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PROGRAM 2021-22



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QUA



Welcome to the Show

QUA is a spectacular display of movements, music and emotions. It is a story about the fact that all choices have consequences, and about how we can develop ourselves by choosing our own path in life.

By Bettina Illemann Larsen

Every day we make decisions. Both the very small ones, like what clothes we have to wear in the morning, but also the bigger ones like having children or investing everything in our careers. Looking back on one's life, it often seems like a string of events, but often one coincidence has led to another. QUA is about the choices we make through life and how they help shape us.

The show follows the gymnasts on a journey of formation, where they experience the world for the first time. At first it is full of joy and euphoria, but later they experience resistance and temptation. The gymnasts are going to face some fateful choices that are going to have a big impact.

"With QUA, we would like to say that the longing for success can have many expressions - and that it is not necessarily the right thing for the individual to follow the flow. It can sometimes seem hopeless, but you have to choose your own path," says director Morten Asbjørn Christensen.

From the beginning, it has been an important premise for the instructors that the gymnasts let their personality shine through when they perform. The gymnasts have been

selected on the basis that they are Denmark's most talented, but also on the basis that they are very different - both in their way of moving and in their expression. In the development of the show, the gymnasts have also been encouraged to dare to stand out and be themselves - in the same way that the show's basic narrative is about learning to deviate from the norms.

The gymnasts are co-creators of the show

The gymnasts themselves have been involved in further developing parts of the show's choreographies. That way, their different talents come into play, and that makes the show more versatile and varied. It has required many hours in the gym, and it has meant that the show has changed form many times along the way.

"The gymnasts have really invested themselves in QUA. They have played, boned and developed themselves and the show at the same time. It is to a large extent also their merit that the show is constantly moving and getting better," says director Dinne Fredslund Andersen.

The idea is that the gymnasts on the world tour should continue to add elements to the show and thus make it even more personal. Although the gymnasts help to further develop the show, it is the instructors who are behind the ideas and the overall context of the story. This year, the show has the name QUA, which can mean "in the capacity of".

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It is the DGI National Danish Performance Team Committee that has decided the name. It has since been the role of the directors to develop ideas and choreograph the performance based on the name.

"In some ways, we have chosen to interpret the show name QUA quite literally. We are here 'qua' all the other DGI World Tours, and we would like to pay tribute to them in the show. Therefore, you will be able to see glimpses and exercises inspired by former DGI World Tour Teams," says Morten Asbjørn Christensen.

A bubbly tale with a tangle of changing moods

Energetic music will flow out of the speakers, while pang colors jump out at the eyes - the self-irony is also noticeable. In many ways, QUA is a wild experience. But it has also been important for the instructors that there is room for immersion.

"People like to laugh and clap in time, but it is also important that there are periods when it becomes sensitive and engrossing. We want to show a versatile show," says Dinne Fredslund Andersen.

Music has played a big role in the creation of the show, as both directors love to listen to many different genres of music and like both the modern and older classics.

"We have found a lot of inspiration through music. We both love music with a lot of energy, but we also want the music to reflect many different moods throughout the show," says Morten Asbjørn Christensen.

"When it comes to costumes and moods in the show, I have probably also been a bit inspired by Beyoncé," laughs Dinne Fredslund Andersen.

The gymnasts were selected for the team in May 2021, and since the end of June they have been at training camp at the BGI Academy. Here they have got to know each other and the new role as DGI world team gymnast, and they have worked hard for QUA to be a great experience.

"It will be a show at full speed - and we hope that the audience gets a lot of different impressions and memorable experiences to take home," says Dinne Fredslund Andersen.



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Covid-19 World Tour

The corona pandemic almost put an end to 13th World Tour of DGI's National Danish Performance Team. Selecting team members when gymnastic halls were closed was a challenge. So is traveling internationally with Covid-19 restrictions. But DGI still managed to find 28 of Denmark's very best gymnasts. And you will surely agree!

By Bettina Illemann Larsen

Photo: Workshop in Colombia 2018-2019



It started so well when more than 200 talented gymnasts in February 2020 participated in the selection for the DGI National Danish Performance Team. But soon after, the corona pandemic ravaged and the world tour was postponed for the first time ever.

"Even though it was the right thing to postpone the trip, it was still extremely hard, because for many it was a dream that was shattered at that moment," says Team Manager Bie Andersen.

A year later, when social distancing and hand alcohol had become everyday, a selection was once again held in May 2021. Gymnast Julie Lykke Schneider participated in the selection. She had been nervous that it would be canceled once again. Julie Lykke Schneider had participated in two other selections for the DGI National Danish Performance Team, and was pleasantly surprised this time to be selected.

Taken through a camera lens

For gymnast Mikkel Rudi, the selection for the DGI National Danish Performance Team was particularly nerve-wracking. He had shortly before been in close contact with a corona infected and therefore had to participate in the selection via video.

"It was very special. I did not feel like I was in a selection as I stood there alone staring at the camera lens. I was sorry not to experience the atmosphere, but really happy to have the opportunity to be part of the selection," says gymnast Mikkel Rudi.

An unplanned earth journey

During the past months, the gymnasts have worked hard to put together the show QUA, and corona fills very little in their everyday life, where they move in their own bubble at training camp at the DGI Academy. But of course the pandemic occupies their mind in relation to the world tour.

"One can not predict, what it will be like to travel in a world with corona. But I believe, that people out in the world will appreciate our show more because they have been missing being together in joyful occasions," says gymnast Julie Lykke Schneider.

It is normal to part of the world tour is being planned along the way on the trip, but this year this will happen to an even greater degree, says Mette Holm Rod who is General Manager for the DGI National Danish Performance Team and responsible for planning the world tour.

"I have been asked many times about what our plan B is. I usually just reply that we are way beyond B."

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We are a bunch of friends helping each other making the best gymnastics show



Julie Høg Krogsgaard

21 years

- Childhood in Skive, Denmark
- On Danish National Team in Gymnastics from 2012 to 2016
- Student at Bjergsnæs Efterskole 2015/16
- Gymnastics teacher at Lægården Sports College 2020/2021
- Student at Ollerup Gymnastics College in 2020

By Bettina Illemann Larsen

One of the gymnasts on the DGI National Danish Performance Team started late with rhythmic gymnastics. But she enjoys the team spirit on the DGI National Danish Performance Team.

Julie Høg Krogsgaard has been practicing tool gymnastics at an elite level since she was 12-16 years old. She has been on the national team, won the Danish championship and participated in the European Championships. Today she has replaced the tool gymnastics with the DGI National Danish Performance Team and the show gymnastics.

"Because I am used to participating in big competitions, I have learned to control mine nerves and perform well under pressure. That calm I hope I can take with me on the floor when we perform with the DGI World Team," says gymnast Julie Høg Krogsgaard.

Although the word gymnastics is included in the name, there is a big difference between tool gymnastics and show gymnastics. Equipment gymnastics is known from the Olympic

Games and is about using various tools such as bar, boom, floor and horse to show acrobatic exercises. In the rhythmic gymnastics that the gymnasts on the DGI World Team practice, it is very much about moving to music. Here rhythmic understanding and the way the gymnasts move is of great importance.

"Tool gymnastics is mostly an individual competition where there is only one winner. That is, one's teammates are also's competitors. At the DGI National Danish Performance Team, we are a bunch of friends who have to help each other make the best show," says gymnast Julie Høg Krogsgaard.

The first time Julie Høg Krogsgaard tried to do gymnastics was when she started after school. Here she fell in love with jumping gymnastics and tried her hand at rhythmic gymnastics. She

liked that there were no expectations for her when she was a beginner and that friends and social life was most important.

When she finished school, she went into elite gymnastics and excelled at this too. But now it is a different story.

"It's a bit surreal to really be part of the DGI National Danish Performance Team. It is great that it is possible to join the team without having done this kind of gymnastics all your life," says gymnast Julie Høg Krogsgaard.





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QUA further wants to thank the following for various support: Rie Toftgaard, Signe Schaarup, Nikolaj Refshauge, Martin Brems, Christin Olesen, Lewis Cooke, Martin Gæbe, Elisabeth Fahlgreen, Mathias Skole, Benedikte Capion, Peter Charlie Riise, Dennis Ngo, Viktoria Thune, Lærke Tolstrup, Nanna Rønde, Laura Ballentin, Tine Krog, Lise Ryttersgaard, Jakob Haugaard, Nikolaj Kjærgaard, Shuji Shimizu, Lærke Poulsen, Anne Hviid, Maria Stenum, Christian Deichgraeber, Mads Lang, Lasse Pihl, Emil Smedegaard, Elektra Botin (dragter), Mille Havkrog (hatte), Jacob Johnsen (equipment, etc.)

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| 6. January | Workshop
Rajabhat Sakon Nakhon |
| 9. January | Show
Jintana Gymnastics Center (JRC)
Gymnastic Association of Thailand
Bangkok |
| 10. January | Workshop
Bangkok Patana School |
| 12. January | Workshop
ISB - International
School Bangkok |
| 13. January | Show
Nimibutr Arena, National Stadium
Bangkok |
| 15. January | Show
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| 16. January | Workshop
NIST International School
Bangkok |



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