Dear Lindbjerg Students and Parents,

Welcome to Ballet Technique and/or Lyrical. This year, I will be teaching Ballet Technique 1 and 3 and Lyrical 1 and will also assist with the Broadway Juniors. I am very excited to begin teaching as I have a lot of great ideas and I will be able to explore many of them with such a talented group of students. I began dance after years of musical theatre and it has been such a benefit to my career and me. I only wish that a program such as this existed when I was training. I began with Lindbjerg at the age of 7 and continued performing with the academy until high school.

Dress attire for Lyrical 1-3 and Ballet Technique 1 and 2: leotard and tights is the preferred attire however jazz pants are acceptable for the first few lessons.

For the Ballet Technique 3 class, warm ups (leg warmers, tight fitting cardigans/shorts, etc.) can be worn throughout class. Leotard and tights are recommended but a little fun with colour choice is allowed. I consider you pre-professional at this level and expect that you know what you need to wear to get the most out of class. This rule stands until I am given reason to treat you otherwise (example: if my more relaxed dress code is abused).

My goals this year is to increase your strength and basic technique so that you are confident for any dance call. Ballet will help will help with control, core strength, flexibility, articulation of the feet and provide you with a lovely quality in your upper body. I hope to also introduce you to the basics of contemporary dance and male/female partnering. Please feel free to approach me or email me with any questions or concerns you may have. I am looking forward to a fantastic year.

Thank-you,

Brett
btrach15@hotmail.com

Brett Trach - Bio

Brett's love of musical theatre lead him into his first ballet class at the age of 16, where he equally became as passionate for the art form of dance. In 2008 he travelled to Michigan on full scholarship for the Joffrey Midwest Summer Intensive, where he was able to greatly improve his technique and partnering skills. One of his favourite dance credits includes dancing in New York with the Joffrey Ballet School as part of a studio exchange between the school and the Arts Umbrella Dance Company (of which he was a member for the 2007-2008 season). In 2008-2009, he apprenticed with the contemporary ballet company MOVE as well as being a member of the Source Dance Co, where he was able to focus on his jazz and hip hop training. Brett can be seen as a top 40 contestant in the CBC reality television show "Triple Sensation," on which he sang, danced, and acted for a world-renowned panel of judges.

He is currently dancing and performing independently in Vancouver and is excited to be back at Lindbjerg where his passion first began. He began with Lindbjerg at the age of 7 and fell in love with being on stage. At 16, he realised that his weakness in the area of dance would hinder him in getting roles. Since enrolling in dance he has received scholarships to train in Campbell River, Michigan, Florida, Vancouver, and Toronto. It has opened so many doors and will allow him to pursue a much more varied performance career. Beginning dance later in life is a challenge but the rewards are endless and remember to play on the strengths that musical theatre has given you that can be applied in dance: musicality, theatricality, etc.