
K. A. K. News

Metamorphosis Dance Company of Trinidad and Tobago

May 1, 2026.

Scholarship Winners

2011: Juan Pablo Alba-Dennis

2012: Anais Hinds

2013: Marie Lashley

2014: Mercedes Prevatt

2015: Jada Blanc

2016: Anna Maria de Freitas

2017: Marianna Frederik

2018: Dominique Bones

2019: Keanu Mohammed

2020: Jewel Johnson

2022: Cheyenne Carrington-Green

2023: Isabelle Julien

2024: Sy'mara George

Garth Fagan Scholar:
Jatoi Marciano

2025: Christina Gooding

Garth Fagan Scholar:
Isabella Ragoonanan

2026: Emily Jayn Knox

Garth Fagan Scholar:

KAK Dance Scholarship Award News

Another year of success has rolled out for the dancers and their teachers at the Metamorphosis Dance Company. Our 15th scholarship award winner, Emily Jayn Knox, is graduating from the company and moving on to York University in Toronto, Canada.

This talented young dancer earned the scholarship honouring the late Kathleen Armstrong Kilgour (KAK), mother of Dr. Joanne Kilgour Dowdy.

Established in 2011 to support young, talented, Trinidadian dancers financially, the award assists them as they become performance ready and attain the necessary qualifications for eligibility into full-time professional dance training. The scholarship is awarded annually and is a one-time, non-renewable award.

Recipients are selected from the members of the Metamorphosis Dance Company by the Artistic Director on the advice of senior teaching staff at the dance school.

Artistic Director, Nancy Herrera wrote: "Emily Jayn is a quietly determined, passionate and disciplined dancer." Also:



"She is caring and sensitive. She lights up the stage."

2026 KAK Dance Scholarship Award Winner.

Emily Jayn Knox

On receipt of the award she wrote:

"It's definitely an honour to be a KAK winner and I'm extremely grateful that I was given this award. " Also: "I'm looking forward to going to university in Canada and learning new things about not only dance but life as well. I'm really excited but a lil anxious for what the future holds for me."

We celebrate one more talented dancer from Trinidad and Tobago to join the world of professionals awaiting them!

What is the RAD Ballet Exam?

The Royal Academy of Dance (RAD) Advanced Foundation exam that our company dancers achieved is part of an international graded system of ballet exams offered by the Royal Academy of Dance (UK). It is considered a vocational level, meaning it's geared towards students who are serious about ballet and may be considering a career path in dance. Students at this level are expected to demonstrate a strong understanding of ballet terminology and execute advanced movements. It focuses on refining technical skills and artistry, emphasizing musicality, performance quality, and expression.

Metamorphosis Dance Company,
2026.

UP TO DATE NEWS ABOUT THE DANCERS:

<https://www.guardian.co.tt/article/metamorphosis-delivers-a-fully-immersive-illumination-6.2.2570381.7ae8b348a1>

“With Illumination, Metamorphosis Dance Company constructed an environment that challenged audiences to reconsider their role within the arts, not as distant observers, but as integral participants in the act of creation itself.” Edison Boodoosingh

Isabella Ragoonanan REFLECTS ON HER EXPERIENCE at THE GARTH FAGAN DANCE MOVEMENT INSTITUTE, 2025.

Isabella completed Royal Academy of Dance (RAD) ballet exams with high merits in both Grade 7 and Advanced Foundation and completed her Form 5 Caribbean Secondary Education Certificate (CSEC) examinations where she's attained Grade 1's for all her subjects! She started her journey in Form 6 in September, 2025, to further her secondary studies at the Caribbean Advanced Proficiency Examination (CAPE) level.

“It was honestly such a blessing to be surrounded by so many talented dancers from different parts of the world. The environment pushed me to give my all in every class, and I made friendships that I will truly cherish forever. The classes were intense and challenged me in the best way possible. Not once did I regret being there, and I honestly didn't want it to end. . . I've grown I'm now much more knowledgeable about the Garth Fagan technique. I had taken a few of their classes before when the company visited Trinidad, but after spending three weeks in Rochester, immersing myself in their classes and going on cultural field trips which taught me more about the history of the Garth Fagan Technique, I now have a much deeper understanding. . . all scholarship recipients were assigned simple tasks at the end of each day to help maintain the cleanliness of the dance school. In week one, my duty was replacing trash bags; in week two, I mopped the studios; and in week three, I wiped down small surfaces and door handles.



Her present agenda: I'll be sharing as much as I can, [with the Metamorphosis Dance Company and the Caribbean School of Dancing] like exercises from warm-up and across the floor combinations I enjoyed doing.

Her future plans: I definitely want to keep training, traveling, and learning as much about other dance styles and companies as I can even if it's not my main career path. I'm open to where dance takes me. Long term, I hope to continue contributing to the dance scene both locally and internationally.

PLEASE CONTINUE TO SUPPORT THE K.A.K DANCE SCHOLARSHIP FUND SO THAT OTHERS MAY BENEFIT FROM YOUR
FAITH IN THE YOUNG DANCERS' POTENTIAL.

A gift to The KAK Dance Scholarship fund is an investment in the future of dance in Trinidad and Tobago and the world. PLEASE contact us for information: drjoanne@yahoo.com and nancyjgherrera@tsst.net.tt.

DIRECT DEPOSITS CAN BE MADE TO:

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Metamorphosis Dance Company

Supporters make the truest relationships
Which time cannot erase
And which forever
In the heart
Hold such a treasured place.