

# Experience the Arts

William Simpson Fine Arts Series at Springfield College

## Annual Spring Dance Concert

FEATURING THE SPRINGFIELD COLLEGE DANCERS



**April 25-27, 2025**

Appleton Auditorium, Fuller Arts Center

**SPRINGFIELD  
COLLEGE**



# Annual Spring Dance Concert

**Artistic Director/Stage Manager:** Sarah Zehnder

**Lighting Designer:** Sabrina Hamilton

**Sound Operator:** Sarah Zehnder

**Lighting Technician:** Rose Schwietz Mallal

**Backstage Crew:** Katie Baroli, Nicole Henkel, Alexa Roberts and Dancers

**Front of the House Crew:** Julia Merk, Hannah McGee, Haley Marino, Lili Nichols

**Take action to support Indigenous Peoples in Massachusetts.**

## Program

### To Grieve a Memory

**Choreographer:** Alexa Roberts

**Music:** "All My Friends - 2017" Composed and Performed by Dermont Kennedy

**Dancers:** Kandyce Jackson, Mackenzie Miller, Haylee Ritter

**Understudy:** Katherine Johnson

**Costumes:** Alexa Roberts

**Lighting Design:** Sabrina Hamilton

### Creating Sunshine

**Choreographer:** Octavia Courcy

**Music:** "Song on the Beach" Composed and Performed by  
Arcade Fire with Owen Pallett

**Dancers:** Hannah McGee, Julia Merk

**Understudy:** Rachel Vakassian

**Costumes:** Octavia Courcy

**Lighting Design:** Sabrina Hamilton

### Resilience through the Ribbon

**Choreographers:** Morgan Robinson and Raya Sawyer (with support from Dancers)

**Music:** "Maybe Man" (instrumental) Composed by AJR

"A Poem on Feeling Worthy and Body Image" by P.Bodi Poetry

"It's Not Coming Out, It's Coming Home" TED Talk by Alexandra Smith-Scales

"Anxiety: A Fight to be Ok" by K Soul (spoken by: Arika Robinson)

"There Will Be Days Like These" by Miles Carter

**Videotaping and photography are strictly prohibited.**

**Sound Editor:** Raya Sawyer

**Dancers:** Caitlyn DeLuca, Kelsey Gibbons, Rebecca Houde, Morgan Robinson,  
Dikshya Updhyay, Rachel Vakassian

**Performers:** Dallas Dowdy and Raya Sawyer

**Costumes:** Morgan Robinson and Raya Sawyer

**Lighting Design:** Sabrina Hamilton

## Beyond Self-Reliance

**Choreographer:** Julia Merk

**Music:** "Better Days" Composed by Dermont Kennedy, Scott Harris, Sam Roman,  
Carey Willetts and Daniel Nigro and Performed by Dermont Kennedy  
"Resolve" Composed by Nathan Lanier

**Dancers:** Meghan Donahue, Haley Marino, Hannah McGee, Lili Nichols

**Understudy:** Julia Merk

**Costumes:** Julia Merk

**Lighting Design:** Sabrina Hamilton

## Untether... Obstruct... Reform... Affirm!\*

**Choreographer:** Hannah McGee

**Music:** "Scorpio" by Grandmaster Flash & The Furious Five and Composed by  
Eddie Morris & Guy Williams  
"Let Me Out" by Hidden Citizens and the featured artist is Rånya and  
Composed by William Patrick Van Alstine

**Dancers:** Meghan Donahue, Sofia Friedl, Kandyce Jackson, Katherine Johnson,  
Haley Marino, Julia Merk, Mackenzie Miller, Lili Nichols, Rachel Vakassian

**Understudy:** Willem Edwards

**Costumes:** Hannah McGee

**Lighting Design:** Sabrina Hamilton

**\*This is a senior dance research project.** This choreographic research brings attention to eight women trying to break free from the social stigmas placed upon them by the overpoweringly reinforced gender-based power dynamics, with examples of women continuously being sexualized, often without consequences, in the work industry. Through the explorations of facings, duration, speed of movements, levels, and different groupings of dancers, the dance offers a hopeful future where a community of women can shift the social construct surrounding power and agency of our body. There are images and stories drawn from various articles and poems by women who have been oversexualized in corporate environments; thus we transformed their stories into powerful visual statements on stage.

**Please turn off all electronic devices. Thank you.**

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## INTERMISSION

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### Hindsight

Choreographer: Nicole Henkel

Music: "Black Sands" Composed by Simon Green and Performed by Bonobo

Dancers: Octavia Courcy, Sarah Draper, Sofia Friedl, Julia Merk

Understudy: Haley Marino

Costumes: Nicole Henkel

Lighting Design: Sabrina Hamilton

### ignored COMPONENTS OF THE isolated CAROUSEL ✱

Choreographer: Hannah McGee

Music: "Butterfly Jar" by Origamibiro and Composed by Thomas William Hill

Dancer: Hannah McGee

Costumes: Hannah McGee

Lighting Design: Sabrina Hamilton

**\*This is a senior dance research project.** This research explores how we embody past trauma, specifically related to body dysmorphia and resulting anxieties. We see the dancer stuck in a cyclical pattern, spiraling, weighted, and unable to escape. As the work progresses, we see the dancer continuously reaching for hope, as she sifts and deciphers between truths and lies of the reflection she sees, the voices she hears, and what is actually true.

### Next to You

Choreographer: Sarah Draper

Music: "Lay Me Down" Composed by Jimmy Napes, Sam Smith, Elvin Smith,  
and Performed by Sam Smith

Dancers: Sarah Draper, Katherine Johnson, Mackenzie Miller, Haylee Ritter

Understudy: Kelsey Gibbons

Costumes: Sarah Draper

Lighting Design: Sabrina Hamilton

# Paradox\*

Choreographer: Haylee Ritter

Music: "Maquina de Humo" Composed and Performed by Michael Wall

"Corals Under the Sun" Composed and Performed by Sivan Talmor and Yehezkel Raz

"099:1" Composed by Daniel Selke and Sebastian Selke and Performed by Ceeys

"Reunion" Composed by Daniel Selke and Sebastian Selke and Performed by Ceeys

Dancers: Octavia Courcy, Meghan Donahue, Kelsey Gibbons, Kandyce Jackson,  
Lili Nichols, Haylee Ritter

Costumes: Haylee Ritter

Lighting Design: Sabrina Hamilton

**\*This is a senior dance research project.** *Paradox* is an exploration of individualism versus unity, and the ways in which we can embody one idea or both simultaneously. We experience one dancer's journey amidst five other dancers, as she resists, accepts, and arrives within a world where two things can be true at once. We see her break from the structured patterns of everyday life to reveal how opposing forces can clash, coexist, and ultimately shape who we are.



## **Springfield College Dancers eboard:**

**President:** Julia Merk

**Vice President:** Lili Nichols

**Secretary:** Mackenzie Miller

**Treasurer:** Hannah McGee

**Public Relations:** Haley Marino

## **Choreographers and Dancers:**

Octavia Courcy - Dance Major, Education Minor

Caitlyn DeLuca - Early Childhood Education Major, Psychology Minor

Meghan Donahue - Communication Sciences and Disorders Major, Dance Minor

Dallas Dowdy - History and Secondary Education Majors, Psychology Minor

Sarah Draper - Psychology Major

Sofia Friedl - Occupational Therapy Major, Psychology Major

Kelsey Gibbons - Dance Major

Nicole Henkel '23 - Master of Education in School Counseling and School Adjustment Counseling, Class of 2025; Dance and Psychology Majors, Honors Program

Rebecca Houde - Early Childhood Education Major, Psychology and Art Minors

Kandyce Jackson - Dance Major, Marketing Minor

Katherine Johnson - Physical Therapy Major, Dance Minor

Haley Marino - Elementary and Special Education Majors, English Minor

Hannah McGee - Dance and Business Management Majors

Julia Merk - Early Childhood Education and Dance Majors

Mackenzie Miller - Art Therapy Major, Dance Minor, Honors Program

Lili Nichols - Psychology Major, Dance Minor, Honors Program

Raya Sawyer - Business Management and Marketing Majors, Creative Writing Minor

Haylee Ritter - Dance Major

Alexa Roberts - Occupational Therapy Major, Dance Minor

Morgan Robinson - Doctor of Occupational Therapy Major

Dikshya Upadhyaya - Finance and Computer Science Majors

Rachel Vakassian - Dance/Pre-PT to DPT Major

## **Special Thanks:**

Christopher Gagne, Chair, Department of Visual and Performing Arts

Wendy Franz, Administrative Associate, Department of Visual and Performing Arts  
and Department of Humanities and Social Science

Office of Marketing

Media Services

Facilities Management

Kandyce Jackson, Student Assistant

All dancers and choreographers who shared their passion with us for the show

Back and front of house students and dancers



Thank you for attending. We hope you enjoyed the performances.



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