

Helen Daigle

A native of Baton Rouge, Louisiana, Helen Daigle joined Louisville Ballet in 1998. She received her training at the Decatur School of Ballet, the Dancer's Workshop, The Joffrey Ballet School and The School of American Ballet. She began performing with the Baton Rouge Ballet Theatre and has danced professionally with Feld Ballets/New York, Ballet Hispanico and the Miami City Ballet.

Helen has performed featured roles in a range of works including *Lark Ascending*, *In the Glow of the Night*, *Who Cares?*, *Serenade*, *Lamberena*, *Scheherazade*, *Company B*, *Etesian* and *Cold Virtues*. She has performed principal roles in such full length ballets as *The Magic Flute*, *A Cinderella Story*, *Don Quixote*, *Giselle*, *Nutcracker*, *Swan Lake*, *The Sleeping Beauty* and *La Sylphide*. She has originated roles in ballets choreographed by Val Caniparoli, Amy Siewert, Helen Pickett, and Adam Hougland. Helen has had the pleasure of staging Hougland's *Rite of Spring*, *Cold Virtues* and *Fragile Stasis* with companies such as Louisville Ballet, Cincinnati Ballet, Tulsa Ballet, Kansas City Ballet and Smuin Ballet. She has worked as Adam Hougland's rehearsal assistant as he created *Ten Beautiful Objects* in 2013 and *Petrouchka* in 2016.

Helen also enjoys her role as the Nutcracker Children's Cast Manager which she took on in 2009, with the launch of Louisville Ballet's new *Brown-Forman Nutcracker*. Upon retirement in 2018, Helen assumed the role of Ballet Mistress with Louisville Ballet and is an instructor in the mind. body. balance program.