

BESFI 2023



Dancer
Madeleine
Martufi

VALIA SEISKAYA

Artistic Director

LONG ISLAND'S

Master Summer Workshop

July 10 to August 18

Faculty (dates in residence 2023)

- ❖ AMY RUGGIERO (Jul 10-14) and (Aug 14-18)
- ❖ MARY CARPENTER (Jul 10-14) and (Jul 31-Aug 4)
- ❖ ALEXANDRA BERGMAN (Jul 17-21)
- ❖ ANDREA BERGEMAN-RAK (Jul 17-21)
- ❖ HELENA SGOURAMANI (Jul 24-28) and (Jul 31-Aug 4)
- ❖ RAMONA KELLY (Jul 24-28) and (Aug 14-18)
- ❖ RUSLAN SPRAGUE (Aug 7-11)
- ❖ ALEXIS LUCENA (Aug 7-11)

Classical Ballet Technique, Pointe, Character, Pas de Deux, Turns, Variations, Petite Allegro, Broadway Dance, Contemporary Repertoire, Yoga, Pilates and Grand Allegro

— FSA Child Care Receipts On Request —

2023 Workshop Fee Schedule	Advanced Program	Intermediate Program
Reservation Deposit (Applicable toward tuition)	\$560	\$390
Six Weeks	\$2,300	\$1,815
Five Weeks	\$2,000	\$1,535
Four Weeks	\$1,680	\$1,255
Three Weeks	\$1,360	\$975
Two Weeks	\$990	\$695
One Week	\$560	\$390
Daily	\$125	\$ 90
Single Class	\$ 45	\$ 35

Created in 1981, the BESFI Summer Workshop is designed to provide professional training for serious students of ballet. The Ballet Education and Scholarship Fund, Inc. is a not-for-profit organization, one of whose purposes is to provide the highest quality training at an affordable price. The COVID-19 pandemic continues to impact the Program in 2023. The Program expanded back to six weeks in 2022, however the technique groups remain Advanced and Intermediate. No merit scholarships are available this year. Contributions collected are being used to mitigate the impact of inflation on tuition costs. Two non-competitive male only work-fellowships are being offered again this year.

The 2023 workshop will be held from July 10 through August 18 at the Seiskaya studios located at 7 Flowerfield, Suite 16, St. James, Long Island, New York 11780, (631) 862-6925. Class size is limited. Both large, air-conditioned studios feature resilient composite flooring, mirrors and dressing rooms.

COVID-19 operating guidelines: students and staff do not need to wear masks; they are strictly optional. COVID-19 regulations can turn on a dime. Use common sense to minimize any possible unnecessary exposure. Whenever possible come dressed in ballet attire and bring your own water and note social distancing markers on the floor and walls of each studio. Bathroom breaks during class are disruptive and should be for emergency purposes only. We suggest students continue to use hand sanitizer upon arrival/departure from the studio. Kindly note that breaks between classes allow for precautionary cleaning. A current set of operating rules is posted in each studio.

As you can see from the staff credentials outlined below, under the Artistic Direction of Mme Valia Seiskaya, BESFI continues to attract an outstanding faculty of Master Teachers. The same care is taken in the selection of students.

VALIA SEISKAYA **Artistic Director**

Mme Seiskaya was with the Greek National Opera for seventeen years and, as a featured soloist, toured Europe and Russia. In 1974 she established the Seiskaya Ballet School, and in 1981, the Seiskaya Ballet Academy, which has national recognition as an outstanding professional preparatory program. Seiskaya-coached dancers under the artistic direction of Mme Valia Seiskaya have captured numerous regional and national titles, including a Presidential Scholar in the Arts citation. Students have competed with notable merit in ten international ballet competitions, placing as semi-finalists and finalists and capturing three gold medals and a bronze. Eighty+ students have opted for professional careers in major companies, such as American Ballet Theatre (5), Royal Swedish Ballet, Boston Ballet (2), Pittsburgh Ballet, Pacific Northwest Ballet, Ballet West, Atlanta Ballet (2), Fort Worth Ballet, Tulsa Ballet, Eliot Feld Ballet, Hartford Ballet (2), Milwaukee Ballet (3), Washington Ballet, State Ballet of Missouri, Ballet Memphis, Louisville Ballet (2), Ballet Austin, Momix (2), Tennessee Ballet, Alabama Ballet (2) and New Jersey Ballet.

BESFI SUMMER INTENSIVE (July 10-August 18)

AMY RUGGIERO (Jul 10-14) & (Aug 14-18)

Amy Ruggiero trained under Mime Valia Seiskaya and graduated from Goucher College with a BA in Dance with Biological Sciences. She is currently an Assistant Choreographer, Dance Captain and Swing for the Ensemble at the Radio City Christmas Spectacular. She has performed with Ballet Austin, American Repertory Ballet, and Twyla Tharp Dance. Additional credits include: Carousel (Broadway), the 1st National/Japan Tour of Come Fly Away, Little Dancer (Kennedy Center), Manon (Metropolitan Opera), and ADM21 (Joyce Theatre). Amy can also be seen on film and TV, most recently in the Netflix limited series Halston as well as the upcoming second season of Feud for FX.

MARY CARPENTER (July 10-14) & (Jul 31-Aug 4)

Mary is on faculty at Steps on Broadway and Ballet Academy East. She is former faculty at Barnard College, The New School, and The Ballet Hispanico School. She danced for: The Metropolitan Opera Ballet, Ohio Dance Theater, Maryland Ballet, Charleston Ballet and many others. Mary is a much sought after pointe shoe expert and has worked with dancers at ABT, NYCB, and The Royal Ballet. Her Youtube channel, Dancewithmary NYC, shares her knowledge and insights about how to get the most out of pointe shoes. She has directed ten ballet classroom CDs and three instructional ballet class DVDs. Additionally, she is a certified instructor in Pilates Mat and Progressing Ballet Technique.

ALEXANDRA BERGMAN (Jul 17-21)

Swedish born and a Seiskaya alum, Alexandra had an exemplary career at Tulsa Ballet retiring as a principal in 2013. Her extensive repertoire includes principal roles in the Rite of Spring, Val Caniparoli's Lambarena, Ma Cong's Carmina Burana, The Great Gatsby, La Sylphide, Lady of the Camellias, Theme and Variations, Carmen and Push Comes to Shove. In addition, several contemporary roles were created specifically for her by renowned choreographers. Since 2013, Alexandra has staged works for Sacramento Ballet, Dayton Ballet, Ballet Des Moines, Kansas City Dance Festival, Ballet Arkansas and for Tulsa Ballet. She is on faculty with Tulsa Ballet as both a ballet and character teacher and rehearsal mistress.

ANDREA BERGEMAN-RAK (Jul 17-21)

Seiskaya alum Andrea Bergeman-Rak began her career with Ballet Memphis and later, Minnesota Dance Theatre. She was a principal dancer with Peoria Ballet and also performed with the English National Ballet and Tulsa Ballet. Her repertoire includes soloist and principal roles in The Nutcracker, Giselle, Swan Lake, Carmina Burana and the title role in Firebird. Multifaceted, Andrea was on the faculty at the schools of Ballet Memphis and Minnesota Dance Theatre and has coached students to top 12 finishes in the Senior Classical category at YAGP. She currently is on the ballet faculty at the Tulsa Ballet Center for Dance Education. She is also a comprehensively certified Pilates instructor, and is a certified yoga teacher.

Class assignments are subject to change.
All students must exit each class during sanitization procedures.

ADVANCED						ADVANCED						ADVANCED					
July 10-14						Jul 17-21						July 24-28					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Advanced Ruggiero	Advanced Carpenter	Advanced Ruggiero	Advanced Carpenter	Advanced Ruggiero	9:30 AM 11:00 AM	Advanced Bergman	Advanced Bergeman-Rak	Advanced Bergman	Advanced Bergeman-Rak	Advanced Bergman	9:30 AM 11:00 AM	Advanced Kelley	Advanced Sgouramani	Advanced Kelley	Advanced Sgouramani	Advanced Kelley
11:20 AM 12:20 PM	Dancers' Pilates Carpenter	Contemp Rep Ruggiero	Turns Carpenter	Pointe Ruggiero	Beats Carpenter	11:20 AM 12:20 PM	Pointe Bergeman-Rak	Variations Bergman	Pilates Bergeman-Rak	Beats Bergman	Variations Bergeman-Rak	11:20 AM 12:20 PM	Contemp Choreo Sgouramani	Variations Kelley	Contemp Choreo Sgouramani	Pointe Kelley	Contemp Choreo Sgouramani
1:30 PM 2:30 PM	Variations Ruggiero	Grand Allegro Carpenter	Contemporary Ruggiero	Variations Carpenter	Broadway Dance Ruggiero	1:30 PM 2:30 PM	Contemp Rep Bergman	Turns Bergeman-Rak	Pointe Bergman	Yoga Bergeman-Rak	Contemp Rep Bergman	1:30 PM 2:30 PM	Neo-Class Rep Kelley	Contemp Choreo Sgouramani	Broadway Rep Kelley	Contemp Choreo Sgouramani	Neo-Class Rep Kelley
INTERMEDIATE						INTERMEDIATE						INTERMEDIATE					
July 10-14						Jul 17-21						July 24-28					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Intermediate Carpenter	Intermediate Ruggiero	Intermediate Carpenter	Intermediate Ruggiero	Intermediate Carpenter	9:30 AM 11:00 AM	Intermediate Bergeman-Rak	Intermediate Bergman	Intermediate Bergeman-Rak	Intermediate Bergman	Intermediate Bergeman-Rak	9:30 AM 11:00 AM	Intermediate Sgouramani	Intermediate Kelley	Intermediate Sgouramani	Intermediate Kelley	Intermediate Sgouramani
11:20 AM 12:20 PM	Turns Ruggiero	Variations Carpenter	Broadway Dance Ruggiero	Port de Bras Carpenter	Contemporary Ruggiero	11:20 AM 12:20 PM	Pointe Bergman	Variations Bergeman-Rak	Contemp Rep Bergman	Stretch/Strengthen Bergeman-Rak	Beats Bergman	11:20 AM 12:20 PM	Broadway Rep Kelley	Adagio Sgouramani	Turns Kelley	Variations Sgouramani	Beats Kelley
1:30 PM 2:30 PM	Pte Shoe Fitting Carpenter	Broadway Dance Ruggiero	Turns Carpenter	Beats Ruggiero	Variations Carpenter	1:30 PM 2:30 PM	Petite Allegro Bergeman-Rak	Grand Allegro Bergman	Yoga Bergeman-Rak	Turns Bergman	Port de Bras Bergeman-Rak	1:30 PM 2:30 PM	Improvisation Sgouramani	Contemp Rep Kelley	Port de Bras Sgouramani	Contemp Rep Kelley	Greek Dances Sgouramani
ADVANCED						ADVANCED						ADVANCED					
Jul 31-Aug 4						Aug 7-11						Aug 14-18					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Advanced Sgouramani	Advanced Carpenter	Advanced Sgouramani	Advanced Carpenter	Advanced Sgouramani	9:30 AM 11:00 AM	Advanced Sprague	Advanced Lucena	Advanced Sprague	Advanced Lucena	Advanced Sprague	9:30 AM 11:00 AM	Advanced Ruggiero	Advanced Kelley	Advanced Ruggiero	Advanced Kelley	Advanced Ruggiero
11:20 AM 12:20 PM	Adagio Carpenter	Contemp Choreo Sgouramani	Yoga for Dancers Carpenter	Contemp Choreo Sgouramani	Variations Carpenter	11:20 AM 12:20 PM	Repertoire Lucena	Petite Allegro Sprague	Pointe Lucena	Repertoire Sprague	Repertoire Lucena	11:20 AM 12:20 PM	Adagio Kelley	Variations Ruggiero	Pointe Kelley	Broadway Dance Ruggiero	Variations Kelley
1:30 PM 2:30 PM	Contemp Choreo Sgouramani	Variations Carpenter	Contemp Choreo Sgouramani	Grand Allegro Carpenter	Contemp Choreo Sgouramani	1:30 PM 2:30 PM	Pas de Deux Sprague	Broadway Dance Lucena	Repertoire Sprague	Commercial Jazz Lucena	Pas de Deux Sprague	1:30 PM 2:30 PM	Pointe Ruggiero	Grand Allegro Kelley	Contemp Rep Ruggiero	Petite Allegro Kelley	Turns Ruggiero
INTERMEDIATE						INTERMEDIATE						INTERMEDIATE					
Jul 31-Aug 4						Aug 7-11						Aug 14-18					
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Monday	Tuesday	Wednesday	Thursday	Friday
9:30 AM 11:00 AM	Intermediate Carpenter	Intermediate Sgouramani	Intermediate Carpenter	Intermediate Sgouramani	Intermediate Carpenter	9:30 AM 11:00 AM	Intermediate Lucena	Intermediate Sprague	Intermediate Lucena	Intermediate Sprague	Intermediate Lucena	9:30 AM 11:00 AM	Intermediate Kelley	Intermediate Ruggiero	Intermediate Kelley	Intermediate Ruggiero	Intermediate Kelley
11:20 AM 12:20 PM	Variations Sgouramani	Stretch/Strengthen Carpenter	Greek Dances Sgouramani	Variations Carpenter	Beats Sgouramani	11:20 AM 12:20 PM	Grand Allegro Sprague	Turns Lucena	Adagio Sprague	Variations Lucena	Repertoire Sprague	11:20 AM 12:20 PM	Jazz Ruggiero	Petite Allegro Kelley	Broadway Dance Ruggiero	Variations Kelley	Contemporary Ruggiero
1:30 PM 2:30 PM	Yoga for Dancers Carpenter	Improvisation Sgouramani	Port de Bras Carpenter	Contemporary Sgouramani	Broadway Dance Carpenter	1:30 PM 2:30 PM	Beats Lucena	Variations Sprague	Commercial Jazz Lucena	Petite Allegro Sprague	Port de Bras Lucena	1:30 PM 2:30 PM	Broadway Rep Kelley	Port de Bras Ruggiero	Adagio Kelley	Turns Ruggiero	Beats Kelley

All Advanced classes are held in Studio A. All Intermediate classes are held in Studio B. All Advanced pointe students must have 1 1/2 years of pointe and have sufficient usable pointe shoes for all classes that require pointe.

Proper foot care is important. Give your feet TLC. Character classes will require character shoes. Check with the instructor. Class assignments and instructors are subject to change at the sole discretion of management.

BESFI SUMMER INTENSIVE (July 10-August 18)

HELENA SGOURAMANI (Jul 24-28) & (Jul 31-Aug 4)

Elena holds a professor's diploma in classical & contemporary dance from the Greek Ministry of Culture and a PhD in Temporal Perception and Movement, an MA in Cognitive Science and a BA in Pedagogy. Her professional performing career spanned over a decade with her primary engagements with Bejart Ballet Lausanne, Switzerland and the State Theater of Northern Greece. Besides teaching, Elena works as a freelance mass choreographer for large international events and has staged choreography for hundreds to thousands of participants. Her engagements have taken her to Abu Dhabi, Morocco, Cameroon, Egypt, Uruguay, Saudi Arabia, Czech Republic and the Democratic Republic of Congo.

RAMONA KELLY (Jul 14-18) & (Aug 14-18)

Ramona began her training at Berkeley Ballet Theater and went on to earn a BFA in dance from NYU's Tisch School of the Arts. She danced the principal role of 'Betsy' in Twyla Tharp's Come Fly Away, and with the Tharp company, created new roles as well as performing repertory works. She is a principal guest artist with Oakland Ballet and has also performed in Christopher Wheeldon's An American in Paris, Dance Lab New York, Minnesota Dance Theatre, Sidra Bell and Phantom of the Opera (25th Anniversary Tour) among others. Ramona has taught for Pacific Northwest Ballet, Joffrey Ballet School, NYU's Tisch Dance, and has taught master classes in Tharp technique across the country.

RUSLAN SPRAGUE (Aug 7-11)

A New Englander, Ruslan was inspired to dance by the Albany Berkshire Ballet's Nutcracker. He trained at the Cantarella School of Dance under Madeline Culp and with Darrell Pucciarello, a former Houston Ballet soloist. Summer Intensives followed at Boston Ballet and the Boston Conservatory which ignited a new passion working with choreographers Helen Pickett and Jorma Elo. A two-year traineeship with Ballet West launched his professional career. Successful stints with several regional companies led to him becoming a freelance guest artist/choreographer/teacher whose own choreography includes: The Girl from Ipanema, Astaire Tribute, Gymnopedie and Who's Lovin' You.

ALEXIS LUCENA (Aug 7-11)

After training at Seiskaya Ballet for 10 years, Ali went on to receive her BFA in Dance from the SUNY Purchase Conservatory. She currently performs with the New York Times's applauded COMPANY XIV. Often performing principal roles, she choreographs and writes original music for their shows, and recently made her big screen debut in Warner Brothers' In The Heights. Multitalented, she is a musician, vocalist and dancer and in the words of BILLBOARD, "it's not everyday you hear of a professionally trained ballerina dropping her pointe shoes for the microphone." Professionally, she has worked with Doug Varone, Ebony Williams, Daniel Ulbricht, Gregory Dolbashian, Billy Bell, Christopher Scott, Dana Wilson, Kat Cuning, Republic Records and more.

SUMMER WORKSHOP INFORMATION

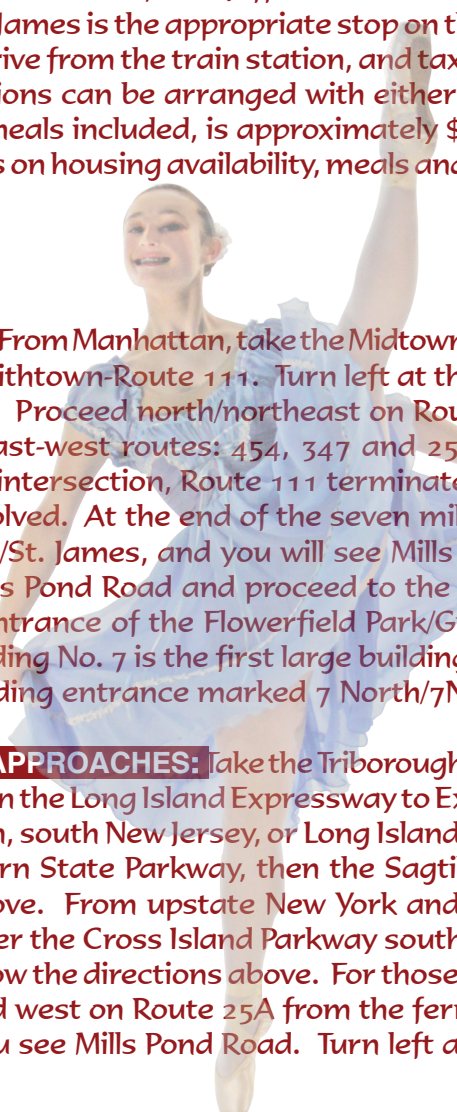
ATTIRE: Fully-functional dance clothing in good repair. All female dancers en pointe must have at least three pairs of pointe shoes in new or serviceable condition. Advanced students attending for four weeks or more - four pairs of pointe shoes. Character shoes are strongly recommended for those taking Tap classes.

ELIGIBILITY: Advanced and Intermediate levels are available in 2023. Ballet students must be at least at the Intermediate technique level. Students must either audition in-person, have the strong recommendation of their current teacher or provide a recent videotape of a classical variation being performed en pointe (advanced only), as applicable. A placement audition by the director is required of all students who were accepted by other than an in-person audition.

RESERVATION DEPOSIT: In order to assure a place in the workshop, a NON-REFUNDABLE \$560/\$390 reservation fee, as applicable, must be deposited with BESFI. The early deposit is fully applicable towards tuition and must be received **NO LATER THAN June 20, 2023**. For students accepted and registering for the workshop after June 30th, the total tuition is due in advance upon registration. For students with a reservation deposit, total tuition is due on the first day of class unless other arrangements have been made in advance. (Installment payments are available through pre-arrangement.) A complete listing of all tuition fees is on the front panel of this brochure. **ALL FEES ARE NON-REFUNDABLE AND ARE DUE AS NOTED.**

~ THE PROOF IS IN THE PUDDING ~

Longevity is certainly one way to assess the value of a program. The BESFI Summer Program dates back to 1981 and has a stellar record of attracting outstanding teachers and students. When you browse through the impressive array of this year's teacher bios, a significant fact should not be overlooked: five of the current staff were themselves once BESFI students: Amy Ruggiero, Alexandra Bergman, Andrea Bergeman-Rak, Helena Sgouramani and Alexis Lucena. Previously, Elizabeth McGrath (Ballet West), Eileen Houghton (ABT), Laura Feig (Atlanta Ballet), Michael Cusumano (ABT), Alexandra Kastrinos (Royal Swedish Ballet) and Ian Poulis (Ballet Met) have all been on the BESFI staff. All had successful professional careers and all went through the BESFI Summer Program which became a springboard. The proof is in the pudding is an expression that means "the value, quality, or truth of something must be judged based on direct experience with it—or on its results." How great it is to have teachers that have been there, had the experiences BESFI workshop students are exposed to and were able to pursue careers. A program that withstands the passage of time is valuable only if it accomplishes its goals - to educate and prepare students for the future.



TRANSPORTATION AND HOUSING: The town of St. James is located on Long Island, approximately fifty miles east of midtown Manhattan. Rail transportation is via the Long Island Railroad, Port Jefferson North Shore Line, which terminates in Port Jefferson. St. James is the appropriate stop on the Port Jefferson Line. The studio is a five-minute drive from the train station, and taxi and/or other services are available. Accommodations can be arranged with either a host family or similar facility. The fee, without meals included, is approximately \$350.00 per week. Contact BESFI for further details on housing availability, meals and transportation from the RR station.

Dancer
Kaede Urso

DIRECTIONS: From Manhattan, take the Midtown Tunnel to the Long Island Expressway to Exit 56, Smithtown-Route 111. Turn left at the bottom of the ramp to head north on Route 111. Proceed north/northeast on Route 111 for seven miles, intersecting three main east-west routes: 454, 347 and 25, in that order. North of the Route 111-Route 25 intersection, Route 111 terminates and becomes Route 25A East. No turns are involved. At the end of the seven miles you will be in the hamlet of Head of the Harbor/St. James, and you will see Mills Pond Road on your right-hand side. Turn onto Mills Pond Road and proceed to the second entrance on your left which is the main entrance of the Flowerfield Park/Gyrodyne complex. Turn left into the complex; building No. 7 is the first large building on your right. Utilize the burgundy canopied building entrance marked 7 North/7N.

ALTERNATE APPROACHES: Take the Triborough Bridge to the Grand Central Parkway, then go east on the Long Island Expressway to Exit 56 and follow the directions above. From Brooklyn, south New Jersey, or Long Island's south shore, take the Belt Parkway to the Southern State Parkway, then the Sagtikos Parkway north to the L.I.E., and follow the above. From upstate New York and Connecticut, take the Throgs Neck Bridge to either the Cross Island Parkway south or the Clearview Expressway to the L.I.E., and follow the directions above. For those taking the Bridgeport-Port Jefferson Ferry, proceed west on Route 25A from the ferry terminal for approximately seven miles until you see Mills Pond Road. Turn left and proceed as directed above.

THE BALLET EDUCATION AND SCHOLARSHIP FUND, INC.

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