

A young Black woman with braids and a gold headband is the central focus. She has a serious expression and is looking directly at the camera. Her hair is styled in braids, and she wears a gold headband with circular ornaments. Several hands with various rings are placed on her shoulders, suggesting a supportive or communal setting. The background is dark with red fabric, possibly a church or a community gathering.

ON A SUNDAY AT ELEVEN

a short film by
ALICIA K. HARRIS

On a Sunday at Eleven

A Short Film by Alicia K. Harris

Logline

A young Black ballerina performs her Sunday rituals, while facing the pressure to perform whiteness. An unapologetic celebration of the powerful, ancestral bond embedded in Black women.

Synopsis - Short

“On a Sunday at Eleven” follows the Sunday routine of a young Black ballerina, 7-year-old Angel. Angel arrives at ballet class, to discover she is the only Black girl in her class. Feeling isolated, Angel escapes to a dream world where Black ballerinas with elaborate Black hairstyles dance around her, in this jubilant celebration of Black women’s unique beauty.

Synopsis - Long

“On a Sunday at Eleven” follows a young Black ballerina, 7-year-old Angel, as she goes through her Sunday rituals. After a visit to the Beauty Supply store teeming with products that promote Eurocentric beauty, Angel finds herself in ballet class, where she noticeably stands out as the only Black girl in the class. Feeling isolated, Angel escapes to a dream world where the Black women in her life are Black ballerinas dancing around her, donning elaborate Black hair styles. In the final scene, Angel is embraced by the elders in her church community, a space where she is always loved and accepted. “On Sunday at Eleven” is an unapologetic celebration of Black hair and the powerful, ancestral bond embedded in Black women that transcends the physical world.

Director’s Statement

Like most Black girls, growing up I internalized Eurocentric beauty standards, seeing only white women’s beauty being celebrated in the media. The film exposes the pressures Black women face from a young age to “whiten” our natural features, and how the mainstream beauty industry and institution of ballet are complicit. Combatting the negatives messages the lead character Angel receives, is the community of Black women who show her Black is beautiful. This film is a sensational celebration of Black cultural identity and our hair, and especially—the sisterhood that exists between Black women... which transcends the physical world.

From the royal costumes, to the elaborate hair art, this Black-women led creative team showed the Black women and girls in our cast the royalty that they’ve always been. The energy on set was electrifying, like we all knew we were capturing something special. I feel so excited to share this film with the world, and show all the little Black girls this celebration of their unique beauty! -Alicia

On a Sunday at Eleven - Film Screener

<https://vimeo.com/941385584?share=copy>

pw: sunday

On a Sunday at Eleven - Trailer

<https://vimeo.com/989611846?share=copy>

Promo Images (Poster, Stills, Director Headshot, Behind the Scenes Photos)

[https://drive.google.com/drive/folders/1nNGVJeloBBX31NFIGGNg9ah-1Z4VO6y?usp=drive link](https://drive.google.com/drive/folders/1nNGVJeloBBX31NFIGGNg9ah-1Z4VO6y?usp=drive_link)

Director’s Links

Website: www.aliciakharris.com | Instagram: [@aliciakharris](https://www.instagram.com/aliciakharris)

Film Contact:

Alicia K. Harris (Director/Writer/Executive Producer) - akh@aliciakharris.com

On a Sunday at Eleven

A Film by Alicia K. Harris

Director's Biography

Alicia K. Harris is a filmmaker from Scarborough, ON, Canada. She is best known for her Oscar-qualified short film "PICK," which won Best Live Action Short at the 2020 Canadian Screen Awards and Best Short Film at the 2020 Miami Film Festival. Notably, she was the main director and co-executive producer of the recent Amazon Black cowboy series, Beyond Black Beauty. Her latest short film, On a Sunday at Eleven, premiered at TIFF 2024 and will play the 2025 Berlinale. Using her signature poetic visual style, she is dedicated to celebrating the Black experience in her work, with a focus on authenticity, beauty, and spirituality.

Director's Filmography

On a Sunday at Eleven (2024), short film, writer/director

Awards:

- Winner - Best Short Film, Regent Park Film Festival, 2024
- Currently Nominated - Best Live Action Short Film, Black Reel Awards, 2025

Official Selection:

- Toronto International Film Festival, 2024 (Toronto, Canada)
- Atlantic Film Festival, 2024 (Nova Scotia, Canada)
- Festival du nouveau cinéma, 2024 (Montréal, Canada)
- Regent Park Film Festival, 2024 (Toronto, ON, Canada)
- TIFF Top Ten, 2025 (Toronto, ON, Canada)
- Berlinale, 2025 (Berlin, Germany)
- Santa Barbara International Film Festival, 2025 (Santa Barbara, CA, USA)

only light will touch us (2021), short film, writer/director

- Impact Award, Cinefam Film Festival
- Official Selection: Calgary International Film Festival, Whistler Film Festival

PICK (2019), short film, writer/director

Awards:

- Best Live Action Short Drama, Canadian Screen Awards, 2020
- Best Short Subject Fiction, Yorkton Film Festival, 2020
- Best Short Film, Miami Film Festival, 2020
- Best Film, People's Choice Award, ByBlacks.com, 2020

Official Selection (selected):

- TIFF Next Wave Film Festival, Toronto, 2020
- Vancouver International Film Festival, Vancouver BC, 2019
- Festival du nouveau cinéma, Montréal QC, 2019

Maybe if it were a nice room (2016), short film, writer/director

- Official Selection: Vancouver International Film Festival 2018, Atlantic International Film Festival 2018

Love Stinks (2016), short film, writer/director

- Broadcast: CBC Canadian Reflections, 2018
- Official Selection: Festival du nouveau cinéma 2016, Regent Park Film Festival 2016

On a Sunday at Eleven
A Film by Alicia K. Harris

TECHNICAL INFO

Length: 8:50

Colour / 16:9

Projection Format: DCP

Shooting Format: 35mm Film

Language: English

TEAM

Written & Directed By Alicia K. Harris

Produced By Hayley Brown, Jeff Chiu

Co-Producer - Ollie Coombs

Associate Producer - Silvio Passaro

Cinematographer - Jeremy Cox

Production Designer - Nicole Simmons

Costume Designers - Charlene Akuamoah, Kahmeelia Smith

Editor - Ashley Gilmour

Sound Designer - Paul Lucien Col

Choreographer - Zoë Edwards

Hair Art & Design By D'andra Morris

Key Hair & Makeup Artist - Rahnell Branton

A Film By Frontgirl Films

Produced In Association With OPC, Isserley Films & Oya Black Arts Coalition

CAST

ANGEL - Zoë Peak

ERYKAH/BALLERINA - Samaya Hodge

SERENA/BALLERINA - Jasmine Best

LAURYN/BALLERINA - Malea Yarde

BALLERINAS - Naomi Bowen, Severyn Dahlke, Abigail Dunbar

MOM - Amia Ogieva

QUEENS - Eletha Sandra Cooke, Evelyn Effs, Verna Hodge, Phyola James

BALLET TEACHER - Valérie Carrier

GIRL ON RELAXER BOX - Serena Powell

BALLERINA CLASSMATES - Marissa Arruda, Olivia Baird, Ryann Cowan-Rowe, Sofia Cleary,

River Jane Hubley, Evelyn Rego, Ivy Mae Rego, Freya Sibley

HARRI - Darius Zee

ANDI - Dale Liang