

an evening of IMPROV

Creative Team:

The Cast and Creative Team

Facilitator's Note

Note From LM3C

Special Thanks

Land Acknowledgement

Creative Team:

Facilitator: Zsofi Eastvold

Faculty Advisor: Matthew Wagner

The Cast and Creative Team



Maryn Cruser
(he/they)



Tysen Daugherty
(he/him)



Zsofi Eastvold
(she/her)



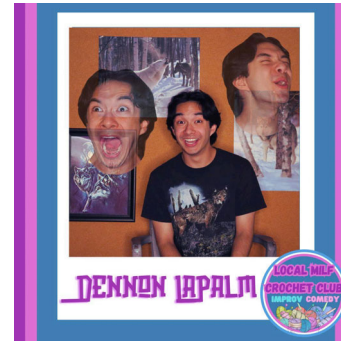
Mackenzie Mcevoy
(they/them)



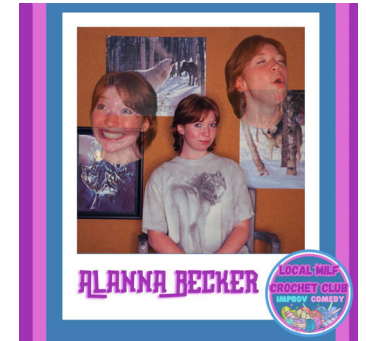
Brianna Hall-Nelson
(she/her)



Matther Wagner
(he/him)



(he/him)



(she/her)



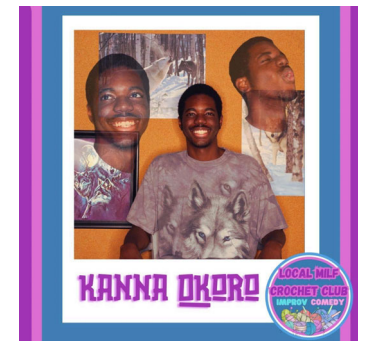
(she/her)



(he/him)



(she/her)



(he/him)



(she/her)



Kay Capasso

(she/her)

Facilitator's Note

On the first evening of rehearsals I asked the group to journal a bit following the prompt "why do you dance". The answers that ensued were all in a similar vein, including community, a sense of confidence, a comforting space, etc. Upon further reflection however I realized that the reason I love to dance is to feel something. To feel a story so deeply that it is running through my veins and pounding to the same rhythm of my own heart beat, to feel community in sharing a conversation that transcends the need for words, to feel beautiful and messy and and flawed and radiant and complete. That is why I love to dance and that is what improv has offered to me. Through this process I have learned about the release of expectation, the release into trusting an impulse, the release into allowing the process to fall into place as it needs to, in its own time and in its own delicate way. With that I invite you now to release into the space we've created for you. There's no need to hold back. We are here to share stories and invite you to be a part of the dialogue. Now...here's to the trusting of impulse and the beautiful mess of creativity:)

Note From LM3C

LM3C was created on the foundations of joy, play, and bravery. Improv isn't easy but when you let yourself open up to the possibilities and free yourself of the need to get it right, a whole new world of excitement and fun is created. We aim to create a space where laughter is encouraged and connection is guaranteed. Whether through pure laughter or thought-provoking performance improv leads us closer to those around us and to ourselves. We hope that in our display of trust and instinct, you all may feel the courage to trust your impulses, create with those around you, and learn something about the brave performer who lives in us all.

With humor and hijinx (and a whole lotta love),

LM3C

Special Thanks

Matthew Wagner, Brianna Hall-Nelson, Matthew Olsen, Kay Capasso, Lauren Roth, Patrick Kinney, Molly Fabian, Caitlin Quinn, Maryn Cruser, Madison Wagner, Kate Warmka, Aniko Eastvold

Land Acknowledgement

The Department of Theatre acknowledges that the Marshall Performing Arts Center is located on ancestral lands of Indigenous people, land that was cared for and called home by the Ojibwe people, before them, the Dakota and Northern Cheyenne people, and before them, other Native peoples from time immemorial. Ceded by the Ojibwe in an 1854 treaty, this land holds great historical, spiritual, and personal significance for its original stewards, the Native nations of this region.

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