



Alumni Spotlight – Alyssa Noto

Alyssa Noto graduated from Holy Cross in 2012. She attended AMDA New York for a year in their dance theatre conservatory program and completed the program at the Los Angeles campus. Shortly after graduating, Alyssa joined a modern dance company and trained in Horton style modern. In 2016, she attended the Southern California Health Institute for personal training and completed their nine-month program. Alyssa is pursuing a career as a dancer and has performed in a variety of productions on the west coast.



1. When did you decide to make dance/theater your career? I can't pinpoint exactly when I officially decided to make performing a career. From a young age, I could never really picture myself doing anything else.

2. What has been your favorite role so far and why? I performed as dancer in *Joseph and The Amazing Technicolor Dream Coat*. This was my favorite because I got to work with *So You Think You Can Dance* choreographer, Dave Scott. It was a super high energy show with a great cast!

3. What is the best part about being a dancer/actress? I'm doing what I truly love to do, while hopefully inspiring and touching others through this beautiful art form.

4. What is the hardest part about being a dancer/actress?

I would say that the hardest part is learning how to deal with rejection. I go to so many auditions and book maybe 1 job for every 10 that I go to. I've seen so many performers become discouraged and give up because of this.

5. How would you define success?

I personally think success is reaching goals you have set for yourself no matter how big or small. Everyone's definition of success should be different.

6. What kind of music is currently on your iPod?

I listen to quite the mix of genres. You'll find anything from the Waitress album to acapella to today's pop hits!

7. Performing must be stressful at times; what is your favorite way to relax?

I absolutely love going to hot yoga. It calms my mind as well as keeping my body strong and healthy.

8. How do you think your Catholic education shaped who you are today?

Catholic school taught me the importance of being a good and honest person, amongst many other things. Those qualities really stand out to others and I'm thankful that I was given such a great foundation in school.

9. How did your high school education prepare you for college and/or your career?

The education I had in high school was amazing. I had a great work ethic going into college which carried over into my career, and I definitely credit my high school education for that.

10. What is one of your favorite memories from high school?

One of my favorite memories is when I played Marion Paroo in *The Music Man*. That was one of the first musicals I had ever done and made me realize that I wanted to pursue musical theatre as well instead of strictly dance.

11. Why do you feel the arts in schools are important?

Being in chorus, show choir, the musicals, and art were honestly some of the best times I've had in high school. The arts are important because they are an outlet for students and allow them to be creative and to be themselves. It also might spark a passion in a student that could potentially lead to a career.

12. When you visit NEPA, what is one thing you love to do?

Eat! I love visiting my favorite restaurants that I can't find in Los Angeles. Nothing beats NEPA pizza.

Do you have someone that you would like to nominate for an alumni spotlight feature? Email alumni@hchspa.org with their current contact information and we would be happy to get in touch with them for one of our features!