

Caston Chamber  
Ballet

# Preserving our Past Enriching Our Future

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## Mission

The Caston Chamber Ballet, established in 2004 is a pre-professional ballet company located in Webster Groves, Missouri.

The Company was co-founded by Torris and Shannon Caston to provide performance opportunities for aspiring classical dancers. With few exceptions, the Company dancers with no previous training began their training with Mr. and Mrs. Caston. The technical strength of the Company has allowed for such ambitious works as *Coppelia*, *The Nutcracker for Children*, *Beauty and the Beast*, *Pas De Quatre*, *La Boutique Fantastique*, selections from *Swan Lake*, *The Sleeping Beauty*, *the Pas de Trois* and *Odalisques* from *Le Corsaire*, *Paquita*, *Pas de Quatre* and others. In the philosophy of George Balanchine and Vladimir Vasiliev, ...we can't talk about the development of dancers as separate from the development of choreography. Although our primary performance focus lies in the staging of the classics, and the choreography of Mr. Caston; the Company also provides a Vehicle to nurture and showcase aspiring choreographers.

## Philosophy

Caston's Ballet Academie School  
Founded in 2001

*O body swayed to music, O brightening  
glance, How can we know the dancer  
from the dance?*

- Yates -

**T**hrough passion and love for dance and music, mind and body become one. Along with developing an outstanding dance technique, we inspire and motivate our students. We encourage positivity, self-confidence and group cooperation. We dance for enjoyment and Arts sake. We do not encourage competition against others, but nurture the desire to always strive for one's own personal best.

### Why Caston Ballet?

- Chamber Company
- Classics
- Contemporary
- Cecchetti and Vagonova
- Nutcracker for Children
- Story Book Ballets
- Caston Choreography
- Emerging Choreographers
- Outreach
- Enriching Audiences
- Diversity
- City and County



# Biographies

## TORRIS CASTON

### Artistic Director

A native of St. Louis, Mr. Caston was trained in ballet by Richard Martin, Doris Dieu, Ron Hansford, Stanley Herbert, Nathalie Levine and Mrs. Michael Simms. While completing his Masters Degree from New York's Long Island University in Anatomy & Physiology, he studied at the Joffrey Ballet School. Returning home he subsequently received his certification as a dance instructor from the Missouri Department of Education and the Cecchetti Council of America. Torris has taught ballet for 20 years at institutions including St. Louis Community College, Maryville University, and McKinley Classical Junior Academy - St. Louis Magnet School for Gifted and Talented Children, as well as private schools in Missouri and Illinois. Mr. Caston has performed both corps and solo roles with Metropolitan Ballet of Saint Louis and St. Louis Ballet Theatre, and has toured Europe and Russia. Through Dance St. Louis and Muny he has performed with international ballet companies such as American Ballet Theater, Stuttgart Ballet, and LaScala Ballet. His professional experience also includes tae kwon do, gymnastics and flamenco.

## SHANNON CASTON

### School Director

Mrs. Caston completed her B.S. and B.A. from the University of Missouri at Columbia in Biology and Art; and received her teaching certification from the Missouri Department of Education and the Cecchetti Council of America. She has studied ballet under Michael Simms at Stephen's College, and Columbia Performing Arts through a ballet scholarship. Mrs. Caston employs this strong background in education, art, anatomy and physiology as a crucial building block for her classes with the utmost concern for developing young bodies. Her 14 years of teaching include various forms of dance at numerous institutions in Columbia and St. Louis, including Ballet Midwest, Girls Incorporated, and Saint Louis Community School. She has taught biology, and anatomy & physiology at Lindbergh High School and Yeatman Liddell Middle School. Mrs. Caston served as dance instructor, choreographer, artistic consultant and rehearsal director for Parkway School District in 2008. Shannon has experience in pas de deux, technique, pointe, lyrical, jazz, modern dance, tap, ballroom, hip-hop and dance squad. Mrs. Caston has performed for local dance companies, as well as Dance St. Louis presentations of American Ballet Theater and Stuttgart Ballet.

GUEST FACULTY HAS INCLUDED:

KIM COWEN

Prima Ballerina with Kansas City Ballet

## JEANNE ENGEL

### Rehearsal Assistant

Jeanne Engel received her early training in St. Louis with Nathalie LeVine and Michael Simms, then attended Indiana University where she studied with Marina Svetlova, John Kriza, Anton Dolin and Nicholas Beriozoff. During that time, she performed in numerous ballets and operas, including *Giselle*, *Graduation Ball*, *The Firebird*, *Pas de Quatre*, and the role of Juliet in the premiere of Beriozoff's *Romeo and Juliet*.

After receiving a B.S. in Ballet from the School of Music in 1975, Ms. Engel joined Indianapolis Ballet Theatre (later Ballet Internationale) under the direction of George Verdak and Dace Dindonis. Upon returning to St. Louis, Ms. Engel served as Co-Artistic Director of Metropolitan Ballet of St. Louis from 1980 to 1988, staging numerous original and classical ballets such as *Nutcracker*, Act II of *Swan Lake* and Act III of *Sleeping Beauty*. She has served as faculty and board member of Alexandra Ballet and taught pre-professional classes throughout the Midwest. Her costume designs were featured in Ballet Eclectica's *The Little Dancer* in 2006 at the St. Louis Art Museum and in 2007 at COCA, including those for Michael Uthoff's Chihuly-inspired ballet and Christine O'Neal's Tango. Diagnosed with Multiple Sclerosis in 1988, Ms. Engel has remained active in both personal and professional endeavors. She studies Tai Chi, designs quilts, and participates in a therapeutic creative writing group through St. Louis University Medical School.



## YULIA VLADMIROVNA MILLER

### Repetiteur

### Ballet & Character Instructor

Ms. Yulia, Russian ballerina, was trained and received her certificate from Novosibirsk State Ballet School Vagonova System. She received her Bachelor's Degree in advertising, public relations and psychology from Moscow State Social University (Russian Federation). As a Professional Ballet Dancer with Novosibirsk State Theater of Opera and Ballet she danced in Portugal, Spain, Egypt and China Classical Performances such as Swan Lake, Sleeping Beauty, Nutcracker and Giselle. She also performed as a professional ballet dancer with the Russian Academy of Dramatic Arts and Moscow Ballet tours in China and Spain. She also has toured the USA and St. Louis with the Moscow Ballet's "Great Russian Nutcracker". She teaches Advanced/Intermediate, Intermediate Ballet Classes, Performance Enhancement, Variations, and Character Classes at Caston's Ballet Academie.



*Karlie Kloss Royal Art Photography 2007  
Waltz of the Flowers from The Nutcracker for Children*

## LYNETTE KHOO SUMMERS, MSPT

### Physical Therapist

### Jazz Instructor

**Lynette is an instructor/clinician** at Washington University Program in Physical Therapy. She received her undergraduate degree from Colorado State University in Public Relations and Dance. She danced professionally for 2 years with Joseph Holmes in Chicago before embarking on her career in physical therapy. Lynette received her Masters of Science in Physical Therapy from Washington University School of Medicine. Her expertise is in the prevention and rehabilitation of all musculoskeletal conditions especially injured artists as well as performance day coverage. She is currently working on her doctorate in physical therapy at Washington University.

Classical through  
Contemporary

## VINCENT GOLOMSKI

### Accompanist

Mr. Golomski graduated from SIUE with a Degree in Music Education, Piano Performance, and Vocal Music K-12. He has served as Musical Director for at DeSmet High

School, as well as and two musicals CBC High School. Vincent has been a music teacher and high school musical director over 30 years. As the director of the band Fanfare, he has played concerts at the Missouri Botanical Gardens, Fair St. Louis, the UMB Bank Pavilion, and Taste of Clayton, to name a few. Vincent has appeared on KMOX radio, KSDK television, and has been featured in the St. Louis Post Dispatch Arts and Education Section. Vincent plays classic and contemporary keyboard for Caston's Ballet Academie classes.

## LAURENCE GALIAN

### Accompanist

Mr. Galian is the former Senior Dance Accompanist at Hofstra University (Hempstead, New York) where he worked for twenty-one years before moving to St. Louis with his family in 2004. He has accompanied Jennifer Muller and the Works, Natalia Makarova and Company, Joyce Trisler Danscompany, The Daniel Lewis Company, The Eglevsky Ballet, Dance Theater Workshop, and such artists and teachers as: David Howard,

Alexander Bennet (Royal Ballet), Cherie Noble (Ballet Mistress of the Pennsylvania Ballet), Jean Pierre Bonnefoux (New York City Ballet), Cathy McCann (Paul Taylor Dance Company), and Regina Larkin and Milton Myers (Joyce Trisler Danscompany).

Laurence Galian began his classical piano studies at the age of six with James Gerard DeMartini, a professor of music and noted abstract artist, at Brooklyn College (Brooklyn, New York). He has recorded a solo piano album of ballet music entitled Ballet Music for Barre and Center Floor, available as a double-length CD from Roper Records. National Public Radio aired his original ballet, Zemzem, on the program "New Sounds with John Schaefer." In 1999, The John F. Kennedy Center for the Performing Arts awarded Laurence Galian a "Regional Certificate of Merit" for his work as Musical Director at Hofstra University. Laurence is the published author of two books: "Beyond Duality: The Art of Transcendence" (New Falcon Publications) and "The Sun at Midnight: The Revealed Mysteries of the Ahlul Bayt Sufis" (Quiddity, Inc.). Laurence Galian is listed in the fifteenth edition of International Who's Who in Music (Cambridge, England) as well as Outstanding People of the 20th Century. He is a member of the International Guild of Musicians in Dance.



*Pas De Quatre National Dance Week Union Station 2008  
Mary Ortiz Photograph  
Reina Ortiz, Sarah Mayfield, Sarah Ahn, Shannon Caston*



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## CASTON CHAMBER BALLET

*Preserving our Past  
Enriching our Future*

Were'e on the web  
Castonballet.com

## Artists of the Company

- **Sarah Ahn** is a high school junior at Maplewood High school. Performances include the June 2007 National PTA Convention, Edgewood Children's Center Charity Performance 2006, National Dance Week and *The Nutcracker for Children*.
- **Haley Day** is a high school senior at Webster High school. Performances include the Sugar Plum Fairy from *The Nutcracker for Children*, Belle from *Beauty and the Beast*, Carlotta Grisi from *Pas De Quatre*, the June 2007 National PTA Convention, St. Louis Dance Festival Showcase. Accepted into the Joffrey Summer Workshop Program in New York 2008.
- **Mia Eppler** is a highschool sophomore at Core Jesu High school. Performances include Tarentella Doll from *La Boutique Fantastique*, June 2007 National PTA Convention, Edgewood Children's Charity, *The Nutcracker for Children*.
- **Karlle Kloss** is a highschool sophomore at Webster High school. Performances include Spanish Doll *La Boutique Fantastique*, St. Louis Dance Festival Showcase, and *The Nutcracker for Children*. You may have seen her in American Eagle Outfitters, Abercrombie and Fitch, Chicago Scen, Gucci, Nina Ricci, Calvin Klein, Teen Vogue.. and many other modeling venues.
- **Grace Cuddihoe** works for Bethesda while studying towards her Masters at Washington University. Performances include Tarentella Doll *La Boutique Fantastique*, Enchantress from *Beauty and the Beast*, Marie Taglioni from *Pas De Quatre*, St. Louis Dance Festival Showcase, National Dance Week, and *The Nutcracker for Children*.
- **Sarah Johansen** is a chemist. Performances include St. Louis Dance Festival Showcase, and *Beauty and the Beast*, *The Nutcracker for Children*.
- **Sarah Mayfield** is a freshman at Webster High school. Performances include 2007 National PTA Conference, St. Louis Dance Festival Showcase, National Dance Week, Art and Sole in Forest Park, Edgewood Children's Charity, Marie Taglioni from *Pas De Quatre*, and *Beauty and the Beast*, *The Nutcracker for Children*.
- **Saundrea Rupert-Shropshire** is junior at Metro High school. Performances include Cossack Doll *La Boutique Fantastique*, *The Nutcracker for Children*, Edgewood Children's Charity, Dancer of the Year at McKinley CJA in 2006.
- **Stephanie Surgant** is a graduate of Lindenwood University. Performances include St. Louis Dance Festival Showcase, National Dance Week and *The Nutcracker for Children*.
- **SOME ALUMNI**
- **Courtney Collins** Dance Minor at Notre Dame University.
- **Marjorie Failoni** graduate, of Michigan University; current Dance Chair Captain of Disney's Highschool Musical Broadway Tour.
- **Annie Frisse** Started her ballet studies with Caston's Ballet Academie in 2004, she is currently a sophomore at Barnard University in New York as a Science Major and Dance Minor.
- **Rachel Livengood**, received her Bachelors Degree in Math Education at Webster University, currently working on her Masters in Colorado.
- **Megan Reckamp** Dayton Ballet II, Graduate of Wright State University Ohio Dance Major.
- **Casey Weston** Currently a Senior Majoring Dance, Diving, and Architectual Engineering at Stanford University. Performed as the Cavalier in our First *The Caston's Nutcracker for Children* in 2004 and again in 2007!

## Repertoire

**The Nutcracker for Children (2004-Present)**  
**Beauty and the Beast 2008**  
**Coppelia 2004**  
**Pas De Quatre 2008**  
**Dying Swan 2004**  
**La Boutique Fantastique 2007**  
**Spectre De La Rose 2005**



**Waltz of the Flowers he Nutcracker for Children 2007**  
Photography by Studioworx

### EXCERPTS

Swan Lake 2005  
Sleeping Beauty 2004  
Paquita 2004  
Firebird 2006  
Le Corsaire 2005  
La Bayadere 2007  
Don Quixote 2005  
Giselle 2004

### MODERN

Alvin Ailey-  
Night Creatures (2007)  
Alvin Ailey -  
Revelations (2005)  
Bob Fosse- All That Jazz,(2004)  
One A Chorus Line (2006)

## Caston Choreography

### Classics

Schubert *Serenade* 2005  
Satie, Mozart, Favre- *Romance Suite* 2004  
Gershwin *Rhapsody in Blue* 2006  
Pachabel *Cannon in D – Tillie's Smile* 2008  
Bach *Double Violin Concerto- Leslianna* 2007  
Debussy- *Afternoon of a Faun- Dragonfly* 2005

### Contemporary

Tony Bennet - *Medley* 2007  
Natalie Cole- *Medly* 2005  
Michael Buble- *Moon Dance* 2005  
Dan Fogelberg – *Longer* 2008  
Black Eyed Peas *Mos Que Nada* 2006  
Santana *Supernatural* 2008  
Nine Inch Nails 2007