

VIRTUE OF THE MONTH:
CONFIDENCE

Confidence is having faith in something or someone. It is a kind of trust. When you have self-confidence, you trust that you have what it takes to handle whatever happens. When you are confident in others, you count on them. Confidence brings the strength to try new things.

GP DANCER'S ACADEMY

Confidence gives me the courage to be myself.

www.gpdancersacademy.com

NEWSLETTER:
JANUARY 2011

THE PRACTICE OF
CONFIDENCE

I remember that I am worthy, whether I succeed or fail.

I am willing to try new things.

I use the gifts that God gave me.

I practice until I master something.

I think positively.

VIRTUES PROJECT—CONFIDENCE is a virtue especially important at this time in the dance year. For Ballet Exam students, exam results may have you feeling extremely confident and proud (as you should be!) or it may have left you questioning your skills and abilities. Remember that you are worthy no matter how you do. If you are unhappy with present results, practice until you are and don't be afraid to master something.

For all dancers in all classes, you are now learning your recital routines. This may come easy, or it may be difficult and you may become frustrated with yourself. It is now that you can look to the practice of CONFIDENCE. Think positively and be willing to try new things. Be CONFIDENT in the skills you have been learning since September and have CONFIDENCE in your teacher's abilities to teach you what you need to know.

WHAT IS DTP?

DTP stands for Dance Troupe Performers. DTP is a group of dancers who participate in 3 or more dance festivals throughout the year. There may also be additional opportunities to perform such as the Festival of Trees which some of our DTP groups performed at this year. Choreography is taught during summer dance and members are to continue practicing (often without the teacher's assistance) during weekly rehearsals. These rehearsals may be scheduled any day from Monday to Saturday.

DTP is open to those dancers who are in Grade 4 ballet or higher. The prerequisites are exemplary attendance, and consistent effort in class. The additional costs incurred include choreography, costumes, festival entry fees, travel and accommodation.

ALL DANCERS (including existing DTP dancers) interested in being part of DTP must submit his or her intentions in writing by January 30th.

First time applicants please write a short note to Ms. Viegas stating why you want to be part of the DTP. Any senior level dancer who misses more than 10% of their classes will not be considered for the DTP program. If you are a senior level dancer and wish to be considered for the DTP program, check with Ms. Viegas as to your status regarding attendance (this applies to those wishing to be considered as well as those already in the DTP program).

A Word from Ms. Viegas

Welcome back to Dance! The time has flown by and here we are once again on the home stretch. Each year seems to go by faster than the last.

The staff would like to thank the students and parents for the many wonderful gifts that we received at Christmas time. Everything was sincerely appreciated!

Ballet exam results are here and all the dancers, I am proud to say, have done well. Mrs. Waal is a very particular examiner so all dancers should be proud of their achievements. On behalf of all the ballet teachers I would like to say congratulations to each and every dancer. Now it is time to get to work on the next level. (A reminder to all ballet students that in order to do an exam next year you must attend Summer Dance 2011 August 15th - 25th).

Each decade of dance we have put out a survey to the parents as to how to make the studio the best that it can be. The time has once again arrived where we are looking for your input as to what is working and what needs improvement and how can it be implemented. Surveys will be e-mailed to you in the next week or so. If you do not have email please pick up a hard copy at the desk. It would be appreciated if all surveys could please be returned by Jan. 30th in order to assimilate the information and to see if it can be implemented into next years program.

Also a reminder to Ballet Parents to schedule a time with Ms. Viegas to review student progress and to answer any questions you may have, etc.

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

BALLET TALK.....

Ballet exams—Results are in and everyone passed! Congratulations All examinees!!!

What grade is your dancer in now??? Since our exams are done in the fall, work for each grade must begin in January of the year previous and runs until Dec. of the same year but Term I of the next year. So your dancer who was registered in Grade 1 in September, for example will now be considered to be in Grade 2 Ballet! (for consistency, classes will still be listed and referred to as the Grade they registered in)

CHARACTER SHOES. Just a reminder that **Primary Ballet Students** are starting Character work this month and will require a character skirt and character shoes. Please note that although the studio plans to provide the required character skirts with ribbons for exams, each student must still have a character skirt of some kind for practice in class. These practice skirts do not have to have ribbons.

PHOTO RELEASE FORMS will be handed out next week. Please complete for your dancer/s and hand in. We may use photos for website, in studio promotions, promotional materials and/or advertising. Any questions, please ask. Thank you.

Adult Hip Hop Series

with Nadine Stewart

Jan 7-28 &
Mar.4-Mar 25

\$145 (gst included)

Fridays 7:30-8:30pm

GPDA presents its 1st "Wellness Workshop"

Jan 15

- Performance Anxiety session (including breathing techniques)
- Injury care & prevention Presentation

Recommended for Ages 12 & up

Cost \$5 each

(includes healthy snack & drink)

STUDENT Ballroom Workshop

Feb 5

\$45 per person

Includes 3 hours of dance and a pizza lunch.

Improve your Performance Skills

with Jeannine Younger

Mar 5

60-90 min. class
(depending on registrations)

ALL AGES WELCOME

Cost: \$10-\$15 each

OVERVIEW OF TERM II

PICTURE TIME. Remember to keep your schedules clear for Mar.19&20. Paquin's Sprucewood Studio will take recital photos on the Saturday and Sunday at the studio. Picture times will be printed in February's Newsletter. Please make every effort to attend even if you are not ordering photos, as it is important to the other dancers to have their classmates in the photo with them. The studio displays these photos for years to come so make sure everyone knows they were here.

DRESS REHEARSAL. Recital rehearsals will be held at the Grande Prairie Regional College Theatre on April 11 & 12 from 4:00 to 10:00pm. Please watch further newsletters for more information.

RECITAL. This year's Dance Recital will be held on the evenings of April 14 and April 15 and on the afternoon and evening of April 16. There are two separate shows. Each class will perform twice, either Thursday night and Saturday afternoon or Friday and Saturday nights. Please watch further newsletters to see which shows your dancer will be in. Also start thinking about signing up to volunteer backstage at the recital. It is a very rewarding experience. More information to come including when and where to sign up!

ALBERTA BALLET. The Alberta Ballet will be holding a series of Performances in Edmonton this winter and spring. GPDA has the opportunity to purchase these tickets in bulk at a discount. We are purchasing for "Serenade and Vigil of Angels." For Saturday April 2. Tickets are \$60 for adults and \$44 for students. Please sign up and pay if you wish to take advantage of this offer. (GPDA is selling tickets only. Keep in mind you need to provide your own transportation. DTP dancers will already be in Edmonton for a festival so it should work great for them!)

STUDIO WINDUP. The Studio has booked the Golden Age Center for an End of the Year Windup party. We plan to dance, socialize and have potluck snacks, etc. We will also showcase the talent of our dancers with a

CHOREOGRAPHY CONTEST

- groups of 3 or more
- perform for a panel of judges including guest judges from the community
- prizes will be awarded

Some studio time will be available for rehearsal.

Get your groups together and enter by Jan. 30th!

Fun for EVERYONE!!!

FRIENDLY REMINDERS

- **TERM II FEES NOW DUE.**
- Dancers—for your own safety please wait inside the building until your ride has arrived
- Dancers please wear CLOTHES when you leave, not bare legs, etc. This is not only due to the cold weather, but also for everyone's safety. (You never know who is watching).
- **COLD WEATHER POLICY**—At -40 degrees or colder, dance will be cancelled. Please call the studio if you are not sure.

Lost & found

- ⇒ Dancewear will be kept in a bin beside or on the boot racks
- ⇒ Water bottles and clothing will be in a bin in the upstairs change room. (Please note that water bottles will be kept for only 2 weeks, then will be discarded. Clothing will be taken to goodwill at the end of the season)
- ⇒ Jewelry & valuables will be kept at the desk.

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.

Calendar

Jan 3 --Term II Begins and Term II fees are due

Jan. 15—**WELLNESS WORKSHOP**

Jan 18—**ADULT WEST COAST SWING** starts

Feb. 5—**STUDENT BALLROOM WORKSHOP**

Feb 21—**FAMILY DAY -- NO CLASSES**

Feb 28-Mar 5. ---**Costume Handout Week**

Mar. 5—**PERFORMANCE WORKSHOP**

Mar. 10&11--**Teachers Convention**-Classes still running

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

Mar 28-April 3 --**Spring Break**

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**

Quickie