

I GOT SOUL

**PERFORMING
ARTS COLLEGE**

AT

Pineapple

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Pineapple



WHY SHOULD YOU STUDY AT VLUK – I GOT SOUL PERFORMING ARTS COLLEGE AT PINEAPPLE?

At *VLUK - I Got Soul Performing Arts College at Pineapple*, you will work towards a Level 3 BTEC Extended Diploma in Performing Arts (2016). This qualification is equivalent to three full A Levels, providing you with a vocational context in which you can develop the knowledge and skills required for Higher Education or straight into professional employment.

LEVEL 3 BTEC NATIONAL EXTENDED DIPLOMA IN PERFORMING ARTS

The course is comprised of 4 learning and teaching modules, with 10 internal assessments.

YEAR 1

- Performing Arts Skills
 - Exploring, creating and performing
- Performing Arts industry
 - Planning your career in the industry

YEAR 2

- Personal Performing Arts Portfolio
 - Planning, producing, self-promoting
- Collaborative Performing Arts Project
 - Create, develop, practice

COURSE STRUCTURE

A typical week is made up of 15 to 20 hours study where you will take part in practical dance, and you will be given workshops from industry professionals as well as taking part in short projects to deepen your knowledge. You will be given time dedicated to Private study for tasks such as independent research and preparation reading. Additional classes can be taken to enhance your dance technique.

PROGRESSION

In addition to the performing arts sector specific content, the requirements of the qualification means that learners develop the transferable and higher-order skills that are highly regarded by higher education and employers.

WHY VLUK – I GOT SOUL PERFORMING ARTS COLLEGE AT PINEAPPLE?

Looking for a performing arts course that goes beyond the ordinary? *VLUK - I Got Soul Performing Arts College at Pineapple* stands out as a premier performing arts training ground for aspiring performers, offering unparalleled opportunities that exceed other courses in the industry. We don't just train performers - we launch careers.

At *I Got Soul Performing Arts College at Pineapple*, we pride ourselves on taking a keen interest in the development and progression of every learner, both in and out of the industry. Our dynamic and supportive environment nurtures confident, energetic and unique performers, making it the ultimate place to shape the stars of the future. With direct access to TV and stage through our exclusive agency, our learners don't just dream of success - they achieve it. Many of our graduates have gone on to secure roles in major productions, musicals and entertainment projects across the industry.



TRAINING AND EXPERTISE

I Got Soul Performing Arts College at Pineapple company principals, Alexia and Sam McAvoy, bring over 30 years of experience from the renowned *I Got Soul* itself and top colleges such as ArtsEd London, ArtsEd Tring, Urdang, and London Studio Centre. In addition to their extensive teaching experience, they have performed and choreographed for major tours and concerts worldwide, judged dance competitions, and built successful careers in musical theatre. Their diverse industry background ensures that our learners receive comprehensive, cutting-edge training tailored for the industry today.

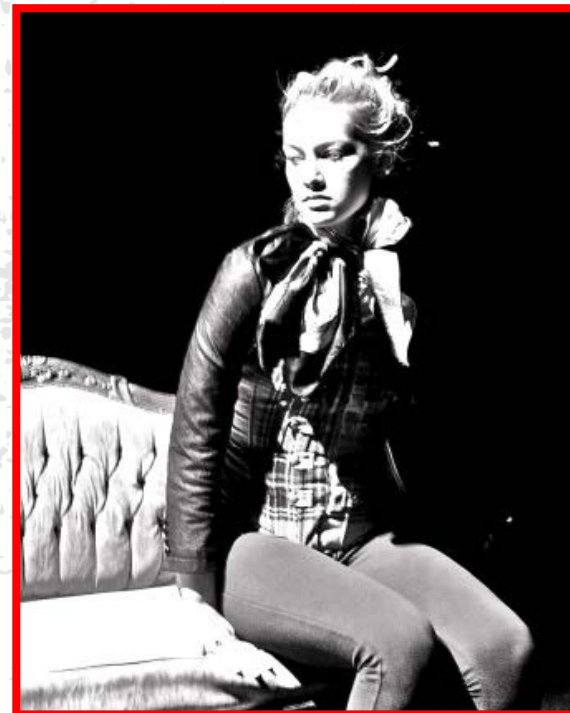
The faculty will be made up of a diverse range of industry professionals from across the globe, bringing their years of experience on the world stage.

Throughout the academic year, workshops will be organised for those interested in attending. These will include music workshops that will be led by industry professionals who have managed artists like Tom Jones and worked with major names such as Jessie J and Nicki Minaj. This level of expertise means our learners gain exclusive insights and real-world industry connections, setting them apart from the competition. There will be other workshops available with top stylists who will bring their first hand experience to *I Got Soul Performing Arts College at Pineapple*, having worked with the likes of Tina Turner, Will I Am, Nicole Scherzinger, John Legend to name a few, will offer mentorships and assistant styling opportunities with artists to broaden and add strings to their bow.

UNRIVALLED OPPORTUNITIES

VLUK - I Got Soul Performing Arts College at Pineapple surpasses other performing arts courses by offering first-hand industry knowledge, mentorship and direct access to elite professionals. Our learners benefit from invited guest artists, exclusive work experience placements and unique enrichment opportunities with established industry heavyweights.

We offer specialised enrichment programmes that other institutions simply cannot match. Our breakdance programme is led by a Red Bull One Champion, bringing world-class expertise directly to our learners. Additionally, our Acrobatics/ Gymnastics workshops are spearheaded by World Champions, Gold Medallists, and members of Cirque du Soleil and Spelbound, ensuring the highest level of instruction. Our DJ training programme is another standout feature, led by a professional who has worked alongside global icons such as Black Coffee, giving our learners an inside track to the music industry.



GRADUATES MAKING THEIR MARK

Graduates of *I Got Soul Performing Arts College at Pineapple*, through both our rigorous training and our dedicated agency, have successfully stepped into the professional world of performing arts. From securing roles in West End productions to performing alongside top artists and appearing on television, our alumni continue to make their mark in the industry.

At *VLUK - I Got Soul Performing Arts College at Pineapple*, we don't just train performers - we cultivate talent, provide the connections, and open doors to real-world opportunities. Whether your dream is to shine on stage, television, or behind the scenes, we give you the tools, training, and experience to turn ambition into reality.

IGOT SOUL

**PERFORMING
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Pineapple

For more information and to find out how to apply, visit;

www.vluk.org

Call

07791 466859

Email

info@igotsoulofficial.com

Opening doors into the Performing Arts Industry

I Got Soul Performing Arts College at Pineapple

Pineapple Dance Studios, 7 Langley Street,
London WC2H 9JA



[@pineapplegetsoul](https://www.instagram.com/pineapplegetsoul)



[@igotsoulofficial](https://www.instagram.com/igotsoulofficial)



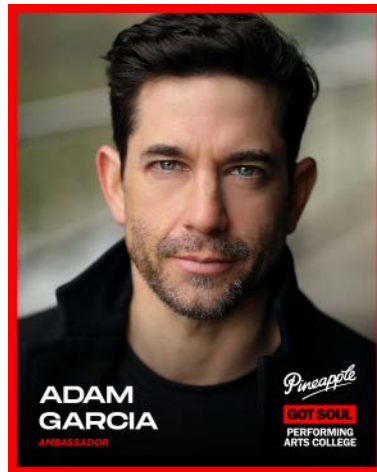
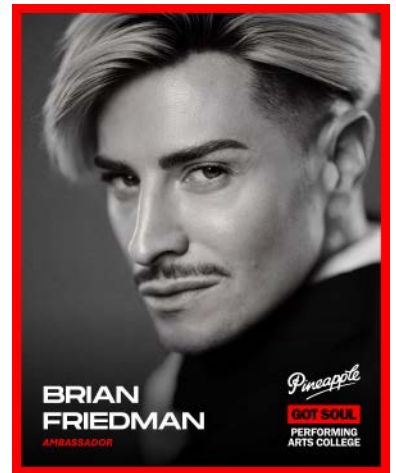
[@pineappledancestudios](https://www.instagram.com/pineappledancestudios)

Virtual Learning uk

VLUK Main Campus, 25 Bankside, Kidlington
www.vluk.org - Email: info@vluk.org - Tel: 01753 362 248

WHAT A LINE UP...

**AMBASSADORS / FACULTY
ENRICHMENT**







PRISCILLA SAMUELS

CREDIT LIST

TOURS/LIVE STAGE

Westlife, Tina Turner, Il Divo, Alesha Dixon, Shayne Ward, S club 7, Spice Girls, Liberty X, Faith Hill, Lionel Richie, Eurythmics, East 17, Billy Crawford, Cathy Dennis.

MUSIC VIDEOS

Daisy Dares you, Fun Lovin Criminals, David Jordan, Jamelia, Matt Willis, Shayne Ward, Terry Walker, Geri Halliwell, Dane Bowers, Lightening Seeds, Wyclef & Brian Harvey, Soundgirl, Tymes 4, Spice Girls, Samantha Mumba, Mick Hucknall & Sly and Robbie, Liberty X, FYA feat Smujji, Luther Vandross, Truesteppers feat Victoria Beckham, S club 7, Apache Indian, Jocelyn Brown & Kym Mazelle, Salif Keita, Baaba Maal.

COMMERCIALS

Clover, Pick me up magazine, King.com, Red Magazine, American Express, Physio sport, Gaviscon, BBC tv ident.

TELEVISION

Britain's Got Talent, Robbie Williams, Leona Lewis, Kanye West, Jay Z, Anastacia, Westlife, Alesha Dixon, Bubba Sparks, Victoria Beckham, Enrique Iglesias, Shaggy, Alexander O'Neal, Bjork, Sting, Barry White, Spice Girls.

COACHING

Loick Essien, Leona Lewis, Talay Riley, One Direction, Wonderland, Daisy dares you, Camilla Kerslake, Shayne Ward, Brad Kavanagh, Rhydian, Mattafix, Pearl and the Puppets, Tyler James, Dido.

EVENTS

Royal Variety Performance, Brit Awards, Mobos, MTV European awards, Miss World..



STEPHANIE POPE

After graduating from Rambert Ballet School, Stephanie performed as a classical dancer as well as pursuing a successful career in the West End and Television.

Having retired as a performer, Stephanie's love for teaching led her to study and graduate from the Professional Dancers' Course at the Royal Academy of Dance, where she gained the qualification of ARAD (dip PDTC). She went on to take up the position of Senior Ballet Teacher at The Hong Kong Academy of Ballet, the feeder school to The Hong Kong Ballet Company. On her return to England she joined the Urdang Academy as Head of Students and after Leonie Urdang's sad death she was appointed as College Principal.

Whilst working as College Principal Stephanie was often invited to give lectures on Vocational Teaching Practice to both the Royal Academy of Dance and the British Ballet Organisation. She was also asked to adjudicate many nationwide dance and musical theatre competitions which included the famous, All England Dance Competition Finals held in London.



SOLANGE URDANG OBE

Solange Urdang OBE, a pivotal figure in diversifying performing arts training in the UK, has accumulated significant recognition for her exceptional contributions to dance and musical theatre. Appointed an Officer of the Order of the British Empire (OBE) in the New Year 2024 Honors List, her impact on the industry is profound and enduring.

Born into a rich tapestry of theatre and activism, Solange's journey commenced at the Urdang Academy, where she honed her skills in both the Lower and Upper Schools. Her education continued at The High School of Performing Arts in New York, providing a robust foundation in dance and theatre. After a successful career as a performer, she transitioned to education and advocacy, channelling her talents into uplifting underrepresented voices in the arts.

From 1991 to 2022, Solange held various positions at the Urdang Academy, ultimately serving as CEO for over two decades. Under her leadership, the academy transformed into one of the UK's most prolific vocational colleges, earning international recognition for its commitment to excellence in training. Her strategic vision was instrumental in relocating the academy to the historic Old Finsbury Town, significantly enhancing its profile and accessibility to aspiring performers.

Solange implemented innovative programs to foster inclusivity and diversity in performing arts. A tireless advocate for grassroots initiatives, she ensured that talented individuals from diverse backgrounds had access to quality training and opportunities in theatre and film. Her dedication to nurturing outstanding performers has resulted in numerous alumni who have excelled in esteemed productions worldwide.

Solange remains an influential figure within the theatre industry, often called upon to share her insights in performing arts education at conferences and workshops. Her commitment to advocacy and mentorship has made her a respected leader, inspiring the next generation of performers and educators. Currently, she serves as CEO of The Global Performing Arts Alliance, is a co-founder and co-director of The Black British Theatre Awards, co-founder of Link Artists Agency, CEO of Urdang International, a recognised International arts advisor and speaker, a trustee of Education Africa, ambassador for the Rock School London (RSL) and patron and board member to several organisations.

Solange Urdang's legacy is marked by her unwavering commitment to the arts and her belief in the transformative power of education. As she continues to innovate and lead, her influence will undoubtedly shape the future of the performing arts in the UK and beyond. Her recent honour as an OBE is a testament to her profound impact and dedication to fostering a more inclusive and vibrant theatrical landscape.



SEANN WALSH

TV

Mock of The Week
Russell Howard Good News
Big Brothers Big Mouth
Michael McIntyre's Comedy Roadshow
Never Mind The Buzzcocks
Stand Up for The Week
Live at The Apollo
Argumental
Mad Mad World
Celebrity Juice
Alan Carr Chatty Man
Seann Walsh World
Big Bad world
The Jonathan Ross Show
Seann Walsh's Late Night Comedy Specular
Virtually Famous
Would I Lie To You
8 Out of 10 Cats
Alan Davies: As Yet Untitled
Play to The Whistle
Tonight At The London Palladium
Stand Up Central
Seann Walsh: One for the Road
Bad Move
Conan
Strictly Come Dancing
The Stand up Sketch Show
Flinch
The Lovebox in your Living Room
Mel Giedroyc: Unforgivable
I'm A Celebrity..... Get Me Out of Here
CelebAbility
The Last Leg
The Stand Up Sketch Up Show
Battle in the Box
I'm A Celebrity: Unpacked
Live from the UK
I'm A Celebrity South Africa

FILM

The Drunk: Getting Home
Clown
The Bystanders

RADIO

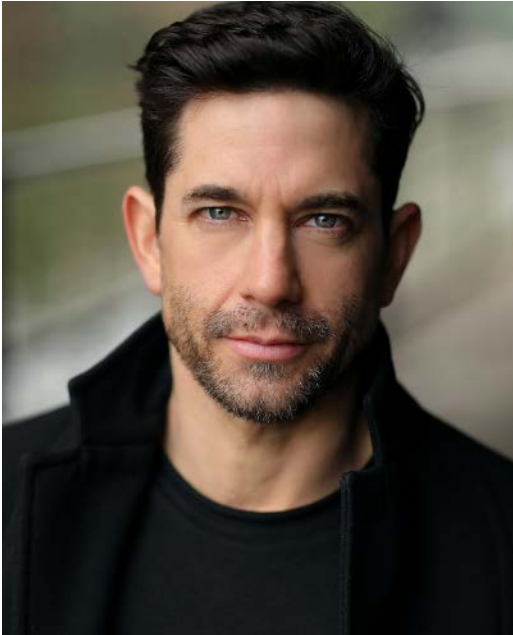
Loose Ends v BBC 4 - Radio 4
The Jon Richardson Show - Radio 6
Nick Grimshaw - Radio 1
Act Your Age - Radio 4
Scott Mills Radio Show - Radio 4
News-ish with Seann Walsh and Mark
Simmonds - FUBAR RADIO
Romish Ranaganathan - Radio 2

TOURS

Seann In The Wild
The Lie-in King
One for the Road
After This One, I'm Going Home
Seann Walsh is Dead. Happy Now?
Back from the Bed
This is Torture

YOU TUBE

Kiss
Seann Walsh Is Dead. Happy Now?
Back from the Bed



Adam
Garcia

Adam Garcia is a two-time Olivier Award nominee was last seen on the West End in Kenneth Branagh's *The Winter's Tale* as Lord Amadis (Garrick) & recently starred in the world premiere of Kevin Elyot's last play *Twilight Song* (Park Theatre, London) having previously worked on Elyot's BBC drama *Riot at the Rite* & *Miss Marple*.

Musical stage credits include leading the UK tours of *Chitty Chitty Bang Bang*, as Caractacus Potts & Frank Farmer in *The Bodyguard*. *Kiss Me Kate* directed by Trevor Nunn (Chichester/Old Vic); *Fiyero* in the original London cast of *Wicked* with Idina Menzel, directed by Joe Mantello (Apollo Victoria), *Chip* in *On The Town* (Théâtre du Châtelet /London Coliseum). *Tony Manero* in *Saturday Night Fever* (London Palladium). Theatre credits include *The Exorcist*, directed by Sean Mathias (Birmingham Rep); *Where Do We Live*, directed by Richard Wilson (Royal Court).

He gained international recognition for leading roles in films including *Coyote Ugly* and *Riding in Cars with Boys* with Drew Barrymore. Most recently he played roles in *The Serpent Queen* & *Afterlife of the Party* for Netflix.

MEDIA KIT

SISCO GOMEZ

Creative Director | Choreographer | Judge | Host



ABOUT ME

**YOUTUBE
@SISCOGOMEZTV**

**INSTAGRAM
@SISCOGOMEZ**



BIOGRAPHY

Francisco Javier Gomez-Aspron known globally as Sisco Gomez is a powerhouse creative of Afro-Colombian and Spanish heritage. Born and raised in London, his lifelong passion for the arts evolved into an extraordinary career that has made him one of the most respected and impactful figures in dance, television, and live entertainment.

Widely recognised as one of Europe's pioneers of Jazz Funk, Sisco helped introduce and export this groundbreaking style across the continent. His reputation was built on an authentic foundation: he was taught directly by some of the original creators of the Jazz Funk era. This rare connection to the roots of the style elevated his credibility and helped fuel the rapid international rise of his career. A dance revolution that reshaped a generation of performers and solidified Sisco as a formidable global force. As former director of the world-renowned company Dance2XS, he cultivated a new wave of artists, many of whom later achieved international success across film, stage, and television.

Throughout his far reaching career, Sisco has worked alongside some of the music industry's most legendary artists of our time, including Madonna, Janet Jackson, Jennifer Lopez, Taylor Swift, Paula Abdul, Pitbull, and Kylie Minogue to name a few. His choreography has electrified major globally syndicated televised shows such as The American Music Awards, Radio Disney Awards, America's Got Talent,

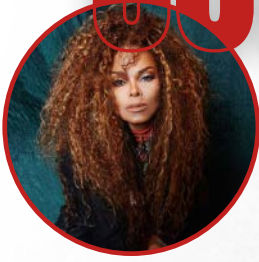
Star Academy, Latin American Music Awards, Golden Kamera Awards, NRJ Awards, China's Got Talent, The Voice, and The X Factor. Some of these shows allowed him to collaborate with global stars including One Direction, Take That, Will.i.am, Becky G, Olly Murs, Fifth Harmony, Christina Aguilera, Sir Tom Jones, EGOT winning powerhouse Jennifer Hudson, and Rock legends Bon Jovi.

Sisco's on screen presence skyrocketed when he became a judge on So You Think You Can Dance in both the UK and Ukraine. There, he honed his sharp wit and no filter honesty alongside industry figures like Nigel Lythgoe and British legend Dame Arlene Phillips. His "keeping it real" approach made him an instant fan favourite, celebrated for his authenticity, fashion, humour, and unmistakable charisma. That same magnetic presence carried him to American television, where he served as a judge on the CBS series The World's Best, appearing alongside RuPaul, Drew Barrymore, and Faith Hill, with James Corden as host.

With over two decades of teaching experience and having taught in more than 25 countries, Sisco stands as a deeply respected figure in the international dance community. He has impressively covered nearly every corner of the industry from live performance, television, film, world tours, judging, teaching, creative direction, choreography, and producing - demonstrating just how remarkably multifaceted his career has been. His commitment to education, artistry, and innovation continues to inspire dancers worldwide and reinforces his legacy as one of the industry's most valuable creative forces of his generation.



COLLABORATIONS



JANET JACKSON - X FACTOR
DANCER



JLo - VEGAS RESIDENCY
ASST. CHOREOGRAPHER



FIFTH HARMONY - AMA'S
ASST. CREATIVE DIRECTOR



ALEXANDRA BURKE
ALL NIGHT LONG TOUR
CREATIVE DIRECTOR



MADONNA - LIVE EARTH
DANCER



WILL.I.AM - FIYAH MUSIC VIDEO
CHOREOGRAPHER



BECKY G - RADIO DISNEY AWARDS
ASST. CREATIVE DIRECTOR &
ASST. CHOREOGRAPHER



PITBULL - GREENLIGHT LIVE
SUPERVISING CHOREOGRAPHER



SYTYCD UKRAINE & UK
JUDGE



THE VOICE 2017 & 2018
CHOREOGRAPHER



DWTS UKRAINE
JUDGE



AMERICA'S GOT TALENT
ANDRA DAY
ASST. CREATIVE DIRECTOR



THE X FACTOR 2010, 2012
2013 & 2014
CHOREOGRAPHER



KYLIE MINOGUE
IN MY ARMS PROMO TOUR
CHOREOGRAPHER



CBS - THE WORLD'S BEST
JUDGE



COMIC RELIEF DOES GLEE CLUB
JUDGE

MORE COLLABORATIONS



JAMELIA



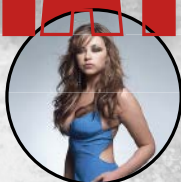
TAKE THAT



ANDREW LLOYD - WEBBER



SNOW WHITE



CHARLOTTE CHURCH



MIS - TEEQ



LA LKERS



JOJO



LULU



GOOGLE



JENIFER HUDSON



SUGABABES



GERI HALLIWELL



VANILLA ICE



FIFA



LIBERTY - X



CHER LLOYD



ROYAL CARRIBEAN



ASHLEY ROBERTS



MC DONALD'S



DIONNE BROMFIELD

LET'S CONNECT!



+1 818 205 8436
SISCO2XS@GMAIL.COM





Teyn Cole

Credits include Doja Cat, Joss Stone, Sky Ferreira, Anabel Englund,
Sofi Tukker, Kiesza, Travis Barker, Tinashe, Alicia Keys, Zendaya,
Chris Brown, Purple Disco Machine

CLARE FRITH

CONTACT DETAILS

07983431553 **phone**
clare@clarefrith.com **email**

PERSONAL STATEMENT

A little bit about me With almost 3 decades in the industry , I have worked accross many genres and with a wide range of clients including celebrity , musicians and models for tv, film, editorial and red carpets . I have a huge passion for what I do and love bringing creative visions to life.

I'm good at interpreting trends and but I love to develop my clients own trademark style in a way that feels authentic , empowering and effortless.

I have built trusting ,long standing relationships with my clients as, alongside my skills and professionalism, im reliable and down to earth and easy to work with .
@clarefrithcreative

WORK HISTORY

February 2001 - current

Freelance stylist and costume designer

Clare Frith

- Client lists includes Red Carpet , Events . tv /music video /live shows /tours, covers - Geri Halliwell, Emma Bunton, Robbie Williams, Sean Paul, John Legend,Fergie, Black Eyed Peas , Sophie Ellis Bextor, NDubz , Nyah Grace , Beverly Knight, Nicole Scherzinger
- Actors - Nicholas Pinnock, Sophie Ockenado, Hope Ikpoku Jnr, Michael Ward, Jake Canuso , Siobhan Finneran
- Presenters - Vernon Kay, June Sarpong, Miquita Oliver, Dermot O'Leary , Christine Bleakley,Kelly Brook
- Fashion shows - Michiko Koshino , Armani , Canary Wharf , MK One, Littlewoods, Adidas,Vivienne Westwood
- Hair Shows - Wella, Schwartzkopf Proffessional , L'Oréal , British Hairdressing Awards , Salon International
- Advertising - Canary Wharf , Schwartzkopf Proffessional , Tangle Teaser, GHD , Hot Tools, Shuh, Kings Cross Coal Drops Yard, Avlon , NXT, Pepsi ,Canary Wharf, Vertus,Tigi ,Tony &Guy,Vertus
- Photographic - Tatler , 10 magazine Tribute , Creative Head, Attitude Magazine, New Woman, Marie Claire ,Observer Magazine , Fabulous, Elle, New Woman
- Other - Sky Arts Awards, ESports World Cup Opening Ceremony, brand consultant - Wale Adeyemi,

REFERENCES

References available upon request

Gareth Walker

Patron Candidate – I Got Soul

Award-Winning Creative Director & Choreographer

Professional Profile

Award-winning Director and Choreographer, Gareth Walker is recognised internationally for his work across live performance, television, global touring productions, and large-scale ceremonies. With a career spanning over 30 years as a professional performer and creative, he brings a rare, full-spectrum understanding of the entertainment industry—from stage to concept, talent to execution.

Gareth Walker is honoured to be considered as a Patron for I Got Soul at Pineapple Dance Studios. Having known founders Alex and Sam for over 25 years, he has witnessed first-hand their commitment to nurturing talent and transforming students into respected working professionals and artists. He holds deep respect for their contribution to the industry and shares their passion for developing the next generation of performers.

Industry Expertise

- Creative Direction & Choreography
- Artist Development & Brand Conceptualisation
- Talent Casting & Facilitation
- Large-Scale Live Events & Ceremonies
- TV, Film & Commercial Performance
- International Touring & Production

Career Highlights

Associate Director – Closing Ceremonies, London 2012 Olympic Games & Paralympic Games

Creative Director – Warner Bros. World Abu Dhabi

IAPPA Award Winner – Best Creative Holiday Show Worldwide

Creative Director – BRIT Awards 2022 Opening Ceremony (Ed Sheeran)

Selected Creative Credits

Worked with artists including Steps, Anastacia, Mika, Take That, Beverley Knight and Lulu.

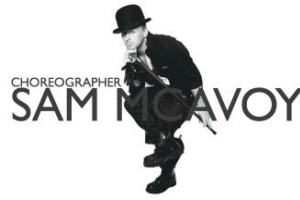
Creator/Director – Rip It Up

Director/Choreographer – Here Come The Girls & Here Come The Boys

Director – Remembering series

Creative Producer – Lulu: For The Record Tour

Television & Live Broadcast



Sam McAvoy

Choreography Credits

Music

The Wanted	Come Back Arena Tour – Choreographer
The Wanted	Strictly Full Monthly – Choreographer – ITV Television
Gareth Malone – The Voices	The Royal Variety Show – Choreographer/Movement Coach
Scissors Sisters	Strictly Come Dancing – Choreographer – Let's have a Kiki
The Wanted	2012 Arena Tour – 'The Code' – Choreographer
The Wanted	'I've Found You' – American Music Awards – Creative Director/Choreographer
The Wanted	Behind Bars – Theatre Tour 2011 - Choreography
The Wanted	Word of Mouth 2014 – Arena Tour – Choreographer
The Wanted	Chasing The Sun – Britain's Got Talent
The Wanted	Capitol Radio Summer Time Ball – Wembley Stadium
Rizzle Ricks	All TV appearances
Cher Lloyd	Red or Black ITV 'Down With The Trumpets'- Choreographer
Britain's Got Talent	Tour - Creative Director and Choreographer
Britain's Got Talent	Ant & Dec Advert – 3,000 flash mob
MTV – Wannabe	Push The Buzzer – Ant & Dec / Spellbound & Special guests
B*Witched	Resident choreographer
Nancy Sinatra	US tour, US single 'Hey Mickey' for movie soundtrack 'Bring it on'
Westlife	TV promo
The Girly Show	Classical VT – Face-To-Face tour
The Girly Show	Alice in Wonderland – Cape Town South Africa – New Years Eve
The Girly Show	Creative Director/Choreographer
Alesha Dixon	At the Pussycat Dolls Lounge – Las Vegas
Alesha Dixon	Choreographer – Special Guest – Daisy Lowe / Immodest Blaze
Alesha Dixon	Capital Radio's 'Jingle Bell Ball' – Associate Choreographer
Shayne Ward	Children In Need performance along with Strictly professionals
Geri Halliwell	The Alesha Show – National Tour – Associate Choreographer
David Jordan	Assistant choreographer – Shayne Ward Live & Breathless Tour & TV Promo
Liberty X	Assistant choreographer – TV promo
S Club 7	Video 'Sun Goes Down' & assistant choreographer Royal Variety performance 'Sun Goes Down'
	2 nd assistant choreographer – TV promo
	2 nd assistant choreographer – TV promo

Commercials/TV/Theatre

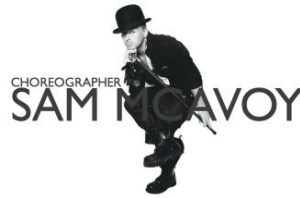
Cats The Musical	Choreographer – Paphos Cyprus – West End Cast & Conductor
Showtime Dance Comp	Judge – Kelowna, Canada
High School Musical	Choreographer – Arts Educational
The Wedding Singer	Choreographer – Arts Educational
Our House	Choreographer – Arts Educational
The Hoods Musical	Choreographer - Bernie Grant Theatre, London
LeGorgeUs – Alexander McQueen	Choreographer - St. James Theatre, London
Stage Fright	Choreographer - Arts Educational, London
Tinkerbell & The Pirate Fairy	Choreographer for DVD launch (Disneyland Paris)
Britain's Got Talent	Season 1, 3 & 4 – Associate choreographer
Sean Kingston/Katie Brand	Choreographer
High School Musical 2	GMTV - Search for Troy Bolton
Kate Brand 'Big Arse Show'	2 nd Series – Choreographer
BBC Ident	Wheelchair basketball players
Orange	Business customers campaign
Same Difference (X-Factor)	Assistant Choreography to Teresa Espinosa

CHOREOGRAPHER
SAM MCAVOY

Contact Details – 07976 930283/07991 466859

madmacs14@me.com

info@igotsoulagency.com



Trade Shows

Celebrity Cruises	Choreographer - Miami, America
London Fashion week	London/Battersea Park
Wella – DJ Ambrose	London/Excel
Lee Jeans	London/UK
Sony	Rhodes/Greece
VW	Dubai
Gulf Cup	Abu Dhabi
Disney Club	London/UK

Dancer Credits

Musicals (West End – London)

Grease – 1996-1998
Saturday Night Fever - original cast 1998-1999

Commercial Dancer credits

Stars in their Eyes (ITV) – Top of the Pops - performing over 10 years (BBC) – Top of the Pops arena tour
Smash Hits Poll winners Arena Tour – CDUK – resident dancer (ITV) – SMTV – resident dancer (ITV)
This Morning (ITV) – National Lottery (BBC) – Summertime Ball (Wembley Stadium)
Jingle Bell Ball (O2 Arena) – UK arena tours – USA arena tours – Blue Peter (BBC) – Mobo Awards
BBC - Motown various artist – Junior Star for a Night – Royal Variety Performance – Music videos
Disney DVD launch (Paris) – S Club 7 “Seeing Double” Movie

Artists include

S club 7, liberty X, Samantha Mumba, Steps, Lolly, B*Witched, Sugababes, Light House Family,
Elvis Presley & JXL, Usher fragrances, Super Model Caprice, and many more.

Teaching Experience

Urdang Academy (London)

Dance projects and summer shows choreographer.
Commercial, lyrical jazz teacher.

Arts Educational School (London)

Dance projects choreographer
Lower school show choreographer
In house Assessor, lyrical jazz teacher, Resident commercial teacher

London Studio Centre (London)

Teacher – pas de deux

Heathrow Gymnastics

Resident ballet and lyrical jazz teacher for senior and junior squads.

Arts Education School (Tring)

Choreographer - En core dance company

I Got Soul Performing Arts

Director & Co-Founder
Resident teacher – Tap, ballet, lyrical jazz, commercial

CHOREOGRAPHER
SAM MCAVOY

Contact Details – 07976 930283/07991 466859

madmacs14@me.com
info@igotsoulagency.com



ALEXIA MCAVOY

Alexia McAvoy has graced the stage as a dance/performer in the West End/television/contemporary dance and hip-hop companies over three decades.

Having trained in London/New York and Los Angeles she really does have a cherry-picked dance training that has kept her broad minded and all round skilled in this field.

Along with her experience as a dancer she has choreographed on worldwide stages/television and alongside her husband within their own dance company.

Alexia has also trained a mountain of dancers who belong to her dance and Performing Arts Agency.

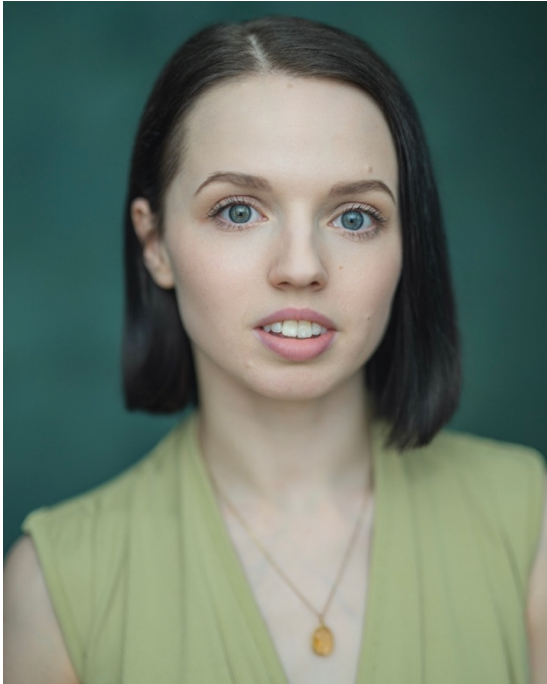
Alexia has trained and championed the careers of many leading dancers in the UK and US along with world champion acro artists all over the world, she takes huge pride in this side of the business as she feels it's an honour to pass on her knowledge, coaching and expert choreographic skills to her own students and to such accomplished artists.

Personal Dance, Choreographic & Clients credits include....

Saturday Night Fever (West End) • The Lion King (West End) • Dreamgirls (West End) • Oliver (West End)
Grease (West End) • Les Miserables (West End) • Motown (West End) • Billy Elliott (West End)
Janet Jackson • Lady Gaga • will.i.am • Rhianna • Kanye West • Jessie J • Ann Marie • Years & Years
Jess Glynn • Fleur East • Take That • The Wanted • Westlife • Little Mix • Scissor Sisters • Conor Maynard
Rizzle Kicks • Dizzie Rascal • Kylie • Cher Lloyd • Sugababes • Girls Aloud • Alesha Dixon • B*witched
S Club 7 • Sean Kingston • Katie Brand • EastEnders • VW • L'Oreal • Pringles • Marks & Spencer
John Lewis • Asda • Visa • Disney Channel • The Voice • Sony • Living TV • ITV • Cartoonito • Sky TV
Britain's Got Talent • Hollyoaks • X Factor • Channel 4 • Disneyland Resort • Zedle • Nickelodeon
Children In Need • Celebrity X Cruises • MOBO Awards • The Royal Variety Show • British Airways
T-Mobile • Chedds • MTV and many more.....

KIERA BRUNTON

Performer - Creative - Teacher



Profile

Name: Kiera Brunton

Website: www.kierabrunton.com

Location: Hertfordshire, England, United Kingdom

Gender: Female

Birth Date: 26/05/1999

Height: 152cm

Weight: 44.5 kg

Nationality: British

Ethnicity: White British

Eye Colour: Blue-Grey

Hair Colour: Dark Brown

Hair Length: Short

Representation

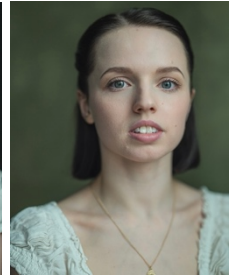
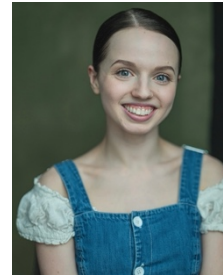
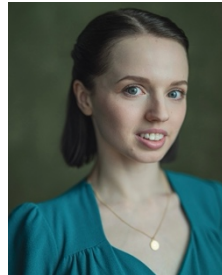
Chris Davis

GAVIN BARKER ASSOCIATES LTD

2D Wimpole Street, London W1G 0EB

020 7499 4777

castings@gavinbarkerassociates.co.uk



Skills

- Accents & Dialects:** (Native) English – Standard; Estuary English.
(High Standard) American – Southern States; American – Standard; RP.
- Languages:** (Native) English
- Music & Dance:** Acro; Alto; Ballet; Ballroom Dancing; Charleston; Choreography; Commercial Dance; Contact Improvisation; Contemporary Dance; Dance Captain; Harmony Singing; Jazz Dancing; Latin American; Lindy Hop; Lyrical Dance; Mezzo; Pas de Deux; Pointe; Singing; Swing Dance; Tap.
- Other Skills:** Acrobatics; Aerial Work; Choreographer (professional); DBS clearance; Dance Teacher; Juggling; Lyra (Aerial); Poi; Sewing (hand and machine); Trapeze (Static); Tumbling; Wire Experience – Flying.
- Performance:** Dancer – Professional; Musical Theatre; Circus Aerial Work; Physical Theatre; Puppetry; Radio Drama
- Sports:** Athletics; Gymnastics; Horse Riding; Trampoline; Yoga.
- Vehicle Licences:** Car Driving License (UK)

Professional Credits

Production	Role	Date	Prod. Type	Director/Choreographer
NDA'd Workshop	Principle Role / Associate Choreographer	2026	Workshop	Sam & Alexia MacAvoy
NDA'd Punchdrunk Workshop	Dancer	2026	Workshop	Ellen Kane - Punchdrunk
Strictly Come Dancing	Assistant Choreographer	2025	Television	Oti Mabuse
A Night to Remember with Aljaz and Janette	Dance Captain / Assistant Choreographer	2025	Stage – UK Tour / West End	Gareth Walker
Kiss Me Quickstep (pre-production)	Assistant Choreographer	2025	Stage – Derby Theatre	Jo Goodwin
Barnum	Dance Captain / Circus Performer	2024	Musical – Watermill Theatre	Jonathan O'Boyle / Oti Mabuse
Dancing in a Winter Wonderland with Aljaz and Janette	Dance Captain / Assistant Choreographer	2023	Stage – UK Tour / West End	Gareth Walker
Strictly Come Dancing	Dancer / Assistant Choreographer	2023	Television	Oti Mabuse
Wicked / Wicked: For Good	Dancer	2023	Feature Film	Jon M Chu / Christopher Scott
A Christmas to Remember with Aljaz and Janette	Dance Captain	2022	Stage – UK Tour / West End	Gareth Walker
Remembering the Oscars with Aljaz and Janette	Dancer	2022	Stage – UK Tour / West End	Gareth Walker
Wonka	Dancer	2021	Feature Film	Paul King / Christopher Gatteli
The Pantomime Life of Joseph Grimaldi	Harlequin / Featured Dancer	2021	Musical – Kenneth More Theatre	Frasier Stainton / Georgia Benson
Disenchanted	Dancer	2021	Feature Film	Adam Shankman
iRah	Dancer	2020	Film	Sam Bhattacharjee / Cem Ahmet
More light	Scent of Ginger	2020	Rehearsed Reading	Franny Anne Rafferty

Professional Credits - UPCOMING

Production	Role	Date	Prod. Type	Director/Choreographer
Let's Face the Music and Dance with Aljaz and Janette	Dance Captain / Assistant Choreographer	2026	Stage – UK Tour / West End	Gareth Walker
Jukebox Idols	Principle Dancer / Associate Choreographer	2026	Stage – UK Tour	Gareth Walker
Breaking Ballroom	Dancer	2026	Stage – The Bedford	Luke Miller & Grace Cinque-White



JAYNE VOICE

- National Professional Qualification for Headship (NPQH) 2022
Best Practice London
- Certificate in Psychometric Testing, Assessment and Access Arrangements (CPT3A) 2018
Real Training London
- The National Award for SEN Co-ordination (NASENCo) 2013
Real Training London
- Master of Arts: Hertfordshire (MA) 2010 University of Hertfordshire
- Post Graduate Certificate in Education: Music (Secondary) (PGCE) 2005
London metropolitan University
- Bachelor of Arts: Music Performance (BA) 2004
- London College of Music (Thames Valley University)



REBECCA ELIZABETH WELLS

Commercials credits include: Ikea, Nescafé

TV credits include: E4 Misfits 1 episode (Sara)

Stage credits include:

Judy in 9 to 5 The Musical, The Shaw Theatre London

Rizzo in Grease at The Elgiva Theatre

Blousey Brown in Bugsy Malone at The Elgiva Theatre

Parade Performer & Cinderella at Disneyland Paris

Director/Choreography credits include:

You're a Good Man Charlie Brown at The Pump House

9 to 5 The

Musical at The Pump House

Fame at The Elgiva Theatre

Qualifications:

National Diploma in Professional Musical Theatre from The Urdang Academy

BA (Hons) in Professional Practice in Theatre Arts from Middlesex University

PGCE in Secondary Drama from The University of Reading

QTS in Drama from Oxon-Bucks SCITT



GRACE ADDERLEY

Private Clubs Events

Jake & The Beanstalk Panto

Hillside Beach Club

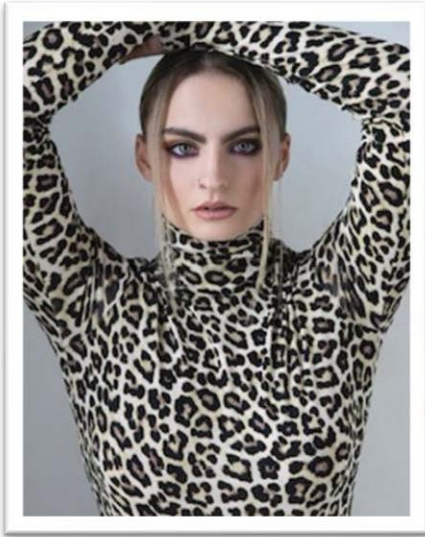
Durex Commercial

Showgirl - America (West Coast) TV promo & Shows

UK Strongest Man Competition- Presenter

Bollywood Movies (16 Movies)

B*Witched - Tour



MELODY MCAVOY

Contact No: 07891 143507

Email: melodymc14@gmail.com

TRAINING:

I Got Soul – Sam & Alexia McAvoy
 Lee Crowley – Soul Mavericks (Breaking)
 PSG with Sisco Gomez
 Trained in LA, New York & Athens

CREDITS:

Employment/Teaching

2025	Arens Bar – Opening Event	DJ	London
2025	L'Oreal Haishow (D&J Ambrose)	Dancer/Model	London
2025	I Got Soul Power	Dancer/Choreographer	London
2025	I Got One Two Step	Dancer/Choreographer	London
2024	Can We Talk – Sisco Gomez	Dancer/Choreographer	London
2024	Arens Bar Halloween Horror Night	Dancer	London
2024	Kule T – I Got Soul 30 th Anniversary	Dancer	London
2024	The GG3x3 Summer Tournament	Breaker	London
2024	BBC Radio 4 – Talk Show	Breaking GB Interview	London
2024	Breaking GB Subway Summer Slam	Dancer	London
2024	Amelie Jat 'Blush' Album Promo	Dancer	Sam McAvoy, London
2024	Open Ceremony for ESport World Cup	Dancer	Saudi Arabia
2024	Boom Pods Headphones Brand	Model	London
2024	Sloggi Underwear Commercial (WW)	Dancer/Model	London
2023	Justice League Stunt/Dance Showcase	Associate Choreographer	Warner Bros Studio Abu Dhabi
2023	Wicked (Universal Film)	Dance/Breaker/Stunt	London
2023	Dance Your Style Showcase (Red Bull)	Choreographer/Dancer/Breaker Tricks	London
2023	You Didn't Stand By Me – Video	Dancer	London
2022	Red Bull BC One (final 8)	Breaker	London
2022	Breaking Convention (Birdgang)	Dancer/Breaker/Tricks	Sadlers Wells – London
2022	Dance Your Style (Red Bull)	Trick Choreographer/Dancer	London
2022	Brit Awards – Ed Sheeran - O2	Dancer (Gareth Walker)	O2, London
2022	I Got Tamashii	Ass. Choreographer/Stunt Staging/Tricks	London
2021	Strictly Full Monty – The Wanted	Ass. Choreographer/Dancer	Blackpool
2021	Breaking GB (Semi Finals)	Breaker	London
2021	Red Bull BC One (final 8)	Breaker	London
2021	Stand Up 2 Cancer – The Wanted	Ass. Choreographer	Royal Albert Hall
2021	Frank Arens Video 'What I Want'	Choreographer	London
2020	Arts Educational College	Commercial Teacher	London
2020	Video Shoot	Dancer	Gareth Walker/Scott Coldwel
2019	The Sinner (Arts Educational London)	Ass. Choreographer/Stunt Staging/Tricks	Alexia McAvoy
2019	The Lucky Guys music video	Dancer	Sam McAvoy
2019	Comics – London	Ass. Choreographer/Tricks	Sam & Alexia McAvoy
2019	SOUR music video	Dancer	Alexia McAvoy
2018	X Factor	Dancer	James Collins
2018	Frank Arens	Music Video	Suzette
2018	The Affair – London	Ass. Choreographer	Alexia McAvoy
2018	The Voice Kids	Dancer	Jerry Reeve & Emer Walsh
2018	Darker Shade of Green (Charles)	Music Video	Tom Saggs
2017	Pringles Advert	Global	Royston Gooden
2017	Frank Arens	Live Performance	Alexia McAvoy
2017	Britain's Got Talent	VT – Assist. Choreographer	Sam McAvoy
2016	Frank Arens	Pop Video	Suzette
2016	Amber Donoso	Dance Video	Michelle Devernay
2016	B*Witched	Australia Tour Assis. Choreographer	Sam McAvoy

Teacher at I Got Soul Performing Arts since 2013
 Dance teacher at Arts Educational – Chiswick, London since 2025
 Commercial class at Pineapple Dance Studio London since 2021
 Commercial class at Move It – London Excel 2022 & 2024
 Commercial Workshop at Uxbridge College 2021, 2022 & 2023

Performances

2024	Regal Couture	Principal Dancer	London	Sam & Alexia McAvoy
2024	Face of Move It 2024 (Main Stage)	Choreographer/Dancer	London	
2023	Soul Asylum	Principal Dancer	London	Sam & Alexia McAvoy
2023	Dance Unite (Red Bull)	Principal Dancer	London	Sam & Alexia McAvoy
2022	Dance Unite (Red Bull)	Principal Dancer	London	Sam & Alexia McAvoy
2022	I Got Tamashii	Principal Dancer	London	Sam & Alexia McAvoy
2019	Comics	Principal Dancer/Actor	London	Sam & Alexia McAvoy
2019	Comics	Break Dancer	London	Lee Crowley (Soul Mavericks)
2018	Pilots	Actor	London	Anna Hosgood
2018	TNT	Principal Dancer	London	Sam & Alexia McAvoy
2018	TNT Video	Principal Dancer/Actor	London	Sam & Alexia McAvoy
2018	I Need an Out - Video	Principal Dancer	London	Sam & Alexia McAvoy
2018	Aliens in London – Social Media Advert		London	Sam & Alexia McAvoy
2017	Mr Bowlers Dance Company	Principal Dancer/Actor	London	Sam & Alexia McAvoy
2017	Stage Fright	Principal Dancer	London	Sam & Alexia McAvoy
2017	Stage Fright – Video	Principal Dancer/Actor	London	Sam & Alexia McAvoy
2017	Dance performance for the HRH William, HRH Kate, HRH Harry		London	Open Day at Global Academy

SKILLS:

Breaker — DJ – Fitness training



KURTIS LEE

Height: 5' 11"
Waist: 34"
Neck: 17"
Shoe Size: UK11
Nationality: British
Hair Colour: Brown
Eye Colour: Blue Green

✉ kurtisvlee@hotmail.com

☎ 07506 915610

📷 kurtislee.28

🎵 kurtislee_

SCAN HERE TO CHECK OUT MY
SHOWREEL, VIDEOS AND LINKS →



TRAINING

I Got Soul - Sam and Alexia McAvoy Breaking with Lee Crowley (Soul Mavericks) Pro-Acting with Anna Hosgood
Acting Masterclass with Sasha Garrett Acting Masterclass with Wayne Linge

SKILLS

Street - Commercial - Breaking - Hip Hop - Ballet - Tap - Contemporary - Lyrical
Choreography (solo/group/performance/video) - Acro/Gymnastics - Acting - Singing - Fire Breathing

TEACHING

2024 - Present	Pineapple Workshops	Commercial Hip Hop/Street	London
2022 - Present	Pineapple Studios	Commercial Hip Hop/Street	London
2022 - 2025	Heathrow Gymnastics	Ballet Grade 6/7	Heathrow
2018 - Present	I Got Soul	Street/Ballet/Singing/Tap/Lyrical/Breaking/Acro	London

CREDITS

2025	Head Above Water Video	Say Your Piece	Dancer / Choreographer	London
2024	Jackson Video	Chloe May Jackson	Dancer	London
2024	Blush Music Video	Amelie Jat	Dancer	London
2024	Saddie to Baddie Video	Chloe May Jackson	Dancer	London
2022	Nightshift Music Video	Steinsdotter	Dance Captain	London
2021	Strictly The Full Monty	The Wanted	Dancer	Blackpool
2020	Break My Stride Music video	Lucky Guys	Featured Artist	London
2020	Break My Stride	Lucky Guys	Lead Singer	London
2019	X Factor Celebrity ITV	James Collins	Dancer	London
2019	Scrambled ITV	Lucky Guys	Featured Artist	London
2019	Happy Life Music video	Lucky Guys	Featured Artist	London
2019	Happy Life	Lucky Guys	Lead Singer	London
2019	B*Witched Tour	Sam McAvoy	Assistant Choreographer	London
2018	Aliens in London advert	Social Media	Actor / Dancer	London
2017	Disneyland Paris	I Got Soul	Parade Dancer	Paris
2016	Britain's Got Talent ITV	Sam & Alexia McAvoy	Group Singing Performance	London

PERFORMANCES

2025	Debbie Moore Blue Plaque	Pineapple Studios	Principal Dancer	London
2025	Atis Covent Garden	Pineapple Events	Principal Dancer	London
2025	I Got Soul Power	Sam & Alexia McAvoy	Choreographer / Dancer	London
2025	I Got One Two Step	Sam & Alexia McAvoy	Choreographer / Dancer	London
2024	Arens Bar & Grill	Sam & Alexia McAvoy	Halloween Performer	London
2024	Regal Couture	Sam & Alexia McAvoy	Choreographer / Dancer	London
2024	Move It	Melody McAvoy	Principal Dancer	London
2023	Sneakerness Event	House of Rebels	Dancer / Breaking	London
2023	Singing Gala	I Got Soul	Singer	London
2023	Red Bull Dance Unite	Steinsdotter	Dance Captain	London
2022	UK Breaking Grand Slam	House of Rebels	Dancer / Breaking	London
2022	Red Bull Dance Unite	Sam & Alexia McAvoy	Principal Dancer	London
2022	Acting / Singing Gala	I Got Soul	Actor / Singer	London
2022	UK Bboy Championships	House of Rebels	Dancer / Breaking	London
2022	Tamashii	Sam & Alexia McAvoy	Principal Dancer	London
2022	IGS Catwalk video	Sam & Alexia McAvoy	Model / Principal Dancer	London
2022	Soul Dance Company video	Melody McAvoy	Principal Dancer	London
2021	Elevate Live Performance	Praxis Performing Arts	Singer / Dancer	London
2021	Private IGS	Sam & Alexia McAvoy	Principal Dancer	London
2019	Comics	Sam & Alexia McAvoy	Principal Dancer	London
2018	Roaring Boston	Sam & Alexia McAvoy	Solo Singing Performance	London
2017	Disneyland Paris IFDPA Comp	I Got Soul Company	Principal Dancer - GOLD	Paris
2015	Summer Festival	World of Adventures	Group Singing Performance	Chessington
2015	All Star Soccer 6	Charity Football Event	Group Singing Performance	London



GEORGIA DUNCOMBE

Tel: 07903347050

Email: georgiaduncombe06@gmail.com

Height: 5'6

Hair: brown/blonde

Eyes: blue

TRAINING

I Got Soul Performing Arts

Base Studios - advanced commercial classes

Pineapple Studios - advanced commercial classes

PSG: Programme Sisco Gomez

PERFORMANCE AND TV EXPERIENCE

Britains Got Talent - dancer - 2006

Westlife for the last time - dancer - 2012

Beth Ditto / Gossip - Versace fashion show- Milan - dancer - 2013

Scissor Sisters - Strictly Come Dancing - dancer - 2013

The Wanted - Strictly Come Dancing - dancer - 2013

The Wanted - Summertime Ball Wembley Stadium - dancer - 2013

Jessie J - Sports Relief - dancer - 2014

X Factor - ITV - dancer - 2014

Conor Maynard - dancer - 2014

Take That - X Factor - 2015

The Wanted - Summertime Ball Wembley Stadium- dancer - 2015

Mr Bowers Black and White - dancer - video

Mr Bowers Psychos - dancer - video

Mr Bowers Smile - dancer - video

Mr Bowers - Pitiful - dancer - video

Cher Lloyd - UK tour - dancer - 2011

Here Come The Boys - UK arena tour - 2019

B*Witched - Australia / New Zealand tour - artist - 2019

The Girly Show - The Windmill Theatre with Daisy Lowe - dancer - 2012

DANCE STYLES

Contemporary/lyrical, jazz, ballet, commercial

AMY MACKENZIE

Gymnastics and Dance Specialist Teacher

Hello, my name is Amy and I am hugely passionate about giving all children and young people the opportunity to experience sport and high level coaching. I am incredibly hardworking and committed to everything I do.

This comes from my background in elite sport and performing. I am an organised person, who enjoys working with and supporting others. I aim to be professional and efficient in everything I do, I am always striving to be a better teacher and give all children a positive experience in sport, no matter what level they are participating in.



Contact



07427619411



Amy.mackenzie1@sky.com



@amymackenzie999



1 Station Crescent, Ashford,
TW15 3JJ

Education

● Surbiton High School

2009-2014

GCSE

Maths

English Literature

English Language

Science (Chemistry, Biology, Physics)

PE

Art

French

Religious Studies

● Surbiton High Sixth Form

2014-16

A Level

English Language

Photography

EPQ Project

Other Qualifications

- UKCC British Gymnastics Level 1 Coaching - 2015
- UKCC British Gymnastics Level 2 Coaching - 2017
- Yearly Safeguarding Training
- First Aid Training
- Diversity and Inclusion in Teaching
- DBS Checked

Reference

Lucy Vincent

Head and Deputy Head of Girls' Prep Sport

Lucy.vincent@surbitonhigh.com

Work Experience

Heathrow Gymnastics Club

Acrobatic Coach

2013-2020

My coaching career began whilst still training at international level in acrobatic gymnastics. After starting coaching, I quickly began to be assigned bigger responsibilities such as making routines and leading the Acrobatic development squad sessions. Throughout my coaching career at Heathrow, I coached many children to Regional and National level competitions. Which resulted in multiple medals and titles. I also led on creating, choreographing and refining huge display routines with up to 30 children in, as well as assisting in junior and senior acrobatic squad sessions. Who were training at an international level.

Brentford FC Community Sports Trust

Gymnastics and Dance Coordinator

2024-current

Brentford FCCST is a charity organisation providing sporting opportunities for all in school, sport and wider environments. At the trust I help coordinate the gymnastics programme that runs from Gunnersbury Park Sports Hub, an inclusive gymnastics programme which has multiple groups for different ages and abilities. Not only do I coach recreational gymnastics at the Trust, I work in schools taking teams to National finals as well as delivering PE lessons and working on the Premier league primary stars programme. I work with class teachers to support their PE delivery. Helping them to plan, structure and deliver safe, relevant and efficient PE lessons.

Surbiton High Girls' Preparatory School

Gymnastics and Dance Specialist

2016-current

Having worked at Surbiton Girls' Prep for 8 years now, I have come to build meaningful and supportive working relationships with both, staff, pupils and parents, through precise, honest and consistent communication. I have built the gymnastics and dance curriculum provision from scratch, working in conjunction with the head of sport, to align with the schools vision, and to ensure parity to develop purposeful goals and outcomes for the sport. I plan, organise, assess and teach the gymnastics and dance programme at the girls prep, doing both curriculum and co-curricular sessions, Being in control of both programmes means I also am heavily involved in wider school events, such as drama productions and organising workshops from reputable external teachers to keep both programmes exciting, to keep the pupils engaged and challenged. Whilst having a huge focus on nurturing and building confidence in pupils who aren't competent or motivated in gymnastics, I have coached elite and advanced squads, competing regionally and nationally. Being able to apply my huge subject knowledge and being highly respected by the pupils, I have coached the Under 11 elite squad to achieve multiple national titles and medals. Teaching the children is obviously the main focus of my role, however throughout the year I run staff CPD for other other sports staff to teach productive and safe gymnastics lessons.

I Got Soul Performing Arts School

Head of Acro and Gymnastics

2013-current

I Got Soul is a performing arts schools, where every individual is celebrated for who they are. This is something I am hugely passionate about and carry this way of thinking in every setting I teach in. I am the lead gymnastics teacher at I Got Soul, where the focus is to give pupils the opportunity to broaden their dance training and be able to apply gymnastics skills into their dancing. I plan, teach and create the gymnastics programme as well as coaching other teachers how to teach gymnastics to children aged 3-20+.



Career Highlights

Gymnastics Performing

Multiple Acrobatic British Champion - 2009-2013
Britains Got Talent Winner - 2010
Acrobatic World Silver Medallist - 2010
Performed London Olympic Closing Ceremony - 2012
European Silver Medallist - 2013

Gymnastics Coaching

NDP Acrobatic Regional Champions and medallists - 2013-2019
NDP Acrobatic National Champions and medallists - 2013-2019
Acrobatic Regional Schools Champions and medallists - 2016-2023
Acrobatics National Schools Champions and medallists - 2016-2023
Floor and Vault Regional Schools Champions and medallists - 2016-2023
Floor and Vault National Schools Champions - 2023

Dance Performing

IGS x TNT
Winners of IFDPA and performed in Disneyland parade
IGS x Comics
IGS x IGS Advert
IGS x Tamashi
Breaking GB Trials
UKSDC Battle - 3rd place
Dance Unite - Solo artist
Redbull BC One UK Cypher
Steinsdottir - Nightshift music video
Dance Unite - Steinsdottir and House of Rebels
IGS x Redbull Dance Your Style
IGS x Soul Asylum
House of Rebels x The GG 3v3
IGS x Sneakerness

Other Awards

Spelthorne Sports Individual Female - 2008
Surrey Young Sports Personality Runner Up - 2008
Virgin Young Leader Award - 2014
Princess Diana Award - 2015

Gymnastics Experience

I started gymnastics training at the age of 4 at a local club. Being coached by high level, experienced coaches, I went on to achieve many accolades. I was awarded a scholarship to one of the UK's highest profile schools for gymnastics, Surbiton High School. During my 7 years there, I won 15 national schools gold medals.

Throughout training in Acrobatics I progressed to senior level and entered into my first national competition, the British Open at the age of 10 where I won a silver medal - one of the youngest ever medal winners at this event. I then went on to win another 5 gold and silver medals at the event over the following years.

By age 11 I had won the first of my 3 British Championship Golds, which brought selection to the Great Britain team for the European Championships in Portugal.

After my first selection, although no medal, I went on to represent Great Britain in competitions around the World highlighted by a Silver medal in the World Championships in Poland and a Silver medal in my 3rd European Championships.

In 2010, while still competing, I was part of a gymnastics troupe called 'Spelbound' invited by ITV to enter Britain's Got Talent. After wowing the country through the early stages, we went on to win the live TV final in front of 15 million viewers, one of ITV's biggest audiences of that year.

The profile and publicity we gained led to appearances on the Royal Variety Performance at the London Palladium and performing on numerous high profile tv shows, a full UK tour and corporate events. As well as performing in major venues such as Twickenham Stadium and Westfield London. Spelbound also travelled the world widely performing in Dubai, Madrid, Abu Dhabi, Qatar, Lisbon, Budapest, Cape Town and many other European cities.

2012 saw Spelbound invited to be part of the London Olympics performance team. This involved many test events plus performing for sponsors, VIP's, charities and audiences before and during the 2012 games. We also featured in the Closing Ceremony with a special routine created by globally renowned Artistic Director, Kim Gavin.

Dance Experience

After retiring from gymnastics at age 18, dancing seemed to be the most natural progression. Since dancing at I Got Soul, I have had opportunities to perform and train in a range of different styles. I currently train in ballet, pointe, lyrical, contemporary, street and breaking.

I am also a part of the Soul Professional Company. The company is a highly prestigious and reputable company, that often performs on television or live events. Since being in the company I have performed in many live shows in London, have been a dancer in music videos, as well as performing and competing in Europe.

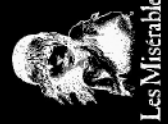
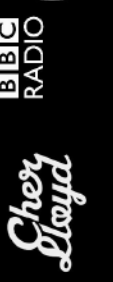
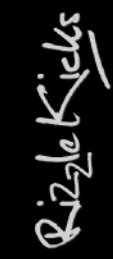
Breaking has also been something I have been involved in throughout my time at I Got Soul. I have attended and competed in many high level breaking competitions, some of which being international level or pathways to Team GB, now that breaking is becoming an Olympic sport. I have also taken part in the Redbull BC One Competition, where I qualified to the second stage of the competition.

Reference

Alexia and Sam McAvoy
Principals and Teachers

I Got Soul Performing Arts
Madmacs14@me.com

STAFF & SCHOOL CREDITS...



MERCH MOCK UPS

Some ideas...

Pineapple

GOT SOUL

**PERFORMING
ARTS COLLEGE**



Pineapple

GOT SOUL

**PERFORMING
ARTS COLLEGE**



Virtual Learning uk



GOT SOUL

**PERFORMING
ARTS COLLEGE**

**STARTING THIS SEPTEMBER GAIN
A PROFESSIONAL QUALIFICATION
AT A FULL TIME PERFORMING ARTS
COLLEGE WITH PINEAPPLE GOT SOUL**

TASTER DAY WORKSHOP AUDITION

**26TH APRIL 1:30 – 5:30
AT PINEAPPLE DANCE STUDIOS**

Introduction to a **2 year course** where you will work towards a **Level 3 BTEC Extended Diploma in Performing Arts (2016)**.

This qualification is equivalent to **three full A Levels**, providing you with a vocational context in which you can develop the knowledge and skills required for Higher Education or straight into professional employment.


Book on now via the email below to secure your place and avoid disappointment. This is a rare opportunity so places will go quickly...


No need to prepare anything but be advised to wear clothes you can dance and move in. We will be providing the audition material on the day.

Open to **16 to 18 year olds** with experience in performing arts.

An additional audition date will be announced. Follow us on social media for all the latest news.

Email info@igotsoulofficial.com for more information.

 @pineapplegetsoul

 07791 466859



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