

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.

A Sensory-Friendly Performance will offer the following:



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.

Hands-on arts activities led by New VICTORY Teaching Artists

Cozy Zone, activity area and Accessibility Table found in the lower lobby



Photos: Alexis Buatti-Ramos





The lower lobby opens **45 minutes** before the show. You can choose to participate in hands-on arts activities led by NEW VICTORY Teaching Artists.

With the Teaching Artists, you can come up with your own dance moves and poses in a cypher, and get inspired by others moves and poses!

A **cypher** is a spontaneous circle formed by b-boys and b-girls to dance and exchange moves and skills.

In the center of the room, you can use pipe cleaners to create your own power poses and form a supercrew with others!

Or you can dream about what you want to do in 2026 and create a vision board! In the cafe area, you can create your own b-boy and b-girl outfits!

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



Cozy Zone



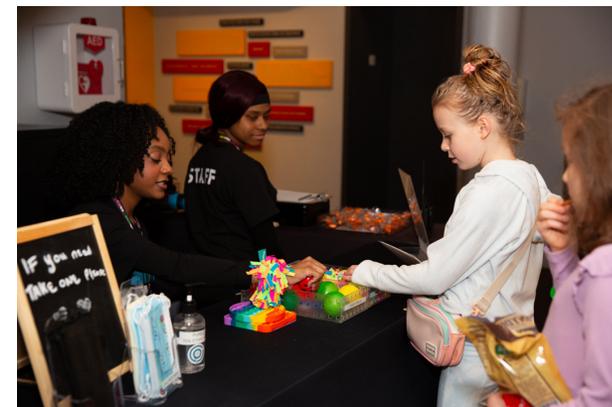
A quiet place to relax with fidget tools and bean bag chairs.

Lower Lobby



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

Accessibility Table



A place where you can pick up fidgets or earplugs. You may also turn in a government-issued ID to borrow ear defenders or light-sensitivity sunglasses. The Accessibility Table also stores bariatric and standard wheelchairs, which are available to borrow during your visit to make navigating the theater more convenient.

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

RUN TIME: 60 minutes

There is no intermission during *No Excuses, No Limits*. However, if you need to take a break, 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.

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.

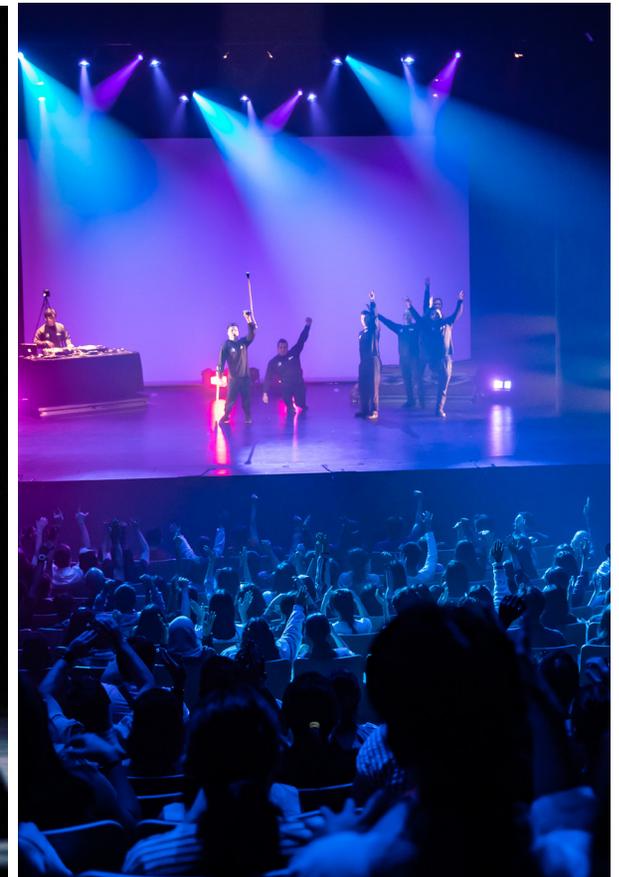
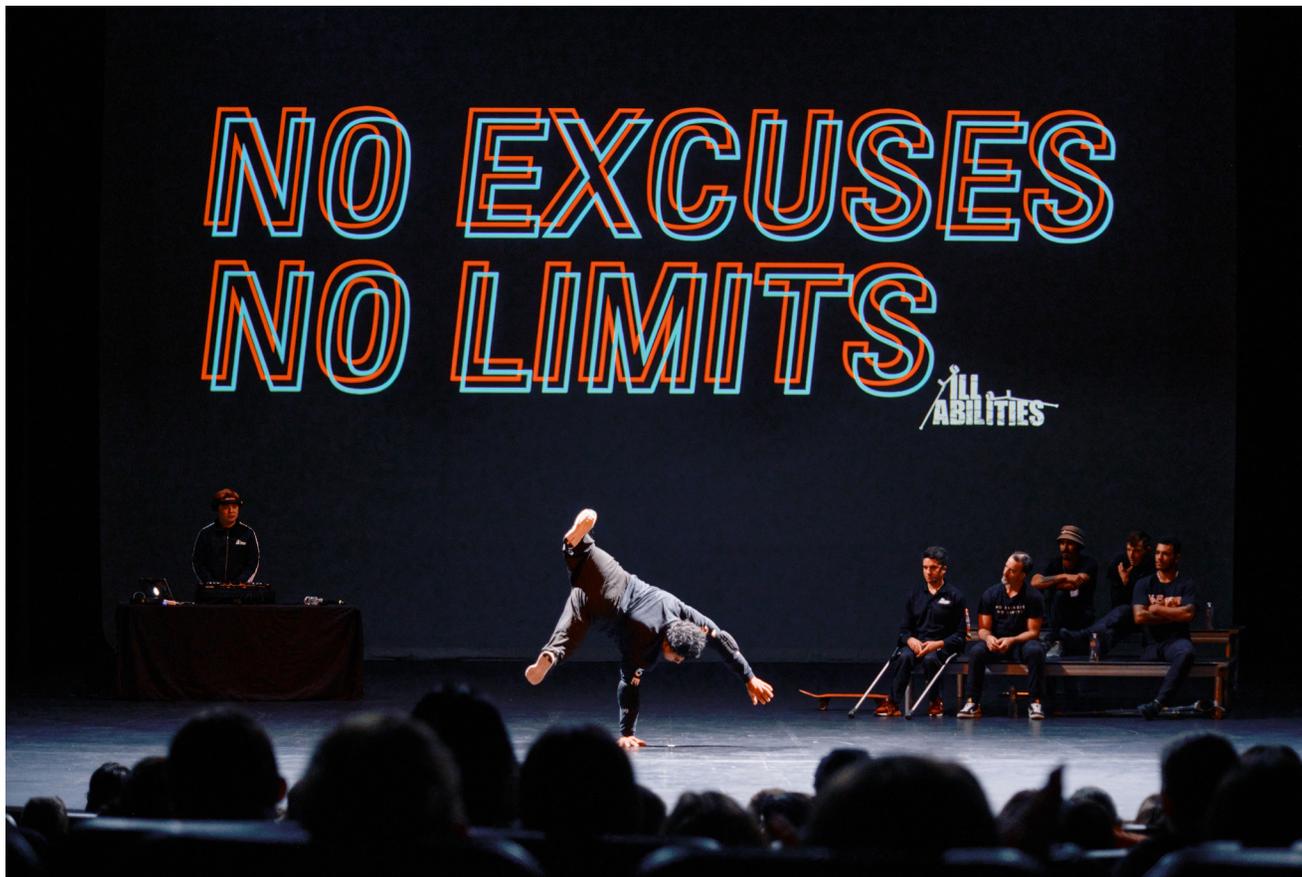
ILL-Abilities™ gets its name from the custom in hip-hop culture of using a negative term to describe something positive. Rather than meaning “sick” or “unwell,” the “ill” in ILL-Abilities™ refers to the incredible, intricate talent of its crew members.



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 Performance!**



**Jim Henson's
Fraggle Rock:
Back to the Rock LIVE**
June 7, 2026, at 5pm

