born in Bangkok, Thailand and is 11 years old. Sophia speaks French fluently. She has lived in many countries around the world such as Vietnam, Thailand, China, Eritrea, England, Nepal, Algeria, and Mongolia. She dances at Chris Collins Dance Studio in Alexandria, VA and the Royal Ballet School of Mongolia in Ulaanbaatar, Mongolia where she currently lives. Her favorite dance styles are contemporary and ballet. Sophia loves making tiktok videos on her tiktok account @gymnasticsnomads where she has over 30K followers.

Photocredit Allie Day Photography



Sophie has been dancing for 10 years, since the age of 3. From her very first recital, she was hooked. Starting off with ballet basics, she added jazz, followed by tap, lyrical, contemporary, acro and hip hop. Sophie has won awards such as Excellence in Dance, Excellence in Ballet and Excellence in Jazz at her studios. She recently completed her first RAD exam

(Intermediate Foundation) with merit, and grade 4 Acrobatic Arts exam with distinction. She had a fantastic time 2 years running with Alberta Ballet performing in their Christmas performance of the Nutcracker. In 2018 and 2019 she travelled to L.A. and attended MSA Talent Agency's summer intensive dance camps. She has also enjoyed numerous local dance conventions and

dance intensives. Sophie has also volunteered as a teacher's assistant for the younger dancers at her studio, and danced for patients at our local hospital as well as Senior's Homes in the city. Sophie's strong passion for dance has driven her to work hard to achieve her goal of being the best dancer she can be.





My name is Tristen Toronchuk. I am 14 years old. Dance is honestly a part of me, it isn't like an activity that I just do on the side. It is something that I have dedicated my life to and I wouldn't have it any other way. I have been dancing for twelve years which seems like a really long time but it's hard to believe it has even been that long. I remember when I was younger looking up to all these amazing dancers hoping I would get the chance to meet them and now here we are and I have had the chance to take classes from many of these dancers.

It is my fourth year dancing at YYC Dance Project and I am so thankful for all they have done for me. All of

the training and opportunities that they have provided me with have really shaped me into the dancer I am today. It has also helped prepare me for the professional world. I am so grateful for all the memories I have made with my team, some of my favorite memories are definitely on our team trips to competitions in the United States. It is always so much fun to be able to take classes from amazing choreographers and to compete all of our routines.

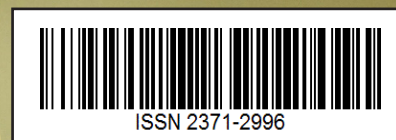
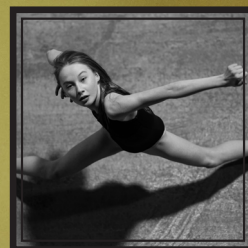
When I was 11 I had the opportunity to perform in Alberta Ballet's Cinderella which was a dream come true. I remember dancing on the stage of the Jubilee Auditorium and thinking wow this is what I want to

do for the rest of my life. Since then my main goal is to perform. I want to show others this beautiful artform I love so much. Dance is my outlet and it is the one place where I can just let out all my emotions whether they are good or bad and then create movement. Like I mentioned earlier, I aspire to be a professional dancer in the future. I really just want to perform for others to make them feel something, and to inspire others like others have inspired me. I am so thankful to everyone that I have encountered so far that have helped me grow into the person and dancer that I am today, and I am excited to see what life brings next.

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Tristen Toronchuk



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