

To: My Ballet School of Vermont Students

From: Chatch Preggar, Ballet Instructor

After dancing in many professional ballet companies around the country I'm enjoying not having to learn choreography. I do enjoy performing when a good opportunity presents itself, for example I am looking forward to dancing the [Nutcracker this year in Connecticut](#). The production is being choreographed by my good friend [Roman Baca](#).



I am looking forward in this coming year to teaching more of the methodology that excites me in ballet such as the kinetics that make movement coordinated and graceful, as well as the breakdown of movements; so that everyone has a clear mental understanding of what is expected of them.

I love dance because through it we can express emotions and ideas more clearly than in many other ways. And I love ballet specifically because it trains the body mind and spirit to work as one in whatever physical activity we pursue.

I teach because the body is an amazing tool and I love passing on my knowledge of how it can best be used to achieve grace.

I am happy teaching at The Ballet School of Vermont because the students are motivated and challenging and keep a good sense of humor.

Chatch Preggar

[The Ballet School of Vermont](#)

Instructor: Ballet

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