



momentum

24th, 25th & 26th September 2026
Chippen Street Theatre



CHIPPEN ST
THEATRE



JT Performing Arts Company is a new Sydney based entertainment production company and creative hub dedicated to creating professional level live performances and experiences.

Our mission is to provide a platform for emerging and established performers and creatives to develop bold, innovative and dynamic work, while fostering a positive, welcoming, and supportive creative community that celebrates versatility, passion, and artistry.

We aspire to become a leading creative hub for artists and build a wide community of versatile and passionate performers and creatives, where we can grow, connect, share experiences, push creative boundaries, produce bold work and elevate the standard of live performance.

ABOUT THE SHOW

Momentum is more than just a dance performance, it's an exploration of the emotional and physical journey of the human experience. **Momentum** celebrates resilience, growth, and the unstoppable drive that carries us forward through struggle, change and triumph.

Structured in six interconnected sections: **Ignition, Resistance, Fracture, Adaptation, Acceleration, and Convergence**. This work traces an emotional and physical journey from stillness to collective force. Each section examines a different state of motion: the courage to begin, the friction of opposition, the chaos of collapse, the resilience of adjustment, the exhilaration of forward drive, and the power of unity.

Momentum is revealed as something we generate, through persistence, connection, community, and the ripple effect of shared energy that can reshape the world around us. This work invites audiences not just to watch motion, but to feel it, reminding us of the power of not standing still.

Through a fusion of raw physicality, explosive choreography and emotive storytelling, the dancers embody motion as both physics and feeling. Demonstrating a visual and emotional study of how one choice, one step, one spark can shift everything.

DIRECTOR'S NOTE

Welcome to Momentum! It's a pleasure to share this work as well as present the debut production by JT Performing Arts Company. This is the first show I have created and produced and it definitely came with a lot of challenges as well as a lot of love and passion pouring in. This has been a personal passion project for the past 3 years and now with a team of incredible performers, my vision is finally coming to life.

I have always wanted to create my own work and showcase my creativity and ideas to an audience. I've been holding it back for many years, but this year was the time I've decided to build up the courage to lock in and create the best show possible. Creating and conceptualising a full-length production has been a new experience for me and this has been a perfect opportunity for me to develop new skills in choreography, producing, and directing.

The word 'Momentum' had been on my mind for many years and then around 3 years ago, I decided that I wanted that to be the name of my first show. Momentum has been a deeply personal creative journey for me. It has challenged me to embrace uncertainty, trust the process and keep moving forward even when things haven't gone according to plan. It has been especially challenging when we went through a series of setbacks, including casting changes, absences, illnesses, venue changes, etc. Although this cast has persevered and stuck by and helped create what I believe is a beautiful show for you all to enjoy.

During the creative process, I wanted to build a space where experimentation, collaboration, growth, and creative freedom were actively encouraged. I also encouraged the cast to reflect on their own experiences and bring that into the show. I'm so proud of the whole team who helped bring this show together and helped bring my vision to life. What you're seeing tonight is the first development of this show and my aim for the future is to develop it further in the years to come on a much bigger scale into a full-length theatre performance experience. I'd like to thank you for supporting us and joining us in the beginning of our journey.

This show is based on real life experiences. It explores themes such as resilience, growth, frustration, and determination. It celebrates risk, authenticity, and fearless artistic expression. It also explores continuing forward despite obstacles coming in your way. This show is dedicated to everyone who has supported me throughout the years and shaped me into the person I am today. This show is also dedicated to those who either feel or have felt hopeless in this world. I wish to ignite a spark in those who have lost their passion and drive. More than anything, I hope you find something of your own journey within this work. Perhaps a moment resonates with you, a movement reminds you of something, or you simply allow yourself to experience the work in your own way.

I really appreciate the support from everyone. Thank you for supporting our debut show. We hope you enjoy Momentum.

John Tracy

Creator, Producer & Director of **Momentum**

Founder/Artistic Director of **JT Performing Arts Company**

ACKNOWLEDGEMENT OF COUNTRY

JT Performing Arts Company acknowledges the Gadigal people of the Eora Nation, the Traditional Custodians of the land in which we gather. We pay respect to elders past and present, and we extend our respect to all Aboriginal and Torres Strait Islander people joining us. We recognise and acknowledge their continuing connection to country, culture, community and storytelling.



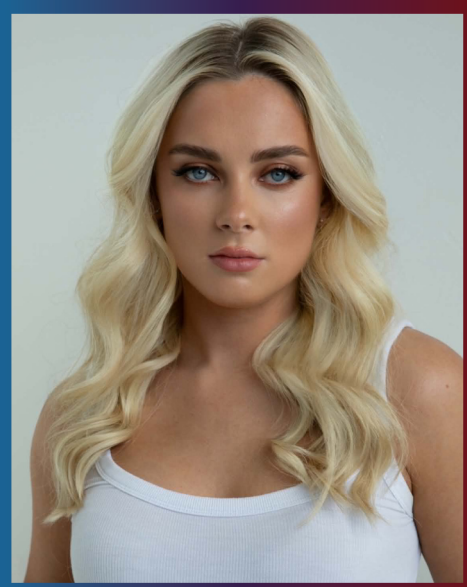
MAIN CAST



JOHN TRACY

Creator, Producer & Director

John is a performer and creative from Western Sydney and has trained in all styles of dance, singing, and acting. He has trained at ED5International and graduated in 2020 with an Advanced Diploma of Performing Arts. Just recently, John had recently completed THEatreBRIDGE with Nathan M Wright and Andrew Bevis. John is currently a performer at Luna Park Sydney as part of the Live Performance team. He has performed in school productions of 'Annie', 'Little Shop of Horrors' and 'Seussical Jr'. and in community theatre productions of 'Mamma Mia!' as Eddie, 'Grease' as Sonny, both with TSTC, and most recently 'Guys and Dolls' as a Crapshooter with The Regals Musical Society. John was a member of the NXTGEN Project in 2019, a background extra in the film Ellie and Abbie (& Ellie's Dead Aunt) and has even appeared in The Voice 2019 Semi Finals, Save Our Sons Gala Night, Arnott's Foundation Gala Ball, and the Sydney Mardi Gras Parade. John has also done roving entertainment with Mark Edmonds Productions, Pistachio Entertainment, and Motif Dance Productions. On top of his training and performances, John has also broadened his skill set and has taken on juggling, stilt walking, hula hooping, balloon twisting, suit operating, and hosting. This year, John had established his own company 'JT Performing Arts Company' and he is thrilled to make his producing and directing debut at the company's inaugural production 'Momentum' at Sydney Fringe Festival.



MIA RYAN

Mia Ryan is a Sydney based professional dancer and performing artist who has built a versatile career across live entertainment, touring productions and commercial performance. After completing full time training at Ev & Bow Performing Arts, graduating with a Certificate IV in Dance, Mia has continued to work with some of Australia's leading choreographers and creatives. Her live performance credits include Diljit Dosanjh's Born to Shine Tour, Hip Hop International World Championships, Red Bull Dance Your Style, Mardi Gras Awards and numerous corporate and entertainment productions. She has also appeared in music videos, television productions and commercial campaigns, showcasing her adaptability as a performer. Mia is passionate about creating memorable experiences on stage and thrives in the energy of live performance. She is incredibly grateful to be part of this production and hopes audiences enjoy the show.



PIPER SANFORD

Piper Sanford is a 19 year old performer who moved to Sydney this year to find more opportunities in the arts. Piper is currently studying a Bachelor of Musical Theatre at the Australian Academy of Music and Performing Arts (AMPA), where she continues to develop her skills as a performer and artist. She has also performed in 'Full Circle', a professional production choreographed by Daryl Morante, providing her with valuable experience working within a professional creative environment. She has been in amateur productions such as Sound of Music, and her tertiary shows including 'Finishing the hat' and 'Change'. For Piper, dance is an essential part of who she is. She cannot imagine a life without it and hopes to continue growing as an artist while pursuing a professional career in musical theatre and dance. She hopes you enjoy and take away key moments from this show, Momentum.



ANASTASIA SINCLAIR

Anastasia is originally from Brisbane, relocating to Sydney to further pursue her creative endeavours as a performer. Completing an Advanced Diploma of Performing Arts through ED5 International, she has training in singing, acting and a range of dance styles, giving her versatility in her craft. Anastasia has been involved in various corporate gigs and fundraisers, and has performed in a number of musical productions including The Wizard of Oz and We Will Rock You, playing the role of 'Meat'. She currently works as an entertainer and ambassador for Mark Edmonds Productions, and teaches at studios around Sydney, where she is passionate about sharing her love and appreciation for dance. Whilst still living in Queensland, she had the pleasure of working with the Australasian Dance Collective and Melissa Lanham of LJ Projects Dance, both of which she greatly attributes to her love of contemporary dance. Anastasia is incredibly excited to have the opportunity to be taking part in JT Performing Arts Company's inaugural production, Momentum, and hopes the audience enjoys the show.

SUPPORTING CAST

JASMINE BOWTELL

Jasmine is a triple threat who is making her way into the industry. Jasmine from a young age trained in ballet, jazz, hip hop, tap, contemporary, musical theatre and lyrical. She has completed professional training at McDonald College, Sydney Actors school and Transit Dance in Melbourne receiving diplomas in screen/media and musical theatre. Jasmine has been in Trop fest films, Tik Tok series and Musical productions. She has recently worked on choreographic projects for triple j, performed in an immersive thriller dinner on cockatoo island, and at the end of the year will be performing in Santa's high tea spectacular at the QVB tea rooms! She's also a dance teacher and is passionate about teaching the next generation of artists! She is very excited to make her choreographic live debut in this amazing Fringe season!

ALYSSA MAY

Alyssa is currently in her third year of study at the Sydney Conservatorium of Music, studying Music Theatre Degree. She has been involved in many musical productions in the past such as MACms' Heathers (Heather Chandler), Miranda's West Side Story (Minnie), Tall&Short's Chicago (Annie), MUSE's Urinetown (Pennywise) NSTC's Footloose Youth (Rusty), SydCon's Drowsy Chaperone (Featured Dancer), Regals Guys and Dolls (Hotbox Dancer), MMTC's Georgy Girl (Featured Dancer), SYMT's Big Fish (Featured Dancer), PACA Productions Footloose (Featured Dancer), St Joseph's College's Strictly Ballroom (Featured Dancer) as well as multiple productions during high school such as Frozen Jr (Elsa Understudy, Assistant Choreographer), Wicked (Ensemble) and Mulan Jr (Ensemble). She has also begun her journey as a choreographer. Her experience includes MUSE's Rent, as well as Monte Sant Angelo Mercy College's productions of Spongebob Youth and Sound of Music. As well as musical theatre, Alyssa frequently travels as a backup dancer for many solo artists around Australia, her most recent being with Gigi Delana in both Sydney and Brisbane.

SUPPORTING CAST

ASHLEY MILLER

Ashley is a 19 year old performer who grew up in Canberra and moved to Sydney at the start of this year. She is currently studying at the Australian Academy of Performing Arts to get her Bachelor of Music (Performance). Ashley has performed in many community theatre productions in Canberra most recently being Newsies Jr (2025) and others including Cats Jr (2018), Legally Blonde Jr (2020), Beauty and the Beast Jr (2022), and more). She has performed in productions in year 11 and 12 for school such as Snow Angels (2023), Bucket Full of Fire (2024), and Picnic at Hanging Rock (2024). Her productions at AMPA include 'Change' and 'Finishing the Hat'. She has been dancing since she was 3 and has done many competitions for troupe and solos and wants to continue learning and growing as a dancer and performer. She is so grateful for this opportunity to perform and share the story of Momentum.

PRODUCTION TEAM

GRANT BRENNAN

Production Manager

Grant's passion for performing arts and theatre started in high school and has continued to follow that passion into his adult life, becoming heavily involved in a variety of cast and production roles across community, independent and professional theatre. A Director by trade; Grant's directorial credits include Rumours (2022), The Tempest (2023), The Friday Night Radio Play (2024), Frankenstein: A New Musical (2024) and Rehearsal for Murder (2025). He has also served as Technical Director for numerous student theatre productions including The Trail to Oregon (2023), Freaky Friday (2023), Be More Chill (2025) and The Addams Family (2025). In community theatre, Grant has played Corporal Howard in Castle Hill Players A Few Good Men (2023) Audrey II for Penrith Musical Society's Little Shop of Horrors (2023), Wayne Burns in Strictly Ballroom (2024) and Frederic in Hunchback of Notre Dame (2025) for Hills Musical Theatre Company.

Professionally, Grant has worked in staging across some of Sydney's premiere venues and companies including Opera Australia, Crossroads Live, Theatre Royal on SIX, Capitol Theatre on ANNIE and the Sydney Opera House, where he is currently employed. In the independent scene, Grant has been involved with a number of productions and companies such as Inner West based Company of Dramatic Arts (CODA) as Assistant Director/Stage Manager for Little Women, Technical Director for Tick... Tick... Boom! as part of Sydney Fringe in 2025 and was Stage Manager for their most recent production of Into the Woods. He also had the opportunity to direct for the Old Fitz' most recent Scene Dating nights and was Sound Designer/Fight Choreographer for Measina Theatre's inaugural production of The Lightning Thief (2026)."

IGNITION

Ignition captures the moment before movement becomes inevitable, the instant when energy is felt but has not yet released. This section explores hesitation, anticipation, and the quiet power of beginnings. The dancers exist in a state of suspension, holding tension through stillness, breath, and restrained gestures. Small, isolated movements ripple through the body, offering glimpses of what is yet to come.

As the section unfolds, these impulses grow stronger. A flick of the wrist becomes a shift of weight, a breath evolves into a turn, and one person's decision sparks a response in another. The choreography gradually expands from minimalist movement into layered complexity, revealing that momentum is not something that arrives suddenly, but something that is built over time.

Ignition is ultimately about the courage required to take the first step into the unknown. Rooted in vulnerability and curiosity rather than certainty, it represents the genesis of motion and the beginning of transformation. It serves as a reminder that even the most powerful forces often begin in silence.

RESISTANCE

Resistance explores the collision between momentum and obstruction, examining what happens when progress is challenged by forces both seen and unseen. Gravity, expectation, fear, and external pressures become invisible barriers that the dancers must confront. Movement is grounded, heavy, and physically demanding. Bodies collide, redirect, pull away, and fight for space. Momentum is interrupted, tested, and at times brought to a standstill.

Opposing energies and conflicting intentions shape the choreography. Broken pathways, interrupted phrases, and contrasting directions create a landscape of tension and uncertainty. A complex relationship is revealed between individuals and the forces surrounding them, illustrating that growth is rarely straightforward and that setbacks are often an inevitable part of the journey.

Emotionally, Resistance inhabits frustration, exhaustion, and defiance. Yet within the struggle lies resilience. As the section progresses, the dancers begin to embrace resistance rather than fight against it. Obstacles become catalysts, and what once hindered movement becomes the very force that propels it forward.

Resistance reimagines adversity as an essential element of transformation, reminding us that friction generates heat, and from that heat, change is born.

FRACTURE

Fracture marks the moment where momentum shatters. Plans unravel, certainty dissolves, and people are forced to confront the aftermath of collapse. This section delves into rupture in all its forms, physical, emotional, and collective. Movement becomes fragmented, jagged, and unpredictable, embracing chaos and exposing the vulnerability that emerges when familiar structures break apart.

As the ensemble fractures, each dancer responds to collapse in their own way. Some are frozen by uncertainty, others lash out in desperation, while some retreat inward, spiralling into introspection. Energy fluctuates between explosive release and haunting stillness, creating a landscape that is both volatile and deeply human.

Yet Fracture is not failure. It is a transformation concealed within destruction. When old systems break and familiar paths disappear, space is created for reinvention. Through the cracks, new possibilities begin to emerge. Fracture reminds us that momentum is not always a forward trajectory; sometimes it splinters, forcing us to rebuild and rediscover ourselves in the process.

ADAPTATION

Adaptation explores the quiet intelligence of survival and the resilience that emerges in the aftermath of disruption. Following the fragmentation of Fracture, this section marks the beginning of renewal as the dancers gradually reorient themselves, discovering new ways to move, connect, and continue forward. Rather than returning to what once was, they learn to navigate unfamiliar terrain with openness and curiosity. Understanding that progress is not always achieved through persistence alone, but through the ability to respond and change.

At the heart of this section is the idea that resilience is not defined by brute strength, but by flexibility. Momentum is rebuilt through yielding, redirecting, and embracing transformation. Through mirroring, partnering, and collective movement, the dancers demonstrate how adaptation often occurs through connection and community, revealing the power of trust and shared experience.

Emotionally, Adaptation carries a sense of cautious hope but a gradual rebuilding of confidence. While uncertainty remains, it is no longer paralyzing. Instead, it becomes an invitation to grow. Adaptation suggests that progress does not always look like acceleration, sometimes it looks like learning to move differently. Momentum returns, altered by experience, yet stronger for having endured.

ACCELERATION

Acceleration marks the moment when momentum transforms into unstoppable force. Energy escalates rapidly as movement gains clarity, purpose, and velocity. Having emerged from uncertainty and adaptation, the dancers now move with conviction, embracing the exhilaration of forward motion. What once required effort and rebuilding now unfolds with confidence and intent. Movement becomes expansive, athletic, and relentless. Pathways intersect, patterns multiply, and individual actions weave together into a larger, unified force.

The ensemble is now driven by shared purpose and collective energy. Cause and effect become visible in real time; a single gesture sparks another, creating chain reactions that ripple across the stage and continuously build momentum. At the heart of Acceleration is the discovery of alignment. Individual intentions synchronise into collective motion, revealing the extraordinary power that emerges when people move together with trust and purpose.

Emotionally, Acceleration is bold, exhilarating, and empowering. It captures the thrill of progress and the contagious power of unity. As intensity continues to rise, the stage becomes charged with vitality and possibility. Acceleration represents momentum fully realised, dynamic, unstoppable, and vibrantly alive.

CONVERGENCE

Convergence serves as the emotional and thematic culmination of Momentum, bringing together the energies of struggle, fracture, adaptation, and renewal into a singular, unified force. Every experience that has come before is carried into this final chapter, revealing how challenge, resilience, and growth are interconnected parts of a greater journey. What began as individual impulses has evolved into a powerful expression of collective purpose.

Emotionally, Convergence is both empowering and deeply human. It embodies connection, trust, and the joy of moving together with intention. Momentum is no longer something experienced alone, it becomes something shared, sustained, and amplified through collective energy.

At its heart, Convergence reflects the belief that transformation happens collectively. When people align with purpose and move together, momentum becomes a force capable of reshaping communities, systems, and futures. Rather than offering a definitive conclusion, the work leaves the audience with a sense of continuation and possibility. The final moments do not feel like an ending, but the beginning of something larger, a reminder that momentum does not stop when the curtain falls.

IGNITION

Intro

Choreography: Cast
Collaboration

Music: M83

Leave You Far Behind

Choreography: Cast
Collaboration

Music: Lunatic Calm

RESISTANCE

Introduction

Choreography: Alyssa May

Music: Apparat

Brotsjor

Choreography: Piper Sanford

Music: Olafur Arnalds

Uprising

Choreography: Cast
Collaboration

Music: Muse

FRACTURE

Dreams

Choreography: Ashley Miller

Music: ZHU & NERO

Heads Will Roll

Choreography: Mia Ryan

Music: Yeah Yeah Yeahs (A-Trak
Remix)

Scream

Choreography: Cast
Collaboration

Music: Michael Jackson & Janet
Jackson

ADAPTATION

I'm Tired

Choreography: Jasmine Bowtell

Music: Labrinth & Zendaya

Labyrinth

Choreography: Piper Sanford &
John Tracy

Music: Taylor Swift

Breathe Me

Choreography: Anastasia
Sinclair

Music: Sia

ACCELERATION

Sudden Throw

Choreography: Alyssa May

Music: Olafur Arnalds

Infinitus

Choreography: Mia Ryan

Music: Cirque Du Soleil

The Show Must Go On

Choreography: Cast
Collaboration

Music: Queen

CONVERGENCE

My Tears Are Becoming A Sea

Choreography: Jasmine Bowtell

Music: M83

Lanterns

Choreography: John Tracy

Music: Birds Of Tokyo

Every Teardrop Is A Waterfall

Choreography: Cast
Collaboration

Music: Coldplay

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CREDITS

Creator, Producer & Director: **John Tracy**

Choreography: **Cast Collaboration**

Production Manager: **Grant Brennan**

Music Editor: **John Tracy**

Lighting & Sound Operator: **Chippen St Theatre**

Marketing & Social Media: **John Tracy, Anastasia Sinclair & Jasmine Bowtell**

Program Design: **John Tracy**

Rehearsal Venues: **Triple Menace Studios, AMPA, Brand X, Village Nation**

Photography & Videography: **Dance+Media**

Front of House: **Pauline Sinclair & Leo Kohler**

Special Thanks: **Gabrielle Bolton, Jhye Dostine, Leyton Homburg, Sally Tracy & Sarah Tracy**

Main Cast: **Mia Ryan, Piper Sanford, Anastasia Sinclair & John Tracy**

Supporting Cast: **Jasmine Bowtell, Alyssa May, Ashley Miller**



THANK YOU

I'd like to take a moment to say thank you for watching and supporting '**Momentum**' and **JT Performing Arts Company's** first production at the Sydney Fringe Festival.

To the incredible cast and crew, thank you for your dedication, commitment and hard work you have brought into this show. Creating this show has been a team effort and it wouldn't be possible without you guys.

To the families, friends and supporters of the show. Thank you for your encouragement and belief in this show. Your support means the world to us.

And to you, our audience, thank you for coming to watch our show and for supporting live theatre. We hope this show leaves you feeling inspired, empowered and ready to keep moving forward, even when faced with uncertainty, frustration or setbacks.

Thank you for being part of the beginning of this journey. I hope you've enjoyed the show.

Kind regards,
John Tracy



WHAT DID YOU THINK OF THE SHOW?

SCAN THE QR CODE BELOW AND GIVE US YOUR FEEDBACK





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