

# Curriculum Vitae

HELENA FRIAS OLLERO



16 / 11 / 2006



Madrid – Spain



Spanish nationality



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Female



162 cms



46 kg



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Spanish native

English fluent

French / Italian basic

## EDUCATION

Oct -2024

Corso di Pe Perfezionamento Danza Classica e Contemporánea

Accademia Teatro alla Scala (Milano- Italy)  
Classic and contemporary classes

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**

## OTHER DANCE EDUCATION

2024 (July)

**Escola de Dansa Marisa Yudes** (Spain)

Intensive classic & contemporary course

**DIRECT ENTRY AWARD ROYAL BALLET SCHOOL**

*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 Teather 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)

(Proffessors: 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 Teather 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