New Victory Sensory-Friendly Performance

Show Guide

This guide will prepare you for the show ***No Excuses, No Limits.***
It will help you know what to expect at the New Victory Theater.

NewVictory.org
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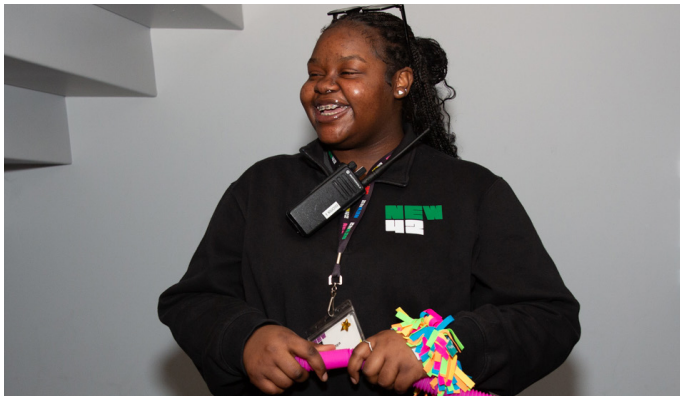
A Sensory-Friendly Education Performance will offer the following:



Photos: Alexis Buatti-Ramos

A welcoming environment!
New Victory audiences are invited to react to the performance any way that feels comfortable. You are invited to clap, use a fidget, chat with a neighbor, vocalize and safely move around the theater.

Lighting and sound adjustments

Sensory supports such as headphones, earplugs, fidgets and sunglasses

Additional support from New Victory staff members
Please let them know if you have any access needs.

Cozy Zone and sensory tools found in the lower lobby

In the lower lobby you can find: water fountains, bathrooms, the Cozy Zone and our Accessibility Table.

Cozy Zone

A quiet place to relax with fidget tools and bean bag chairs.

Lower Lobby

A place where you can take a break with fidget tools and a live video feed of ***No Excuses, No Limits***.

Additional Staff

New Victory staff members will circulate throughout the theater during the performance. They will have fidgets and earplugs available and can help with other support needs.

TITLE: *No Excuses, No Limits* by ILL-Abilities™

RUN TIME: 70 minutes, including a 10-minute Talk-Back.

If you need to take a break during the show, you can leave the theater and return. There may be some times when you have to wait a few minutes to re-enter because it is safer for the performers. The ushers will let you know when you can re-enter.

Following the performance there will be a Talk-Back. During a Talk-Back, a few performers from *No Excuses, No Limits* will answer two to four questions from the audience. You can raise your hand if you would like to ask a question.

Only a few audience members will have a turn to ask a question. Not everyone with their hand raised will be called on. If you do not get to ask your question, you can ask one of the New Victory Teaching Artists and they may know the answer.

ART FORMS: Breaking (Breakdance)

ONE-SENTENCE SUMMARY: Be inspired by the moves, grooves and stories of ILL-Abilities™, an international crew of breakdancers with disabilities.

ACCESS NOTE: Please note that the performance includes moments of audience participation. You will be invited to participate in moments of call-and-response from your seat. You will be invited to dance in your seat during a game of freeze dance. You are welcome to engage at whatever level feels comfortable.

No Excuses, No Limits by ILL-Abilities™

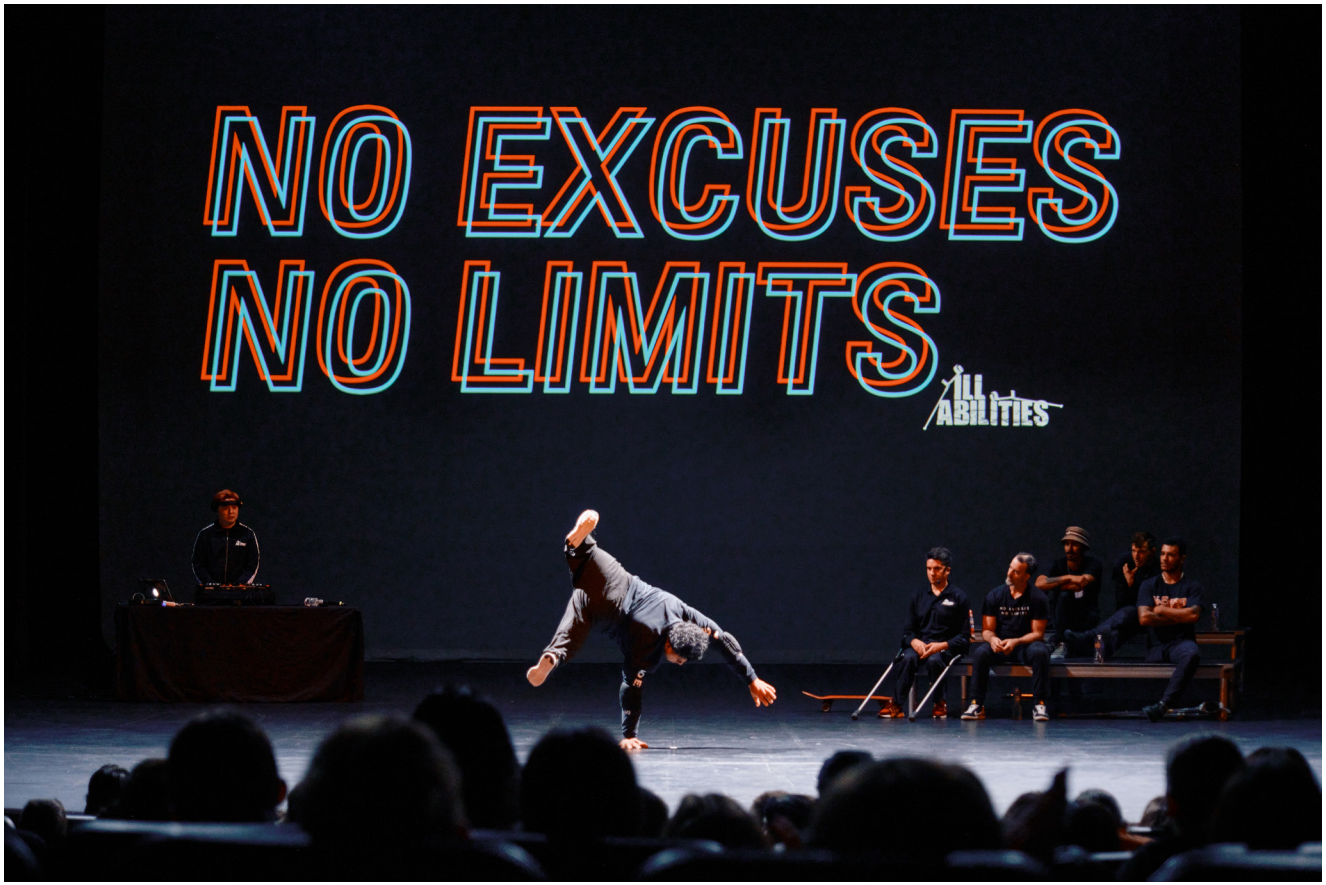
Formed in 2007, the goal of this international dance crew of b-boys with disabilities is to compete and perform internationally and show the world that anything is possible.

ILL-Abilities™ gets its name from the custom in hip-hop culture of using a negative term to describe something positive. Rather than meaning "sick" or "unwell," the "ill" in ILL-Abilities™ refers to the incredible, intricate talent of its crew members.

ILL-A•bil•i•ty (noun)

- An adaptation of power, strength and creativity.
- Believing in yourself and creating opportunity from challenges.
- Focusing on what you can do, not what you can't.
- Doing things your own way.

No Excuses, No Limits introduces its audience to the award-winning all-star breakdance crew, ILL-Abilities™. During the hour-long performance, you will meet each of the six members of the crew, hear their stories and see them showcase their skills. You will also learn a little bit about the history of breaking and will be invited to participate in a game of freeze dance with the b-boys.



Meet the crew of *No Excuses, No Limits*.

Luca Patuelli

B-boy Lazylegz

Canada

"We constantly stop ourselves from discovering our true potential because we don't take the time to believe in ourselves. No Excuses, No Limits."

Redouan Ait Chitt

B-boy Redo

The Netherlands

"Dancing allowed me to discover how to use my differences as my strength."

Jungsoo Lee

B-boy Krops

South Korea

"My message to you is MIND, BODY, and SOUL. If you truly believe something in your mind and act with your body, your soul will follow and then for sure a miracle will happen."

Meet the crew of *No Excuses, No Limits*.

Samuel Henrique Da Silveria Lima

B-boy Samuka

Brazil

"My message to you is: The impossible is just an opportunity to explore."

Lucas Ferreira Machado

B-boy Perninha

Brazil

"*Nunca desista*. Never give up, no matter what challenges are in your life, but keep going and never give up."

Sergio David Miranda Carvajal

B-boy Checho

Chile

"My message for you all is to believe in yourself at every moment. Follow your dreams and make your own future. Every person in this world is important to make this world more beautiful."

There are moments in *No Excuses, No Limits* that may make you feel overwhelmed, excited or even emotional. You can:

Close or cover your eyes

Talk to a grown-up or friend

Close or cover your ears

Use a fidget tool

Take a few breaths

Take a break in the cozy zone or lower lobby

You can also:

Laugh

Clap

Vocalize or chat with a neighbor

Move in a way that feels comfortable to you

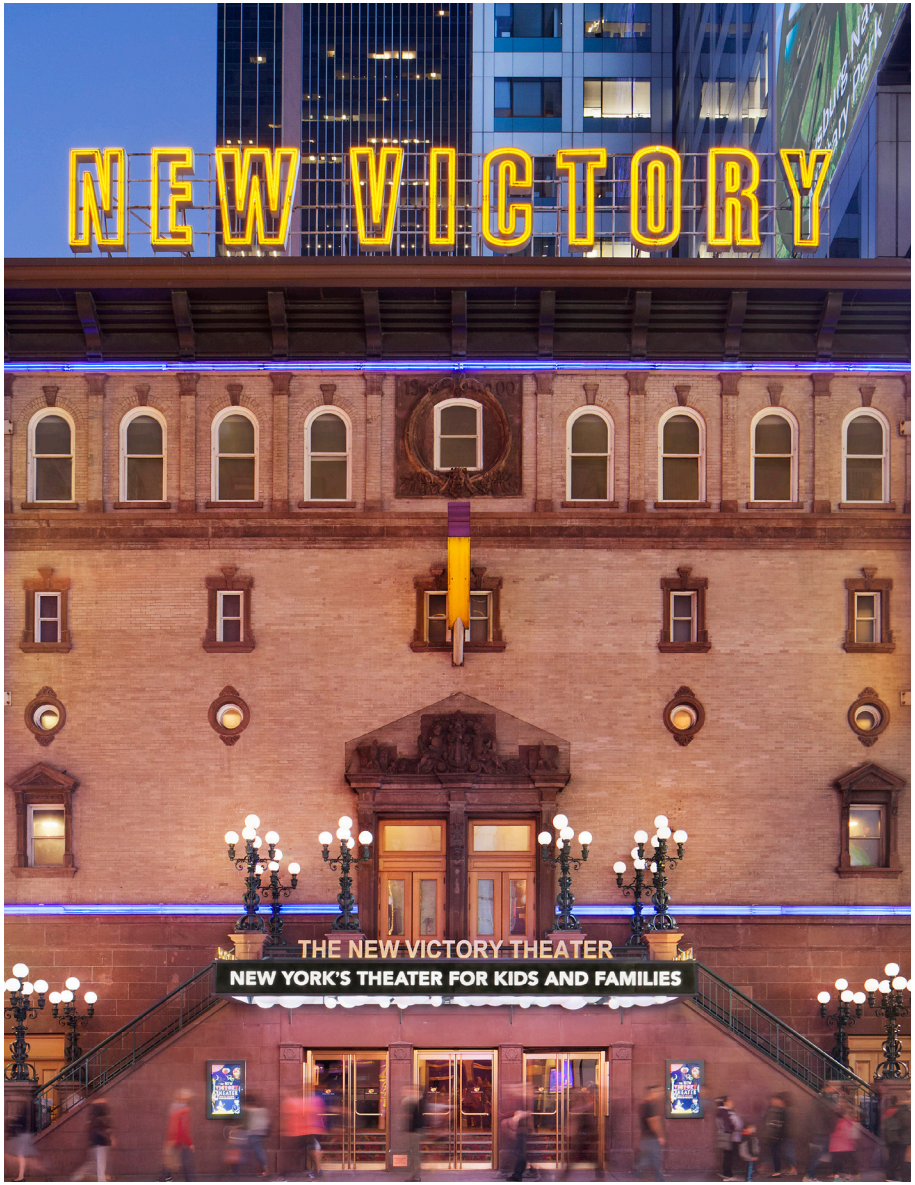


Photo: Mark LaRosa

We hope you enjoy ***No Excuses, No Limits*** at the New Victory Theater!

We look forward to welcoming you back to our next Sensory-Friendly Education Performance!

Jim Henson's Fraggle Rock: Back to the Rock LIVE
June 3, 2026, at 11am