



Welcome to Lafayette Dance Intensive 2026!

General Information

July 6-10 Ballet, Conditioning and Strengthening

10:00-1:00 Apprentice, Junior and Senior levels

Faculty - Brandon Penn, Alex Gonzaga, Elizabeth Labovitz and Atlanta Dance Medicine (DPT)

July 20-24 Jazz and Contemporary Modern

10:00-1:00 Apprentice, Junior and Senior levels

2:00-3:15 Optional (free) Ballet for Jr/Sr Company Audition Prep w/ Miss Amy (Tu/Thu)

Faculty - Kristin Foister, Beau Foister

*** See last page for Bios of our wonderful guest faculty**

- Studios will open each day at 9:30 for intensive dancers.
- All dancers should be in their assigned studios no later than 9:50 for prep and stretching.
- If you need to pay a balance on your dancer's intensive tuition, you may pay in person at the LSPA office or call to use a card on file or give a credit card number over the phone..... 706-882-9909. All parents who volunteered for the dance guild will receive a partial scholarship for their dancer if she is attending both weeks of intensive. If you have any questions feel free to email me or call/text 678-468-9092
- Parents may observe classes during ballet week...just let Miss Amy know when you'd like to stop in so she can let you in the door; an informal demonstration will take place during Jazz/Contemporary week on Friday, July 24 at 12:00

What to Wear/Bring:

Ballet - Any colored leotard, Pink Tights, Ballet shoes, Pointe shoes (if on pointe).

Jazz and Contemporary- May wear usual leotards and tights with or without jazz shorts Or

form fitting top and leggings (NO Mid-drift tops), Jazz shoes or ballet shoes, contemporary shoes if desired

- Refillable Water Bottle

- Small, quick consume snacks and sports drinks if desired

- Additional items needed for a long active day such as deodorant, change of tights/leotard, cover ups, toe tape, bandaids, etc.

Hair should be up in a bun and NO jewelry please except stud earrings if desired. Cell

phones will be put away in bags during class times so that dancers can fully focus and

enjoy their experience. Miss Amy will be available by cell should parents need to leave a message for their dancer during class time. If you call and Miss Amy is observing classes, please leave a message and she will step out of the classroom to return your call if needed.

Amy 678-468-9092

Although all dancers should bring refillable water bottles, if parents might like to bring a case of water, dancers would appreciate the convenience of bottled water for refills. We also have a filtered water bottle filler available.

Lafayette Ballet Company Junior and Senior Company Audition

Saturday July 25 10:00-12:00

* Dancers auditioning for Junior and Senior Company must have a minimum of 1 year on pointe.

* Studio will open at 9:30 for dancers to warm up and prepare

* Dancers should wear black leotard, pink tights with no runs, ballet shoes with no holes and pointe shoes

* Hair should be up in slick bun and no jewelry except stud earrings if desired

* Guest Judges will evaluate technique, performance quality, appearance and most appropriate

2026-27 training level for each dancer. Work during the summer maintenance classes and intensives will also be included in the assessment.

Audition format is a traditional ballet class taught by Miss Amy

* If dancers are unable to attend audition, they will be evaluated by faculty during the first month of fall classes

* Please contact Miss Amy if you have any questions

Looking forward to an amazing intensive and audition experience for all!

Miss Amy

Lafayette Dance Intensive Faculty

Alex Gonzaga grew up in Rio, Brazil, and started dancing at the age of 9 after following his sister into the dance world. At the age of 15, Alex moved to the US to pursue his dream of becoming a ballet dancer. He has danced professionally with Atlanta Ballet and Terminus Modern Ballet Theatre and has had the opportunity to guest with many wonderful companies. He has danced with world-renowned dancers and choreographers, for which he is forever grateful.

After a serious ankle sprain, Alex decided to follow his fitness passion and help other dancers in their journey to their peak performance and a healthy career. "Implementing cross-training and injury prevention into my dancing has changed the way I dance immensely. I have never felt so strong and capable of pushing my limits. Dancers have incredible mental

fortitude, and that inspires me....that's why I decided to create Proteus Fitness: to help dancers work with their body and not against it."

Brandon Penn was born and raised in Richmond, VA and began his dance training at the Pine Camp Cultural Arts Center at the age of 10. There, he studied with Annette Holt, Rodney Williams, and Willie Hinton, learning a variety of styles. He later enrolled in the School of Richmond Ballet, where he studied under Igor Antanov, Malcolm Burn, and others.

After spending three years at the Richmond Ballet, Mr. Penn was accepted as a trainee at the company while completing his senior year. After graduating, Brandon spent one year at the State University of New York (SUNY) at Purchase College Conservatory for Dance, studying under Larry Clark, Taryn Russell, Ted Kivitt, and others. After spending a year at SUNY, Penn was offered a position with Atlanta Ballet 2.

After two years there, Brandon was offered a company position with the Columbia City Ballet. Later, after much experience and repertory under his belt, Brandon accepted a principal contract with the Fort Wayne Ballet, where he just finished his second season. He has since taken up a freelance career and has guested throughout the United States. He would like to immensely thank his family for all their love, support, and words of wisdom.

Elizabeth Labovitz grew up in Holden, Massachusetts and began her dance training at age 5 at Paula Meola Dance and Performing Arts. She attended summer intensives at Cincinnati Ballet and American Ballet Theatre, and in 2020, graduated cum laude from Butler University's Jordan College of the Arts with a B.A. in Dance Pedagogy and a minor in English.

Following graduation, she joined BalletMet's trainee program in Columbus, Ohio, performing in *The Sleeping Beauty*, *Coppélia*, and Balanchine's *Western Symphony*, as well as company roles in *The Nutcracker* (Gerard Charles), *Giselle*, and *Cinderella* (Edwaard Liang). She then danced with Ballet Rhode Island for one season.

Elizabeth joined Terminus Modern Ballet Theatre in 2023 and has since performed in works and worldShe is on faculty at Terminus Ballet School and was recently appointed Rehearsal Director for the Student Company. She is honored to return as a company artist for her third season in 2025/26.

Outside of performance, Elizabeth is passionate about teaching and choreographing. She has been on faculty at several professional company schools and competition studios across the country. Her choreography has received numerous regional and national awards. While on faculty at BalletMet's school, her solo works were performed at the ADC IBC Finals in Florida. Her 2019 piece *When You Whisper My Name*, created for her home studio, was selected for the Boston Contemporary Dance Festival.

Kristin Foister is a respected dancer, choreographer, and teacher with many years of experience. She has danced in several television commercials, industrial shows, theme park performances, and promotional appearances for various artists, under the direction of Emmanuel Lewis. Her unique and diverse choreography ranges from the lighting of the Great Macy's Tree, to the Indiana Pacers Gala held in Indianapolis. She has choreographed shows for Six Flags over Georgia, the opening and half time of the Chick-fil-a Bowl, the premier reveal of Coca-Cola's C2O, fashion shows for Simon Mall Group, as well as being the resident choreographer for Entertainment Design Group of Atlanta for many years. Her choreography and her dancers are always recognized for their pronounced passion and the musicality they give to audiences. She is experienced in teaching dancers from early childhood to professional in the dance styles of Contemporary, Jazz, Hip Hop, and Ballet. She is especially grateful to be able to pass on the "Gift of Dance".

Beau Foister, a native of Georgia has been instructing Jazz, Tap, Lyrical, Ballet, and Children's Hip Hop for many years throughout the nation. He is an experienced adjudicator and master class teacher. His work in jazz has won many awards in the competitive circuit. Mr. Foister has choreographed for The Georgia Ballet, Miss Georgia Scholarship

Pageant, Albany Ballet Theater, Third Edition Color Guard, Stevenson High School Competitive Pom Team, and USA Cheers under the direction of Pamela Antista in which he was an assistant for the Chick-fil-a Bowl. Mr. Foister is a versatile dancer. He has danced in such classics as “The Nutcracker”, “Serenade”, “Where the Wild Things Are”, “Swan Lake”, “West Side Story”, and many more. Mr. Foister also has been a featured dancer in the 20th Anniversary Celebration for Home Depot, as well as The Miss Georgia Pageant, Georgia Ballet and was very proud to have been selected as a dancer for the 1992 Summer Olympic Games in Barcelona, Spain. Mr. Foister always looks forward to educating and inspiring dancers from beginner to professional.

Atlanta Dance Medicine began in 2020 as the partnership between two physical therapists. Recognizing the need for more health and wellness support among the Atlanta dance community, Dr. Mandy Blackmon and Dr. Emma Faulkner founded Atlanta Dance Medicine. Since its formation, ADM has grown into four clinic spaces, built a team of more than ten performing arts specialized physical therapists, and powered the performance of hundreds of dancers and performers. ADM provides Primary Care Physical Therapy, Dancer Wellness, Performance Training, Injury Prevention, Pointe Readiness and enhancement services, on-site services and more.