

CHILDREN ARE CULTURAL AGENTS

Fitter. Faster. Better. A 'small interruption' by St Martins Youth Arts

The concept - Swing higher! Climb harder!

Stretch your body to its limits with a boot camp run entirely by children. Each adult participant is paired with a 'personal trainer' between six and ten years old for a workout designed to challenge the contemporary commodification of fitness.

Premise and artistic rationale

Remember when moving your body was just what you did? When you didn't worry about what you were wearing, who was watching or whether you were 'doing it right'? What happens to us as we grow up? How does exercise go from playing chasey for fun to groan inducing regimented training and unrealistic expectations of super-hardcore-fitness? Where does the exercise industry fit in given all people actually are able to exercise without expensive equipment? Is it possible to inject the love of movement back into an adult or is it lost forever?

These are the starting points for *Fitter. Faster. Better.* Clare Watson, Artistic Director of St Martins Youth Arts will work with a group of 6-10 year olds to create a unique experience, bespoke to the skills and weaknesses of each audience-participant, with the aim that the child-trainers will take you through your paces and push you to have more fun, despite yourself.

Who we are and where *Fitter. Faster. Better.* is performing.

St Martins make art because we believe children inhabit the earth, not just inherit it. We don't believe that children are the future; children are the drivers of the future now. We believe adults have a lot to answer for, & children ask the best questions. So we make work with & by children for adults.

Clare Watson, Artistic Director of St Martins Youth Arts is a respected independent Australian director, has been Director in Residence at Malthouse Theatre and in the inaugural Women Director's program at MTC. Her work has toured nationally and internationally and won and been nominated for a number of awards including Green Rooms, Sydney Theatre Awards and Barry Awards. Clare was the recipient of the Best Director Award for Melbourne Fringe for her site-specific work *Hotel. Fitter. Faster. Better.* continues Clare's fun penchant for making sport and art collide.

Fitter. Faster. Better. is currently scheduled for a season 12- 21 March 2015 at Malthouse Theatre, Melbourne as part of Dance Massive (<http://bit.ly/1Ge5tKj>)

Due to the small audience-participant capacity, only a limited number of spots will be available for us to offer producers and industry – please contact us if you would like to attend and we'll see if we can squeeze you in to a performance (or a dress rehearsal). Otherwise, if you can't be here, we'll have loads of video content to share with you after the run!

Touring practicalities

Fitter. Faster. Better. has been designed to use local children in whichever city we are in. A small team of two people from St Martins will work with children for one-two weeks before public performances.

The touring party require access to a playground, and assistance in sourcing local children to participate and communicating with their adults. The performance includes some music but equipment is minimal and negotiable.

Please contact Narda Shanley for more details: narda@stmartinsyouth.com.au or +613 9252 0753