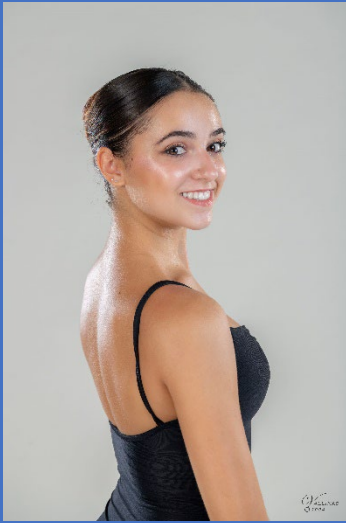


Curriculum Vitae

HELENA FRIAS OLLERO



16 / 11 / 2006



Madrid – Spain



Spanish nationality



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+39 339 415 0950



Female



162 cms



46 kg



arantxa.ollero@ie.edu

helenitafrias@gmail.com



Spanish native

English fluent

French / Italian basic

MAIN EDUCATION

2024-2025

Corso di Pe Perfezionamento Danza Classica e Contemporanea
Accademia Teatro alla Scala (Milano- Italy)
Classic and contemporary annual course

June -2024

Graduated with Honors (10/10) Professional Conservatory RCPD Mariemma (Madrid - Spain)
Classic dance, contemporary, pass a deux, character.
Performances in theaters

(Real Conservatorio Profesional de Danza Mariemma)– **Official Degree**

2023-2024

Senior year Spanish High School + University Entrance Exam (Evau)
(IES Cervantes) (Madrid - Spain) **9/10**

2022-2023

Advanced Professional Studies in Classic Dance / Contemporary CDS
(Centro de Danza de Segovia) (Spain)
Professional Classic and contemporary education.
10 performances. 4 international competitions (awards and scholarships)

2022-2023

Junior year Spanish High School
(IES Andrés Laguna) (Segovia - Spain)
Academic results 9,7/10

2012-2021

Secondary Education Spanish
(Colegio MM Concepcionistas) (Segovia - Spain)
Academic results 9/10

PROFESSIONAL TRAJECTORY

- 2024-2025 (current)** **production Scala Milano + Saint Louise College Milano** (Italy)
Production of a DOCU-SERIE about ballet
Part in Italy (Milan) part in Estonia (Tallin)
Performance from December 2025 until February 2025

OTHER DANCE EDUCATION

- 2024 (July)** **Escola de Dansa Marisa Yudes** (Spain)
Intensive classic & contemporary course
DIRECT ENTRY AWARD ROYAL BALLET SCHOOL LONDON
For the 2025 summer intensive course
- 2024 (August)** **ADAM VALENCIA summer course** (Spain)
Intensive classic & contemporary course
Final Performance at the Auditorium Ribarroja del Turia - Valencia (Spain)
- 2024 (September)** **Centro de Danza de Segovia** (Spain)
Intensive classic course
- 2023 (July)** **Corella Ballet Barcelona** (Spain)
Intensive classic & contemporary course
Scholarship 50% awarded at Ciudad de Torrelavega international Ballet competition
- 2023 (May)** **Professional Conservatory Carmen Amaya** (Madrid - Spain)
100% scholarship awarded at an international ballet competition in Torreldones, Madrid (Spain)

(Conservatorio Profesional de Danza **Carmen Amaya**) (Madrid - Spain)

2023 (August)

International Ballet School Marbella

Intensive classical, contemporary, jazz

Professors: Natalia Tapia (Classic Ballet), Marina Miguélez (Contemporary) and Katherina (Jazz)

Philanthropic Performance at the Theater Auditorio Parque de la Constitución Marbella

2023 (April)

Classic & Contemporary Courses Dorian Acosta

2022 (January)

Dorian Acosta – International Choreographer

2022 (August)

She was awarded with several first prizes and international awards with some of his choreographies

(Centro de Danza de Segovia) (Spain)

2021 (August)

Classic & Contemporary intensive Course

‘SalvaDanza’ Las arribes

100% scholarship awarded at an international ballet competition in Torrelodones, Madrid (Spain)

(Professors: Luca Vetere, Natalia Tapia, Yevgeny Uzlenkov, MartaRodríguez Coca)

Philanthropic Performance at Las Arribes – Salamanca (Spain)

2021 (April)

Contemporary Intensive Course Marina Miguélez

Marina Miguélez – International Choreographer and professor. Ballerina

(Centro de Danza de Segovia) (Spain)

2022 (January)

Classic & Contemporary Intensive Courses

Natalia Tapia & Yev Uzlenkov (Centro de Danza de Segovia) (Spain)

From January 2011 to January 2023: Classic and contemporary courses (2 weeks) 3 times a year: January, April, June

Intensive courses (6 hours day) ballet classes, repertoire, contemporary classes.

Training for Theater performances and international ballet competitions.

COMPETITIONS, SCHOLARSHIPS & AWARDS

2023 (July)

International Competition Global Dance 2023 Spain Edition

 **Gold award** with Classic ballet repertory (*Gamzatti*)

 **Gold award** Neoclassic Solo

 **Gold award** - Duet – neoclassic – *Better Together*

Semifinals 2023 (Mérida - Spain) Finals (Avila - Spain)

Awarded **2 year full 100% Scholarship for the UK:** [GDO KS Dance](#)

2023 (May)

International Classic Ballet Competition Ciudad Castellón (Spain)

Selected as **finalist** for the well-known international competition classic ballet Ciudad de Castellón (Spain) – Only 20 participants worldwide out of 500.

(Ciudad de Castellón - Spain)

2023 (March)

XVI International Competition classic ballet Ciudad de Torrelavega

Finalist with Classic ballet repertory (*Paquita*)

Finalist with Classic ballet repertory (*Gamzatti*)

Concurso Internacional de Ballet Ciudad de Torrelavega (Spain)

‘Teatro Concha Espina’

 Awarded **50% Scholarship at Corella Ballet Barcelona**

 Awarded **100% Scholarship at José Checa Ballet Madrid**

2022 (April)

National Classic & Neoclassic Dance competition

“ Teatro Fernández Baldor”

 **Gold** with Neoclassic Solo (*Tango*)

Finalist with Classic ballet repertory (*Paquita*)

 Awarded **100% Scholarship for the Professional Conservatory Camen Amaya**
“Conservatorio Profesional de Danza Carmen Amaya Madrid”

(Torrelodones - Madrid- Spain)

2022 (March)

International Classic & Neoclassic ballet competition

“ ORBE”



GOLD ORBE PRIZE with Classic ballet repertory (*Paquita*)



Best Ballerina ‘revelation’ with Classic ballet repertory (*Paquita*)

(Teatro de la Evolución Humana - Burgos - Spain)



Awarded 100% Scholarship Professional Conservatory in Italy

2021 (June)

XV International Competition classic ballet Ciudad de Torrelavega

Finalist with Classic ballet repertory (*Esmeralda*)

Finalist with Neoclassic solo (*Tango*)

Concurso Internacional de Ballet Ciudad de Torrelavega (Spain)

‘Teatro Concha Espina’



Awarded 50% Scholarship summer camp Corella Ballet

2021 (May)

International Classic & Neoclassic ballet competition

“ ORBE”



GOLD ORBE PRIZE with Classic ballet repertory (*Esmeralda*)



SILVER ORBE PRIZE with Neoclassic solo (*Tango*)

(Teatro de la Evolución Humana - Burgos - Spain)

2021 (Abril)

National Dance Competition ‘Ángel Martínez’



GOLD PRIZE with Classic ballet repertory (*Esmeralda*)

Finalist with Neoclassic Solo (*Tango*)

Concurso Nacional de Danza “Ángel Martínez” Talavera de la Reina (Spain)

Teatro Talavera Ferial

2020 (March)

International classic ballet Competition “Vaslav Nijinsky”

Finalist with Classic ballet repertory (*Esmeralda*)

Sala de Congresos de Huesca (Spain)

2019 (March)

International Classic & Neoclassic ballet competition

“ ORBE”



GOLD PRIZE with Classic ballet repertory (*Harlequinade*)

Teatro de la Evolución Humana (Burgos - Spain)

2019 (March)

Invitation for a National TV show – Audition

Invitation for audition to a national TV program: ‘PRODIGIOS’

Spanish national TV

2019 (August)

Final European International Dance Competition “Live your dream” “Vive tu sueño” (ROME)



Finalist with Classic ballet repertory (*Harlequinade*)

Rome (Italy)

2019 (May)

International Dance Competition “Live your dream”

“Vive tu sueño”



GOLD PRIZE with Classic ballet repertory (*Harlequinade*)

Teatro Lienzo Norte (Ávila - Spain)

2018 (June)

International Dance Competition: ‘Concurso Internacional do Bailado’ (CIB) Portugal



Finalist with Classic ballet repertory (*Florinda Princess – Sleeping Beauty*)

Porto (Portugal)

2018 (March)

XVI International Competition classic ballet Ciudad de Torrelavega

Finalist with Classic ballet repertory (*Florinda Princess – Sleeping Beauty*)

Concurso Internacional de Ballet Ciudad de Torrelavega (Spain)

‘Teatro Concha Espina’

2018 (March)

International Classic & Neoclassic ballet competition

“ ORBE”



GOLD PRIZE with Classic ballet repertory (*Florinda Princess – Sleeping Beauty*)



Best Ballerina ‘revelation’ with Classic ballet repertory (*Paquita*)

Teatro de la Evolución Humana (Burgos - Spain)

2014 (March)

International classic ballet Competition “Vaslav Nijinsky”

Finalist with Neoclassic (*Tango*)

Sala de Congresos de Huesca (Spain)

OTHER SKILLS

Language Skills:

Speaks **Native Spanish**, and **fluent English**, basic **French**, basic **Italian**.

Passion for:

Dance

Tennis

Music

Nature and animals