



Just Off Broadway Performance Team News

JOB Achievements and News



Musical Direction by BRIAN CIMMETT	
Set Design by GEORGE PUELLO & STEPHEN LOFTUS	Costume Design by BRIAN HEMESATH
Lighting Design by ANDREW GMOER	Sound Design by JONATHAN HATTON
Properties by VICTOR LUKAS	Hair/Wig Design TBA
Choreographed by KATHY MEYER	
Directed by RICHARD ROLAND	

Kathy Meyer just choreographed Grease at West Chester Theatre in New York and received rave reviews.

One review says: Westchester Broadway Theatre's new production of Grease is the most entertaining, energetic and fun production the mighty WBT has staged in the last year. The songs get your feet moving, the hand-jive choreography, and signature slouch of 1958 teenage boys – are masterfully brought back by choreographer Kathy Meyer on the WBT Boards. The hard-working gang on stage has their doo-wops and rama-lama-ding-dongs so right, it's the coolest. **Congratulations, Kathy!**



We also missed telling you that: **Morgan Milano** was inducted into the International Thespian Society on May 7th, 2007. This organization honors excellence in school theatre and meritorious participation in theatre arts. **Congrats Morgan!!**

We are proud to announce that you can see **MORGAN MILANO** dancing in the 60's show at Kings Island this summer!

Our **JOB KI** legacy continues... Kathy Meyer, Lauren Kinker, Katherine Schwing, Emily Kinker, Olivia Policicchio, and Annie Dames are all former dancers/teachers from JOB who have graced the Kings Island stages. Start making plans to support your JOB Team Sister and see the show!



Out of 300 students attending, our own ★ Courtney Doyle and Ally Miller ★ were 2 who received Pulse workshop scholarships at a Pulse convention they attended in Minnesota in January. Faculty teachers included Mia Michaels, Brian Friedman, Cris Judd, Shane Sparks, and Dave Scott. Way to Go, Girls!

*Teacher Katherine Schwing
is still dancing on the
Norwegian cruise ship "Pearl".
We miss you, Katherine!*



*Past student/teacher, Olivia Policicchio graduates from
OCU this spring and has been hired to perform at Wichita
Summer Stock Theatre. Awesome job, Olivia!*

There it is again, it always shows up right before you're ready to perform...nervousness. Are you nervous? Are you having that queasy feeling? How do you deal with it? ...

- Normal Nervousness: You have a few butterflies in your stomach and your pulse is quickening, but it gives you enough adrenaline to pay more attention to your performance and inevitably do well.
- Abnormal Nervousness: This kind of nervousness is never good. It is basically when the fear of failure takes over and you are incapable of changing the way you are physically reacting to your out-of-control nerves.
- Most people are in one of three camps with their nervous feelings.
 1. You hate it and feel it is the worst part of being a competitive athlete/person.
 2. You have learned to deal with it and accept it as part of the experience.
 3. You have realized it is an essential part of you and your performance.

Those in the third camp have recognized that these feelings before performing is quite a great thing and something to look forward to. They realize that it is just their body telling them that their muscles are ready and strong for a "peak performance". That is the purpose of this article, let's try to teach you how to recognize the inherent positive in that "energy". From now on, because I think just saying the word nervousness can bring on "bad" connotations, I will refer to the feeling as "energy". Instead of fighting the feeling, just let it run through your body and use it for a better performance. Top athletes, professionals, Olympians are all in the third camp. They use the "energy" and make it work toward their advantage. All top athletes feel this energy. They have recognized the energetic feeling of as good and then they use it to raise their performance to an even higher level.

Have you ever been at a concert or gone dancing when a loud band was playing? You are up there close to the stage, the music is good, the company is great and you are really enjoying yourself? The music is loud, but the rhythm is great and you can literally "feel" the music running through your body. The deep "thump" of the bass drum, the smooth rhythm of the guitar, the steady beat of the drums. What you are feeling is the vibration of the music and "energy" coming from the instruments and the musicians. You have decided to accept this feeling and just let it flow throughout your body. BINGO! You have made a decision, conscious or not, you have "allowed" yourself to become part of the energy that is being created by the band. Preparing for your own performance, your body naturally creates this "energy" and it moves throughout your body. It is a powerful and strong force, so strong that many people are not comfortable with it. They have incorrectly learned somewhere in their past that it was "bad". Each time they feel that energy, they feel impending signs of doom.

Your job is to change your thinking and "allow" your mind to relax and enjoy the feeling that your body/mind connection is creating. Change those "old" false beliefs about yourself and the energy of your body. Here is the key, pay attention now, **ALLOW** yourself to let the feelings just flow through you and **DECIDE** to **ENJOY** them. Feel the energy flowing into your arms, hands, legs, through your chest, into your back and up and down your spine. Just take a minute the next time you are ready to perform to sit back and really **FEEL** that energy.

The energy that you get when you are ready to perform is of great benefit to you in your everyday life and in your performances. It opens you up, allows you to perform at your maximum, and gets you focused and ready for the effort. You must use it and realize how important it is to have those "feelings". IT IS GOOD! Allow your body to flow with the energy and when you feel that "energy" next time, you will know that it means you are ready for a peak performance in school or on stage. Recognize it, allow it to flow through your body, accept it as "good and important" and then put it to good use.

- Here are the ways to stay calm and have a great performance!
 1. Be prepared—Be comfortable in your skills and your performance. You work hard, right? Enjoy your moment of performing!
 2. Breathe deeply and slowly—Before you perform, try to find a place where you can have a quiet moment to yourself in which you can close your eyes and take deep and slow breaths. With every exhalation, imagine the unwanted tension releasing from your body.
 3. Be Confident—If you believe you can do it, YOU CAN DO IT. It's that simple. Don't cut yourself down to anyone, especially yourself. If anyone asks you if you're ready, respond with a confident "Yes." Keep that confidence up and you will naturally perform better.
- A Wonderful Stress Reliever: --Sit in a chair, with feet flat on the floor. Clasp your hands together and push against them as hard as you can for a few seconds a release. Do this a few times until you feel the tension release from your upper body. You can do the same thing with your legs crossed at the ankles in a pulling motion.

Solo, Duo/Trio Results



Solo, Duo/Trio Results

Amanda Campbell, Danielle Betscher, Jordan Betscher
 "Gratitude" - 1st Place — Tied Category High Point
 Joseph Harrington and Jordan Betscher
 "I Won't Dance" - 1st Place
 Grace Nehls "Blue Suede Shoes" - 1st Place
 Hannah Witschger "Hallelujah" - 2nd Place
 Natalie Matry "Pick Yourself Up" - 1st Place
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 Danielle Betscher "When You're Smilin'" - Diamond 1st
 Mara Leyendecker "Get Happy" - 1st Place
 Mikayla Colwell "Part of Your World" - 1st Place
 Abbey Taylor "Impossible" - 1st Place
 Kate Leyes "Everybody Wants... Cat" - 2nd Place
 Madison Girten "Pick Yourself Up" - 1st Place
 Mekayla Murphy "Somewhere Over Rainbow" - 2nd Place
 Natalie Welage "Mirror" - 1st Place
 Mary Lyn Moore "A Dream is a Wish" - 1st Place
 Elise Sebak "Dream Worth Keeping" — 1st Place
 Alisa Wright "It Don't Matter to the Sun" — 1st Place
 Danielle Betscher "Becoming" — 1st Place
 Mara Leyendecker "Life Goes On" — Diamond 1st
 Rachel Perkinson "Beautiful" — Diamond 1st/High Point
 Joseph Harrington "Shine on Shoes" -Diamond 1st-High Point
 Olivia Shook "Kiss the Girl" — 1st Place
 Hannah Isfort "Teach me how to Shimmy" — 1st Place
 Annie Slone "Shy" — 1st Place
 Ashley Tibbe "ShowOff" — 1st Place/High Point
 Joelle Betscher "Lil Bit of Soul" — 1st Place
 Kelly Kline "Feelin' Good" — Diamond 1st

Natalie Paulus "Gonna Go My Way" — Diamond 1st
 Angela Fraiz "For Good" — 1st Place
 Morgan Milano "Cabaret" — Diamond 1st
 Hannah Aicholtz/Courtney Doyle "Kite Song" - Diamond 1st
 Annie Farwick/Megan Farwick "Loathing" — 1st Place
 Allix Harrington "Smile" — Diamond 1st
 Courtney Doyle "Life Out of Balance" — Diamond 1st
 Amanda Campbell "Amazing Grace" — Diamond 1st
 Amanda Campbell "More" — Diamond 1st

Petite Solo Division 1st Place Overall-Joseph Harrington
 Petite Mr. Showbiz-Joseph Harrington
 Petite Miss Showbiz 1st RunnerUp-Joelle Betscher
 Petite Duo/Trio Division 3rd Place Overall-I Won't Dance
 Joseph Harrington/Jordan Betscher
 Junior Solo Division 5th Place Overall-Rachel Perkinson
 Junior Solo Division 9th Place Overall-Mara Leyendecker
 Teen Solo Division 5th Place Overall-Amanda Campbell
 Teen Miss Showbiz 2nd RunnerUp-Amanda Campbell
 Teen Duo/Trio Division 5th Place Overall-The Kite Song
 Courtney Doyle/Hannah Aicholtz
 Senior Solo Division 3rd Place Overall-Natalie Paulus
 Senior Solo Division 4th Place Overall-Morgan Milano
 Senior Miss Showbiz — Natalie Paulus
 Senior Miss Showbiz 1st RunnerUp — Morgan Milano
 Senior Costume Winner 2nd RunnerUp — Morgan Milano



We have a fabulous group of dancers and are so proud of you ALL !!