

SISTERS

360

*Hopes, hurdles
and halfpipes*



A word from Ameera Conrad, Director of **Sisters 360**

When I was 11, I tried to learn how to skateboard. The boy I had a crush on thought it was cool, so I thought it was cool. One day after school, we were all hanging out in the playground messing around with the skateboards, and I - trying to impress him - hopped onto the board. Almost immediately (like, really, it's silly how quick it was) the wheels went from under me and I landed flat. On. My. Bottom.

In front of all the cool kids (I was not cool), who immediately laughed at my misfortune. I never bothered skateboarding again.

Sisters 360 is the opposite of my own skate experience. The two characters you're about to meet are the coolest, goofiest, most self-confident girls in Bradford. Their story is one of determination, joy, sisterhood, and most importantly of falling down and getting back up again. Something I didn't do when I was a kid, but something I really wish I had done.

Almost two years ago now, when Polka and Asif (the brilliant writer) asked me to be a part of this production, they showed me videos of the sisters who inspired this story; the Insistigators. Three Bradford sisters who are skateboarders, rappers, and activists in their own right. Their energy and enthusiasm towards everything they do has been a real North Star for the characters, their journey, and just how seriously they take skateboarding.

It's their dream! They're going for gold! And every time they fall down, they get right back up again. No matter who's laughing at them, no matter what's stopping them. They always get back up.

Cast



Sara Abanur
Fatima



Farah Ashraf
Salima

Creative Team

Writer	Asif Khan
Director	Ameera Conrad
Set and Costume Designer	Erin C Guan
Sound Designer & Composer	Holly Khan
Lighting Designer	Lucía Sánchez Roldán
Movement Director	Rachel-Leah Hosker
Puppet Maker & Designer	Mikayla Teodoro
Associate Puppet Designer & Maker	Edd Berridge
Prop Maker	Michael Douglas
Puppet Director	Roman Stefanski
Stage Manager on Book	Katie Bingham
Set Construction	Basement 94
Scenic Painter	Fani Parali

For Polka

Production Manager	Adam Crosthwaite
Technical Manager	Peter Hatherall
Theatre Technician	Fergus O'Loan
Wardrobe Manager	Annie James
Senior Producer	Kate Bradshaw
Artistic Director	Helen Matravers
Assistant Producer	Abigayle Bartley
Associate Director	Roman Stefanski

From the rehearsal room



Access

Read more about Access and Support at Polka [here](#)

- BSL Interpreted: Wednesday 9 April 2.30pm
- Audio described: Thursday 10 April 2.30pm
- Relaxed: Thursday 17 April 2.30pm

Duration

Approximately 1 hour

Please note no photography or recording is permitted during the performance.

Q&A with Asif Khan, writer of *Sisters 360*



Scan the QR code and discover how this brand-new show came to fruition in this Q&A with award-winning writer, Asif Khan.

