



Arizona
Thespians

TROUPE DIRECTOR SUMMIT PROGRAM

AUGUST 16, 2025

WELCOME TO TROUPE DIRECTOR SUMMIT!

Step into the spotlight with Theatre educators and troupe directors from across Arizona for a day of hands-on training in safety, marketing, technical theatre, and leadership. Registration includes lunch and regional meetings to connect with your cast of peers. PD hours will be awarded at the final curtain.

Let's learn, collaborate, and take center stage together!

EVENT SCHEDULE

8:00 AM – 8:30 AM	Registration - 2nd Floor of the Hyatt Regency
8:30 AM – 10:00 AM	Morning Session: Welcome & Updates - Phoenix Ballroom
10:15 AM – 11:15 AM	Workshop Session 1
11:30 AM – 12:30 PM	Workshop Session 2
12:30 PM – 2:00 PM	Lunch & Regional Breakouts
2:15 PM – 3:15 PM	Workshop Session 3
3:30 PM – 4:30 PM	Workshop Session 4
4:30 PM	Closing Remarks <i>Includes PD Certificates, Prize Drawing, and Final Thoughts</i>
4:40 PM – 5:30 PM	Networking & Social Time

WORKSHOPS

SESSION 1: 10:15-11:15

Rachel Bowditch <i>ASU</i>	Rasaboxes: Developing Emotional Intelligence in Performers	Room: Borein
Xanthia Walker & Sarah Sullivan <i>Rising Youth Theatre</i>	Introduction to Critical Response Process: Transforming Feedback in the Theatre Arts Classroom and Beyond	Room: Remington C/Russell A

Panelist: <i>Rachel Sieglar (ALA Gilbert North), Stephanie Campbell (Desert Ridge Band Director), Jenell Riordan (AZ Thespians), and Kim Bonagofski (AZ Thespians)</i>	The Dos and Definitely Don'ts: Professional Etiquette & Accountability for Theatre Teachers	Room: <i>Remington B</i>
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SESSION 2: 11:30-12:30

Rachel Bowditch <i>ASU</i>	Rasaboxes: Developing Emotional Intelligence in Performers	Room: <i>Borein</i>
Xanthia Walker & Sarah Sullivan <i>Rising Youth Theatre</i>	Introduction to Critical Response Process: Transforming Feedback in the Theatre Arts Classroom and Beyond	Room: <i>Remington C/Russell A</i>
Panelist: <i>Rachel Sieglar (ALA Gilbert North), Janee (Highland Security), Jenell Riordan (AZ Thespians), and Kim Bonagofski (AZ Thespians)</i>	The Dos and Definitely Don'ts: Professional Etiquette & Accountability for Theatre Teachers	Room: <i>Remington B</i>

LUNCH & REGION BREAKOUTS 12:30-2:00

SESSION 3: 2:15-3:15

Mr. Jeff Rollins <i>ASU Gammage</i>	Situational Awareness & Venue Safety: Best Practices for Drama Educators	Room: <i>Remington C/ Russell A</i>
Mr. Mike Riordan <i>Clair Global</i>	Sound Essentials for Live Theatre	Room: <i>Russell B/C</i>
Mr. Tyler Garlej <i>ASU & AZT</i>	Marketing Your High School Theatre Program	Room: <i>Remington A</i>

SESSION 4: 3:30-4:30

Mr. Jeff Rollins <i>ASU Gammage</i>	Situational Awareness & Venue Safety: Best Practices for Drama Educators	Room: <i>Remington C/ Russell A</i>
Mr. Mike Riordan <i>Clair Global</i>	Sound Essentials for Live Theatre	Room: <i>Russell B/C</i>



Mr. Tyler Garlej <i>ASU & AZT</i>	Marketing Your High School Theatre Program	Room: <i>Remington A</i>
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WORKSHOP DESCRIPTIONS

Rasaboxes: Developing Emotional Intelligence in Performers *with Rachel Bowditch*

Workshop Description: This workshop is a brief introduction to Rasaboxes. Developed by New York City theatre director Richard Schechner in the early 1990s, Rasabox's theatre-training technique is designed to train actors to be “athletes of the emotions.” The Rasaboxes are literally nine 6ft by 6ft boxes taped onto the floor that allows one to physically jump from one emotional state into another without transition—building emotional athleticism, dexterity, and intelligence.

More about Rasaboxes:

Combining theories from the 2000-year-old Indian performance text, *The Natyasastra* and contemporary theories of emotion coming from psychology and emotion science, this technique is designed to build emotional intelligence and awareness. The Sanskrit *rasa* means juice, flavor, essence, and it describes the energetic transmission which is “tasted” both by actor/dancer and spectator in performance. The **Rasaboxes** allow one to develop unique ways to physically and vocally embody the rasas outlined in the *Natyasastra*: *raudra* (rage); *bhayanaka*(fear); *vira* (courage); *sringara* (love); *bibhatsa* (disgust); *hasya* (laughter); *karuna*(grief); and *adbhuta* (wonder). Rasaboxes can be applied to working with objects, texts, and finally to mix and layer them, creating complex combinations of rasas. These modes become the basis not only for ongoing performer training but also for script analysis, scene and character work, performance composition, and performance preparation. Through drawing, yoga, breath, movement, sound, and relating to others, Rasaboxes allow students to build somatic emotional intelligence and gain a deeper understanding of their own emotional patterns and states in order to be mindful and present to the emotional states of others.

Book on Rasaboxes. Here is the link:

<https://www.routledge.com/Inside-The-Performance-Workshop-A-Sourcebook-for-Rasaboxes-and-Other-Exercises/Bowditch-MurrayCole-Minnick/p/book/9781138680029>

Introduction to Critical Response Process: Transforming Feedback in the Theatre Arts Classroom & Beyond

with Xanthia Walker & Sarah Sullivan, Rising Youth Theatre

Description: In this hands-on training, participants will be guided through the framework, values, and steps of Liz Lerman's Critical Response Process. The session will be facilitated by certified CRP trainers Sarah Sullivan and Xanthia Walker of Rising Youth Theatre. We'll practice the process together, and analyze its adaptation to high school theatre classrooms and rehearsal processes.

About CRP:



Through the supportive structure of its four core steps, Critical Response Process combines the power of questions with the focus and challenge of informed dialogue. The Process offers makers an active role in the critique of their own work. It gives makers a way to rehearse the connections they seek when art meets its audience or a product meets its purpose. Critical Response Process instills ways of thinking, communicating and being that enhance all kinds of human interactions, from coaching to community dialogue, from artistic collaboration to family conversations. In use for over 25 years, Critical Response Process has been embraced by art makers, educators, scientists, and theater companies, dance departments, orchestras, laboratories, conservatories, museums, universities, corporations, and kindergartens.

Sound Essentials for Live Theatre: From Knobs to Touch Screens

with Mike Riordan, Clair Global

Workshop Description:

Sound doesn't have to be hard. Join Mike Riordan from Clair Global, the world's leading live sound company, for a hands-on introduction to audio engineering for high school theatre productions. In this practical session, educators will explore the foundations of building a mix for live theatre using one of the popular digital audio consoles found in secondary education. Learn together what the different functions found on today's modern audio consoles are for and when to use them. Whether you're a seasoned tech director or a drama teacher wearing multiple hats, this workshop will help you improve your show's sound quality with confidence—even on a budget.

Situational Awareness & Venue Safety: Best Practices for Drama Educators

with Jeff Rollins, ASU Gammage

Workshop Description:

Creating art in a safe environment begins with awareness. In this essential session, Jeff Rollins from ASU Gammage shares real-world insights into situational awareness and venue safety—tailored specifically for high school theatre educators. From recognizing potential hazards in performance spaces to developing proactive emergency procedures, this workshop equips drama teachers with practical tools to foster safety both on and off stage.

Participants will explore:

- Key principles of situational awareness in rehearsal and performance settings
- Strategies for managing students and audiences during emergencies
- Venue-specific considerations for school auditoriums and traveling productions
- Real-life scenarios and lessons learned from professional theatre environments

Whether you're supervising a chaotic tech week or leading students on tour, this workshop will leave you better prepared to handle the unexpected with calm and confidence.

Marketing Your High School Theatre Program

with Tyler Garlej, ASU/Arizona Thespians



Workshop Description:

Great theatre deserves a great audience—and it all starts with smart marketing. Join Tyler Garlej from ASU and Arizona Thespians for an engaging session focused on practical marketing strategies tailored for high school theatre programs.

In this workshop, you'll learn how to:

- Build a strong brand for your theatre program
- Promote shows using social media, school channels, and community outreach
- Create eye-catching posters and digital content on a student-friendly budget
- Engage your student body and local community to boost attendance and support

Whether you're trying to fill more seats, attract new talent, or build your program's presence, this session will give you the tools and creative ideas to market your productions like a pro.

The Dos and Definitely Don'ts: Professional Etiquette & Accountability for Theatre Teachers

Panelist: Rachel Sieglar (ALA Gilbert North), Janee (Highland Security), Jenell Riordan (AZ Thespians), and Kim Bonagofski (AZ Thespians)

Workshop Description:

In today's educational environment, navigating policies, procedures, and expectations is just as important as directing a great show. This candid panel brings together administrators, security personnel, and theatre leaders to help teachers understand how to stay professional, proactive, and protected.

Topics include:

- School and district expectations for off-campus events and field trips
- Boundaries, communication, and working with minors
- Safety protocols and legal considerations
- Common mistakes that can lead to serious issues—and how to avoid them

