



CAITLIN CRAWFORD

PRINCIPAL

Affiliate Member CSTD Australia Level 1 Cheer Coach.

Principal Caitlin Crawford has been directly involved with the Central Queensland dance community for 31 years and has been teaching for the past 19 years. She independently started Puls8 Studios in 2009 with just a handful of students and has steadily grown her school since then to the approximately 150 students it is today. As an Affiliate Member of the Commonwealth Society of Teachers of Dancing Australia, Caitlin is fully qualified as a Dance Teacher and has also been a board member of the Rockhampton Dance Festival Committee since 2013 and President for four consecutive years. She is also a qualified cheer and acrobatics arts coach. She is passionate about all aspects of dance and loves sharing this passion with her students. Caitlin believes ALL children benefit from dancing and brings an attitude of inclusiveness to her school, as she wants every child to have their chance to shine and discover a life-long love for dance



EMMA SULLIVAN

JAZZ

Emma's love for dance began when she was 5 years old, following in her big sister's (Miss Caitlin) footsteps. Over the last 26 years, she has studied RAD Ballet and has completed all of her CSTD Jazz Examinations. Emma has been teaching at Puls8 Studios since the very beginning and has supported Caitlin in the development and growth of the school. In 2024 she is coaching the Performance Students through their CSTD Examinations, which provides the technical foundations for their dance training. Emma also teaches our littlest dancers on a Saturday, which she takes delight in, as she can share with them her love for dancing and help them to discover their own love for dance in an inclusive and fun environment.



EMILY FERGUSON

DANCE & CONDITIONING

Emily has been dancing since the age of 8 and has had a love for it ever since. Over the years she has danced competitively in many styles including, jazz, tap, hip hop, contemporary, ballet, cabaret and song and dance. In 2020 she completed her final CSTD Jazz exam and is working towards sitting her CSTD Jazz teachers certificate. Emily recently graduated from her Bachelor degree and is now an Accredited Exercise Sport Scientist with hopes of going on to do further study in the industry. She is very passionate about assisting dancers in reaching their overall performance potential with skills she has developed throughout this course. She gained her initial experience in the studio helping with the younger students and over the past few years has now progressed to teaching all age levels as well as choreographing for recreational and performance groups. She is a very passionate dancer and teacher and aspires to share her love for dance with all her students.



TRACY WEST

ACROBATICS & CONDITIONING

Tracy began artistic gymnastics in 1991 on the Sunshine Coast, competing in regional and state championships up to Level 6. After an injury to her knee, she then chose Rhythmic Gymnastics which isn't as high impact and more focused on dance and flexibility. From 1999-2002 she attended boarding school at St Peters Lutheran College Indooroopilly, where they offered a gymnastics program which enabled her to compete at regional, state and national championships to level 7. Unfortunately, another injury in 2002 when Tracy was 17 (where she broke both her ankles) meant she could no longer compete, but not wanting to leave her beloved sport she was offered a coaching position at her club and later completed her Level 1 WAG (Women's Artistic Gymnastics) Coaches course. Tracy has been involved with Puls8 since 2011 when her daughter began tiny tots and the Puls8 Acro coach since 2014. Tracy has also completed her professional teachers training in the Acrobatics Arts syllabus and has been implementing this into our performance and rec classes since 2019. Tracy is excited to begin coaching students through Acrobatic exams through the Acrobatic Arts syllabus. She is also extending her skills by choreographing solos, duos and troupes in Acrodance this year.



HAYLEY JENSEN

VOCAL, MUSICAL THEATRE & TAP

Hayley grew up in the cane fields of North Queensland and discovered her love for the stage at the young age of two. She studied all areas of dance at the Dancer's Academy of Ingham and completed dance examinations through Australian Teachers of Dancing (ATOD) to a high level in Classical Ballet and Tap. Hayley has also completed exams through the Australian Music Examination Board (AMEB) for Singing, Singing for Leisure, Music Theory and Trumpet. Hayley has been mentored in many music disciplines by some of the top performers of the industry as well as performing in many concerts, musicals, eisteddfods and competitions for dance, music and speech across the state and nationally. Hayley moved to Rockhampton to complete a Bachelor of Education through CQUniversity. Whilst studying at university she also completed a year of music studies (Vocal) through the Central Queensland Conservatorium of Music and is currently extending these studies further through the CQCM. For the past 6 years Miss Hayley has taught the disciplines of Performing Arts (Dance, Drama & Music) for the Queensland Department of Education. She has also performed in RRC musical productions, including the upcoming production of Grease. Hayley has a strong passion for the theatre and can't wait to work with students to continue to grow their talent and expression.



NICHOLA OEHLHERT

BALLET, CONDITIONING & TINY TOTS

Nichola has been dancing competitively from 8yrs old. Ballet is her favourite style and her RAD quals up to Advanced 1. She has taught in Emerald to students 2-14years but Tiny Tots students have her heart. In her words "Tiny dancers are my passion because I love their raw joy when they succeed in making their bodies move how they want it to". She has been living in Rockhampton for 10years now and since her daughter started dancing, she has rediscovered how much she enjoys it.



ALESHA STEBBENS

TAP

Miss Alesha is a licensed podiatrist, completing my Bachelor of Podiatry with honours. She is a qualified ADA teacher carrying Elementary teachers for ballet, tap and jazz. She has been dancing for 19 years and has competed in multiple eisteddfods and dance festivals with great success. Her greatest dancing passion is in the area of tap where she won both the Junior and Senior Tap Championships at Rockhampton Eisteddfods over many years. Alesha is a qualified podiatrist (CQ Podiatry Footwear for Life) and will be hosting workshops surrounding strapping as well as completing podiatry assessments this year. Alesha also has extensive training in dancer's foot health and is able to assess students' feet prior to commencing pointe work with her pre-pointe assessment. Alesha is extremely excited to combine her love for dance and podiatry this year.



ALLY WARBY

RECREATIONAL DANCE

Ally began dancing at the age of 3. Dance became a passion and Ally obtained various certificates in Classical Ballet, Jazz, Tap, Contemporary and Theatre. These were obtained through CSTD and RAD and dance schools in Redcliffe and Yeppoon. Ally also has a Certificate IV in Dance (full time 1 year) through Arete Academy of Arts at Murrarie. During her Dance Career she performed in dozens of competitions and productions in Brisbane, Central Queensland and NSW. She was fortunate to be tutored at various times by nationally renowned teachers and dancers such as Ruth Lane, Mark Hodge and Karen Donovan. Completing a double degree in Primary and Early Childhood meant Ally had to restrict her involvement in dance during here Uni years. However once settled into her new location of Emerald CQ Ally once again engaged in Dance, culminating in opening her own Dance Studio in the Central Highlands in 2020. This school was run successfully with locations in Emerald and Blackwater for 2 years, with Ally having to wind back her involvement when transferred in her primary Teaching job in Rockhampton.



KAYLA
KIRK

CHEER-CHOREOGRAPHY

Kayla began her coaching career in 2008, first coaching all-star cheer, pom and tumbling before moving on to dance (lyrical, contemporary, hiphop, jazz, musical theatre, ready set dance) & acting. Over the years she has had the pleasure of sharing her passion with 4 local dance studios as well as 2 local primary schools. Her work in both cheerleading and dance has lead to 4 international titles and numerous state titles. She currently holds qualifications in IASF level 3 stunt, toss and tumble, ready set move, dance and ballet, a certificate II in sports and recreation and I'm currently studying a bachelor of secondary education.



BREANNA SMITH

CHEER

Hi my name is Breanna (Miss Bree) I'm a busy mum of 3 beautiful children 2 of whom cheer at puls8, I enjoy spending time with my children and my puls8 family, you will see me at puls8 on any day that involves cheer!

Bree is working towards completing her studies and accreditation in Level 1 & 2 Cheer coaching. She loves watching the growth of the students each year and can't wait to see what 2024 brings!



JORJA JOHNSTONE

STUDENTTEACHER-CHEER

Jorja has been training and completing in Cheer since the age of 8. In this time she been part of winning teams at both State and National levels. Jorja is currently a senior in high school where she is also an active member of her schools Dance Troupe as well as studying Dance as a subject to a high level of achievement. Jorja enjoys passing her love for cheer onto her fellow team mates by encouraging and supporting them. She looks forward to the opportunity to step up into the role of a Student Teacher at Puls8 Studios and looks forward to all that our cheer teams will achieve this coming year.



MAREE GEAR

CLASSICAL COACHING-BALLET

With over 27 years in the industry, Maree is a highly-respected dance teacher, choreographer with many years of experience nurturing the talents of young dancers in Far North Queensland. Maree opened her own dance studio Dance Connection Studios which was extremely successful and renowned throughout North Queensland. Maree's goal has always been to encourage and develop confidence, technique, and a love of dance in all her students. She specialises in RAD Ballet coaching and enjoys training dancers to a very high standard, helping them achieve exceptional results. Many of Maree's students are now enjoying professional careers in Ballet, Dance & Musical Theatre throughout Australia and overseas. Maree is delighted to be a part of the PULS8 Team and is proud to be working alongside our students to find their passion for dance in particular Classical Ballet.