



KANE  
NELSON



Born and raised in the small town of Breton, Alberta, Kane took his first dancing steps at the age of four in his mother's dance studio. Soon he started training in every style he could; hip hop, various funk styles, tap, contemporary, lyrical, jazz, ballet, and musical theatre. He spent years training, attending workshops across Canada, and was awarded scholarships to further his craft. During these years, Kane also pursued acting and at the young age of 12, he performed in The Citadel Theatre's productions of Peter Pan and Oliver- his first dive into professional work. After exploring his craft in Edmonton and Los Angeles, he settled in Vancouver where he currently resides.

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Kane was a two season recurring character in the Golden Globe and Emmy award winning television musical series, Zoey's Extraordinary Playlist, as well as the Christmas special Zoey's Extraordinary Christmas, choreographed by Mandy Moore. He also recurred as a dancer on the Paramount+ musical series Grease: Rise of the Pink Ladies, choreographed by Jamal Sims. He had the unbelievable experience of being chosen to dance on stage with Janet Jackson during her Unbreakable world tour, a career highlight. Kane has worked with numerous world renowned choreographers such as Kenny Ortega, Luther Brown, Christopher Scott, Gil Duldulao, Jillian Meyers, Tony Testa, John Carrafa, Paul Becker, Jeff Mortensen, Louise Hradsky, Kelly Konno and many more. Other credits include Tron 3, Descendants 2 and 3, Freaky Friday (Disney), Riverdale, Star Trek:Beyond, The Flash, DC's Legends of Tomorrow (CW), Julie and the Phantoms (Netflix), Once Upon A Time (ABC), and a supporting role in Center Stage: On Pointe (Lifetime Television).

Kane is an active member of the UBCP/ACTRA Dance Committee, where they continue to push for the rights of dancers and choreographers to help each individual artist strive to achieve their goals in the film and television industry.

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HANNAH  
MAE  
CRUDDAS



A native of Dartmouth, Nova Scotia, Hannah Mae completed much of her training at the Maritime Conservatory of Performing Arts School of Dance, and the Leica Hardy School of Dance, before joining Canada's National Ballet School in high school. While training, she was fortunate to receive various awards and scholarships, many of which were through the Nova Scotia Talent Trust.

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Hannah Mae is currently in her 13th season with Ballet Jörgen and has danced in many of Jörgen's works including Anastasia and Coppélia (in the title roles), Romeo and Juliet (Juliet, Lady Capulet), Swan Lake (Pas de Trois), Cinderella (Stepsister), and created the role of the Lilac Fairy in Jörgen's Sleeping Beauty. In 2019, the title role of Anne of Green Gables – The Ballet® was created for Hannah Mae by Bengt Jörgen, C.M..

Hannah Mae has taught for Ballet Jörgen, Mocean Dance, DAREarts, and numerous dance schools across North and South America. She also acts as an ambassador of community engagement for Ballet Jörgen and Jörgen Dance's Virtual Dance Studio, and has run outreach programs for the Art Gallery of Ontario, Sick Kids, St. Michael's Hospital, and more. Hannah Mae is eternally grateful to all the teachers and coaches, past and present, who have helped to shape her dancing life.

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JAY T  
SCHRAMMEK



Jay T is a Dora Mavor Moore nominated performer, educator and adjudicator. His teaching career spans Canada's most prestigious post-secondary arts institutions and dozens of dance studios. A graduate of Ryerson University's Dance Program, he has been a faculty member at Randolph College, George Brown College & Saint Lawrence College and a guest instructor at Sheridan College, Canada's National Ballet School, Etobicoke School of the Arts, Eastern Arkansas Ballet, Duboforce Mexico. He is the Tap Director at Dimensions in Dance and a choreographer for World Performers Canada.

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He has performed in theatres around the globe and on Broadway tours for Stratford Festival, Mirvish Productions, Drayton, Stage West, Charlottetown and dozens more. Some of his favourite roles include Cosmo in Singin' in the Rain, Lumiere in Beauty & the Beast, Bobby in Crazy for You, Skimbleshanks in Cats, Pepper in Mamma Mia, Nana in Peter Pan.

An accomplished VoiceOver & TV actor, he is the voice of Platy on Arthur, Mr Security on Inspector Gadget, Tad on Totally Spies, Felix on Trucktown, Databot/Buildbot/Garbagebot on Space Ranger Roger, Blinky on Willa's Wildlife, Hadyn on Dark Sector and Gavin on the animated feature Gracie & Pedro. You may have seen him on Handmaid's Tale (Netflix), Mayday (Discovery), Lost Girl (Showcase), Getting Along Famously (CBC), Queer As Folk (Showtime).

Jay T is one of North America's most prolific talent adjudicators having judged over 300 events around the globe. He is a member and content contributor for 3 adjudication certification programs including the Professional Adjudicators Alliance, Certified Dance Adjudicator & Acro Dance Adjudicator.

He is the owner of Tap Shoes Canada and is the exclusive Canadian & Global Distributor of Miller & Ben Tap Shoes. Jay is the Host/Owner of Dance Attack Competition and the Director of Programming/Owner of the Toronto Dance Teacher Expo - the largest dance teacher conference in Canada. He is the CoFounder of Dance PossAbilities - A pedagogical certification focused on inclusive and accessible practices for students of all abilities.

@jaytschramek  
@TapShoesCanada

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LAUREN  
RITCHIE



Lauren Ritchie (MEd, BA, ESFCC) is an established mental skills educator, dance teacher, and choreographer. Her areas of interest and expertise include sports and performance mental training, as well as the intersection of well-being and mindfulness.

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Her work has led to the creation of international teacher training programs, dance and sport conventions, the pioneering show The Dance Podcast, and mental performance-based curriculums for dancers, athletes, and coaches. Lauren's proficiency in performance preparation and enhancement has led to supporting youth and professionals in dance, theatre, hockey, music, gymnastics, volleyball, and soccer.

Lauren has been a featured speaker for the Women In Sport Speaker Series, the Female Sport Summit, Alberta Dance Alliance, Dance Studio Owners Association, House of Jazz (London), and the Toronto Dance Teacher Expo. She has delivered workshops to prestigious schools and programs like Harbour Dance Centre, the Alberta Ballet School, the Dancer Transition Resource Centre, Capilano University, the University of Calgary, and The Bridge Movement.

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KAREN  
SUDDS



With over 30 years of experience in both the pedagogical and artistic performance aspects of dance, Karen is recognized as an accomplished dance educator, founder, and director of Crossings Dance School, Director Emeritus of Corps Bara Dance Theatre, and advocate for the integration of dance science research and practice in the dance studio.

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Karen holds an MSc in Dance Science from the University of Wolverhampton, her Level 1 C-I Training Certification, Pilates Core Integration Mat Certification, Pilates Method Alliance Certification for Programming Pilates for Youth, and Level 1 Dance Teacher and Practitioner Training with Perfect Form Physiotherapy. Karen has been a presenter at the Performing Arts and Medicine Association (2017), International Association of Dance Medicine and Science (2018, 2019, 2020iconference), and Healthy Dancer Canada (2018). In addition to pursuing a passion for continual learning, Karen has been a guest lecturer at the University of Calgary (Dance Pedagogy and Dance Science) along with presenting her research as part of the Faculty of Kinesiology 'Research Rounds'.

Karen is Past-Co-President of Healthy Dancer Canada and continues developing key partnerships with practitioners, researchers, and dance educators to create awareness and foster the growth of healthy dance practice within the local dance studio.

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AINSLEY  
SUDDS



From Calgary, Canada, Ainsley holds an Masters of Dance Technique Pedagogy from Middlesex University, London England – in which her research focused on Ballet & Modern Dance Training for Adolescent Dancers. As well, Ainsley holds a BA in Contemporary Dance from the University of Calgary.

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Ainsley is both the Studio Director and a Dance Instructor at Crossings Dance, is on Faculty at the Alberta Ballet School, and guest teaches throughout the Calgary dance community. She is also the Event Producer for Project Dance Calgary and on staff with Project Dance NYC.

Having studied the classic modern dance technique, Limón, extensively through completing the Limon Institute of New York Professional Studies Program and both Level One and Advanced Level of the Limon Workshop for Teachers, Ainsley's teaching is greatly influenced by the principles and philosophies of this technique.

Ainsley is passionate about mentorship and as a strong believer of the potential of the human body as an instrument to express and communicate through movement, Ainsley approaches dance holistically, believing that all aspects of dance training and performance are interwoven physical, mental, emotional, and spiritual experiences.

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LOREL  
LEAL



Lorel, a mama, a wife and a very well rounded musician and accompanist with a Bachelor's degree in Performing has been seen performing in Amsterdam Netherlands, Disneyland, Seattle, Chicago, Vancouver and more. She has accompanied ballet classes for The Troks, Complexions, Ballet Hispanico, Royal Winnipeg Ballet Company, Alberta Ballet Company and more! A director from NY was in YYC at one point and after working with Lorel said this, "you could move to NY today and have work immediately. You're excellent!"

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While constantly in demand as a pianist and accompanist, Lorel also spends time preparing the next generation by teaching piano on the side to 11 piano students and teaching music to ballet teachers through her online business, The Barre Pianist.

Globally well received, embraced and enjoyed, The Official Music Training Course for Ballet Teachers (The OMTC) is The Barre Pianist's signature online course and has been available since September of 2019. With the 5 year anniversary of The OMTC coming up, the future is bright and the journey exciting!



IRENE  
WIDDUP



Miss Irene is the owner and artistic director of Footworks Dance Academy. With 35+ years of teaching and choreography experience, a Teaching Certificate from the Royal Academy of Dance, Bachelor of Education Degree with Honors, a Member of the International Academy of Dance Adjudicators and the President Alberta Dance Educators Association and 48 years of dance training, Miss Irene comes highly qualified.

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She is also fully certified in Acrobatic Arts, the Progressive Ballet Training method, Spectacle Blue Aerial Arts in Hoop, Trapeze and Silks as well as Al Gilbert and ADAPT and teaches all forms of dance including Ballet, Tap, Jazz, Lyrical, Contemporary, Hip Hop and Musical Theatre. She makes sure to keep updated with the latest in dance by attending various dance conventions and master classes in New York, Los Angeles, Las Vegas, Vancouver, Phoenix, and even here in Alberta. She has published her Student Teaching Education Program (S.T.E.P.) specifically for dance teaching preparation and has presented the program to various schools abroad. She is specialized in Preschool Training as well as classroom lesson development and has trained many young teachers in the art of teaching and has presented her unique and progressive teaching methods at various teacher conventions across Canada. She has been a teaching mentor for the R.A.D. with the Certified Ballet Teaching Studies Program. She has owned her own business for 30+ years and has shared her business skills at various conventions including marketing techniques and customer service relations. She is very enthusiastic and passionate about the dance industry and she looks forward to passing on her knowledge and vast experience to teachers of all ages and experiences. Sharing is the key to becoming an exceptional teacher and business owner!

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MARIE  
CASEY



In 1996 Marie was diagnosed with Multiple Sclerosis. After struggling for a couple years her neurologist recommended, she give yoga a try. In 2000 Marie stepped into her first yoga class and feel in love immediately. 2004 she completed her Hatha Yoga Apprenticeship Certification under the direction of Gerda Krebs. Then in 2005 Marie completed her 96-hour teachers advancing certification with Friedel Khattab followed by in 2006 her Okido and Ashtanga yoga certifications.

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In 2007 she decided to take her International Teachers Certification, a year's long course but worth every minute. Since teaching classes Marie continues to study from different yoga teachers while learning different styles, Bikram and Moksha are among the many. Most recently she completed her Realignment Yoga Training.

What has stayed true and most important to Marie thru out her certifications and training is Yoga is about health and wellness, keep the body moving! It is not about the difficulty of the asana's but most important to keep the body aligned while moving so we can all age gracefully.

“Always be thankful for the movement you have today, and your body will do a little more for you next time”

Namaste

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# KEANNA KENDRICK



Keanna comes well trained as a dancer and educator of dance in Ballet, Jazz, Tap, Musical Theater, Hip Hop, Lyrical, and Contemporary. She has also traveled the world performing at various resorts in the Dominican and Mexico as well as Disneyland. As a choreographer her pieces have been recognized and awarded many times over and many of her students have been awarded recognition and have moved on to professional careers in the dance industry.

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At present Miss Keanna, as her students call her, has focused on the art of teaching dance as that is where her true passion resides. Her enthusiastic, passionate and energetic teaching style leaves her students always wanting more. She is adored by her students and her genuine kindness, love and attention to her students encourages them to perform their best.

Keanna has had the privilege of meeting and networking with master artists and dance educators from all over the world and always enjoys sharing teaching strategies and techniques with her colleagues. She has also been a member of the Alberta Dance Educators Association for over 10 years and has always enjoyed collaborating and assisting with various education projects and clinics. Her Teaching Certification in the A.D.A.P.T Teacher Training Program, training in the RAD Ballet syllabus, PBT Certification, along with her Acrobatic Arts & Spectacle Blue Aerial Arts Certification as well as her degree in Early Childhood Education and have led her to develop her own unique way in reaching out to students to help them to achieve their best self. Her focus on developing students from the inside out and helping them to build confidence, positive attitude, team spirit, leadership skills and self love is the foundation of her dance classes along with technical training, and of course fun, laughter and smiles!

Keanna resides in Alberta and when she is not teaching she enjoys hiking and camping in the beautiful Rocky Mountains!

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