

ENTHUSIASM

- Let yourself enjoy looking forward to something
- Give 100% to what you are doing
- Think positively—look at the bright side of things
- Smile, laugh, and enjoy what you do
- Think of imaginative ways to get things done
- Enjoy the wonders of life

GP DANCER'S ACADEMY

*Take charge! Think positive!
..... Get Inspired!*

Website: www.gpdancersacademy.com

Newsletter
February 2011

SELF-DISCIPLINE

- Use detachment so your emotions won't control you
- Speak and act calm when you are hurt or angry
- Get things done in an orderly and efficient way
- Create structure in your life
- Do what is expected without people having to watch you
- Do things on time

VIRTUES PROJECT—You will be practicing the virtue of **Enthusiasm** in your dance when you come to class with a positive attitude and give your 100% each day. When you are in class and when at home practicing you will smile, laugh and enjoy the art of dance that you create. **Self-Discipline** is demonstrated when you practice at home as is expected of all dancers especially leading up to recital and festivals. You make the corrections your teacher gives you, understanding that she is trying to help you be the best you can be. You continue to use the corrections even when your teacher is not watching. If you use both **Enthusiasm** and **Self Discipline** in your dance and practicing, you will not only do well in class, and on stage, but will have fun doing it!

A Word from Ms. Viegas

Well we are getting ready for the home stretch. It is hard to believe that there are only 9 weeks of classes left before the recital. Spring break starts on Monday March 28th which means that there are still classes on the 25th and 26th. Please try to attend these classes as there is only one class following the break before the recital.

The Wellness Weekend was very informative for all those that we able to attend. Dave Hurta, a physiotherapist from Kinesis Physical Therapy, gave a very informative talk specifically about dance injury care and prevention. Carolyn MacCullum taught breathing exercises and a meditation practice to help us relieve stress and anxiety. I was disappointed that more dancers were not able to attend as both speakers had so much to offer the dancer who is sore or injured or struggling with physical issues. Parents I would like to say that you are always welcome at any workshop!

Thank you to all the people that gave their feedback on the FEEDBACK survey. It was very informative and we will be incorporating your thoughts and opinions in the future. There are some surveys still around should you wish to fill one in, any feedback is always appreciated.

Ms. Viegas Office Hours--Thursday Evenings (book with Carla or Tammie)

RECITAL 2011 April 14- 16 DREAMS AND VIRTUES

Recital this year is scheduled for April 14 to April 16 at the Grande Prairie Regional College. Two separate show programs are planned, each to perform twice. One show program will run *Thursday evening and Saturday afternoon* and the other will run *Friday evening and Saturday Evening*. The order of the shows has not been set yet, but we can tell you the themes are: DREAMS and VIRTUES. The Recital is not possible without **backstage volunteers**. There is a large variety of jobs to do from Stage Manager to Bathroom Runner. A complete list of jobs and descriptions will be available at the studio and will be either emailed to you or posted on the website. Please read the letter on the next page about a Parent Volunteer's backstage experience.

Your dancers have started to learn their recital choreography and we encourage everyone to practice at home. For a copy of the music to practice to please bring a blank CD to your child's instructor to make a copy. It is very important from now to the end of the year that your dancer does not miss class for 3 main reasons: 1) Each class they learn more of their routine and if they miss they may fall behind technically and it is difficult to catch up. 2) The instructor has done choreography for a whole class and with students missing it makes it difficult to work on spacing, timing, and changes get missed. 3) Dance is a team sport and every team member is critical to the success of the group. If your child is injured or mildly sick (cold, sniffles, etc) please try to bring them to class at least to watch. If your dancer is still unable to attend class, please call the studio ahead so the teachers are prepared.

STANDING OVATION FESTIVAL---APRIL 27-MAY 1, 2011

Standing Ovation (also called Glitter & Gold) is a dance festival at the GPRC where each group is able to perform for an adjudicator. They receive a medal (bronze, silver, gold, platinum), verbal recognitions and constructive criticism from the adjudicator. The festival runs from 8am to 9pm at night and during school times. It is important for all dancers to participate as the dances have been created for the entire group. More information to come.

DRESS REHEARSALS At GPRC

April 11 3:30-10:00pm
April 12 3:30-10:00pm

RECITAL Dates

Format #1: Thursday April 14
@ 7:00pm
Format #2: Friday April 15
@7:00pm
Format #1: Saturday April 16
@ 1:00pm
Format #2: Saturday April 16
@ 7:00pm

To All Backstage Volunteers: Note From a Dance Mom

Volunteering backstage can seem a little intimidating at first, but at the end of the day when you know you've done your part, it can be very satisfying. You may find that the more you get involved with what is happening around you, the more rewarding it can be, I know I have. So what is the first time backstage like? I remember my first show.....

..... "When I walked into D208 for my first backstage volunteer job as bathroom supervisor (or as I like to call it—"Potty-Mom"), I have to admit I was somewhat intimidated. There were already volunteers busy across the room getting ready for the show (this is where I go to meet the stage manager and to get my name tag and instructions). Soon after, there are kids showing up with costumes and caboodles; their faces made up like "beauty pageant queens". The quick-change kids are hurried with their costumes to the quick-change room and the little ones are already digging crafts out to pass the time. D208 fills quickly with nervous energy, excitement and anticipation. Before I knew it someone was shouting "15 minutes to Showtime!".....

That night I did my job and asked few questions. I got used to the hustle and bustle and did my best to help with what I could. As I continue to volunteer backstage I have found that as I participate, ask questions, and become more involved, my time goes quicker and is more rewarding. It is really special and exciting to be a part of something, that when you watch from the audience, is so wonderful (and you don't even think about the craziness going on backstage). To see the excitement in the faces of the young dancers and to have the chance to say an encouraging word to them on their way to the stage is something you really have to experience (although some of them still look at me as if I am from another planet when I put on my goofy grin and remind them to smile ☺!).

My reasons for writing this note are many. First and foremost is to encourage the new parent volunteers that are working backstage for the first time. Remember, everyone backstage is a volunteer like you. Some have just done more shows than you. Take advantage of their experience by asking questions if you don't understand something. And help the Stage Managers and organizers by knowing your job and doing it to the best of your ability.

Secondly, to the Stage Managers, organizers, and other parent volunteers who have been around the block; try to remember that first time you walked into D208. Be patient with these new volunteers. Welcome them and try to answer their questions. These parents will be running the show some day, so share the tricks of the trade you have learned along the way. And remember they are parents volunteering their time and effort, just like you.

I know everyone backstage is there to help put on a great show for our dancers, our studio, and our family and friends. If we respect each other and remember we are in it for our children, I think we should even be able to have some fun doing it!

Yours truly,
Former 1st-time "Potty-mom"

FRIENDLY REMINDERS

TERM II FEES are now overdue. Please contact the studio to make arrangements.

Any Color Bodysuit Week. The last week of every month is any color bodysuit week.

WATER PUNCHCARDS \$10 each--buys you 11 bottles of water on your card. Simply keep your card in the desk file, and Carla or Tammie will punch it for you when you need a water.

STUDENT BALLROOM WORKSHOP—FEB 5 if there is enough interest we may hold another class on Feb. 26.

PAJAMA WEEK-- February 14-19

Wear your PJ's to class! But make sure you can dance in them.

FAMILY DAY—No Classes on Monday February 21. Please enjoy your Family Today!

PERFORMANCE SKILLS WORKSHOP—MAR 5 A fun workshop to help improve stage presence. Jeanine has a variety of activities and exercises to help bring out your inner performer! And yes Seniors, it is for you too! Check email & website for more info.

PICTURES, PICTURES, PICTURES—MAR 19 & 20 Pictures will run from Saturday afternoon to Saturday evening and Sunday morning to Sunday afternoon. The schedule and details will be included in the March Newsletter. A few things to know now are that dancers will need to have hair and makeup done (info with costume). Please bring your dancer for their group picture even if you are not purchasing a photo so we have one for the wall!

MARCH 26—Saturday classes will still run even though it is spring break

STUDIO SHOWCASE/CHOREOGRAPHY (May 7)--Still time to get your entry in. Studio time available for practice. ALL AGES!

Clothing Order #2—If you still want Studio Clothing but missed the first clothing order, you're in luck. We will have a selection of clothing items ready for sale and for order in 2nd week of Feb. We will send an email when the clothing is in.

Quickie Calendar

Feb 5—**STUDENT BALLROOM WORKSHOP**

Feb 14-19—**Pajama Week**

Feb 21—**FAMILY DAY -- NO CLASSES**

Feb 28-Mar 5---**Costume Handout Week & Volunteer Sign-up**

Mar 5—**PERFORMANCE WORKSHOP**

Mar 10&11--**Teachers Convention-**

Classes still running

Mar 19 & 20 -- **PICTURES. PICTURES. PICTURES**

Mar 28-April 3—**Spring Break (MAR.26 CLASSES ON)**

Mar 30--April 3—**DTP in SHERWOOD PARK**

Apr 2—**Alberta Ballet in Edmonton**

April 9 & 10—**DTP in RED DEER**

April 11 & 12 -- **Recital Dress Rehearsals**

April 14-16 — **RECITAL**

April 18-23—**Bring a Friend Week**

April 27-May 1, 2011—**STANDING OVATION FESTIVAL GP**
(All attend except creative classes)

May 7—**STUDIO WINDUP PARTY & CHOREOGRAPHY CONTEST**