

## Chantal Tyncke

### Achievements & Experience

Born in Ghent Belgium 1969  
Belgian Nationality  
Mother tongue: Dutch; bilingual in English and French.

Started ballet Vaganova at 8 years old, won the international Fame Dance Competition at 12 and the London World Dance Championship in 1985.

Completed Dance education at the Royal Academy of Dancing London 1987

Completed Modern Dance education at Suzanne Della Tel Aviv 1992  
Owner of Dansstudio Chantal Tyncke in Ghent ( 150 students ) since 1990

My first experience as a choreographer was in 1997 for "**The Wizard of Oz**" at the Stadsschouwburg in Antwerp. I then worked with the Producer and director Frank Van Laecken on several other projects. "**Het Land van de Glimlach**" 1997, "**Vlo in het oor**" on tour 1998.

After a break on maternity leave 1998-2004 I started to apply dance techniques to the training of high level gymnasts, as well as continuing some theatrical work: "**Medea**" Theatre In-vitro Ghent and a series of my own productions at NTGent "**Alice**", "**Closed Box**", "**Garden**", "**Zand**", "**Camouflage**", "**Clean**", "**Lost Luggage**"; and was rewarded for a number of dance projects in Belgium and Barcelona. Both the *Ambassador of Contemporary Dance Flanders*, and *Barcelona Dance Awards*, for "**Zand**" in 2008. "**Camouflage**" and "**Insides**" were nominated, respectively, in 2010 and 2012.

Did the choreographies for several gala performances ( Gymgala 2005-2015 Ghent and Antwerp, opening night World Championship Gymnastics Antwerp 2013 )

Started at the National Team WAG in 2004 as a ballet coach for Olympic finalist Aagje Van Wallegghem and continued working intensively on physical preparation, dance and ballet technique with the Belgian National Olympic Team head coaches Yves Kieffer, Marjorie Heuls and Irina Shadrina on a daily basis. Also assisted their training camps both in Belgium and abroad.

Presently responsible for their warm up routines focussing on flexibility, posture and strength and ballet barres to improve their postures and expression. While on training camps we work out their dance skills. It's an honour to train Nina Derwael Olympic all-around finalist, European

uneven bars champion and World uneven bars bronze medalist.

### **Specialites**

- National Team training camps and masterclasses for individual gymnasts, teams, coaches and conventions.
- Strong creative solutions that make athletes strong and self confident, to help them enjoy their routines which automatically results in extra points in competition and better physical condition.
- Accompanying individual athletes to improve their routines while respecting their general well being.
- Integrating new members to the team and ensuring the best possible ambiance and esprit de corps among the whole team.
- Creating multifunctional and technical ballet barre routines that can be part of the daily basic training schedule.
- Elaborating strong warm up routines, focussing on flexibility and strength for optimum performance with creativity and expression as an extra.
- Establishing a strong technical ballet program for pirouettes and turns.
- Preparing choreography for individual floor routines and for groups in preparation for galas and other special events.
- Techniques to teach gymnasts to use smaller muscle groups, for better balance and less injuries.