

ADAGI



Thought of the Month

Great Opportunities often disguise themselves in small tasks

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The Director's Chair



Happy New Year!

I hope everyone had a great Holiday and were able to take some time to relax and enjoy moments with Family and Friends.

Thanks to everyone that participated in our "Christmas Wishes." Your donations went to families that might not otherwise have received. Thank you again for your generosity and kind hearts.

Our holiday performance was a great success! Thank you for taking an evening to spend with our Dance Connection family. And most of all, thank you for letting us be a part of your child's life. The staff and I are rejuvenated and ready to start the New Year!

DCPAC
Teachers/Staff

If you would like to view the Christmas Program pictures they are available at KEM Photography's Website <http://kemphotography.com/photoproof>
Click the Access Gallery link and enter in the access code: **Peace**

Scheduled Observation



Observation week is scheduled for:

Mar. 5th – Mar. 10th, 2012

Open window viewing for all recital and technique classes are as follows:

January 2nd – 7th
April 30th – May 5th

Bad Weather Closings

Please remember that Dance Connection PAC is not necessarily closed when the local school districts are closed. Often the roads have been cleared by the time afternoon and evening classes meet. Always call the studio @ 636-447-3365 or watch Channel 5 for verification of studio closings.

Recital Costume Payment Schedule

A 50% deposit was due in December. The balance is due Feb. 15th, 2012. This ensures availability of all costumes in time for picture day and recital.

A \$10 late fee will be charged to all those accounts not paid before Jan. 10th. To avoid the second \$10 late charge, your second payment needs to be made by the Feb. 15th deadline.

Thanks for your cooperation.

2012 Recital Dates

Dress Rehearsal – Fri, June 15th

Recital – Sat, June 16th



COMPETITION CORNER

2011 / 2012 Competition- Convention Schedule

All Conventions are required for Dynamic Dance Force. Conventions are not required, but strongly recommended, for Midwest Power Pak.

LA Dance Magic

Union Station

January 14 – 15, 2012

Fees Due – November 23, 2011

Adrenaline Convention

Hilton St. Louis Ballpark

January 27 - 29, 2012

Fees Due – December 14, 2011

Competitions are required for all PP & DDF students.

StarPower

St. Charles Convention Center

March 9 – 11, 2012

Fees Due – January 25, 2012

Masquerade

Gateway Convention Center

March 29 – April 1, 2012

Fees Due – February 13, 2012

Show Stopper

St. Charles Convention Center

May 4 - 6, 2012

Fees Due – March 20, 2012

Star Quest

Scottish Rite

May 18 - 20, 2012

Fees Due – April 3, 2012

NATIONALS 2011/2012

StarPower

Branson Convention Center

200 E. Main Street

Branson, MO 65616

June 29 – July 3, 2012

Fees Due – May 15, 2012

DDF Groups going to LA Dance Magic will have a mandatory Dress Rehearsal on Jan. 8th, 2012

Studio 6 – Sarah / Nicole

10:00-10:30 Let's Party

10:30 – 11:00 The Final Round

11:00 – 11:45 River Deep

12:00 – 12:30 Still Alive For You

12:45 – 1:15 Dream Within

1:15 – 2:00 We Have Landed

Studio 5 – Nicole / Brent

9:30 – 10:00 Trouble

10:00 – 10:30 Holly Rock

Studio 2 – Brooke

12:45 – 1:00 That Grim Feeling

1:15 – 2:00 Old School Fresh!

2:15 – 3:00 Pandora's Box

3:00 – 3:30 Walk Into the Club

COSTUME SAMPLES

Check out the rhinestone patterns on the costumes hanging up at the studio!!

Competition Team “Extravaganza” Sunday, Feb. 19th, 2012 1:00 pm – 5:00 pm

We are so excited to be hosting our 3rd Annual competition “Extravaganza.” It will be held at Francis Howell Central High School on Sunday, Feb. 19th. All groups will perform and we are offering our students the opportunity to perform duet/trios and one of their solos. If you have more than one duet/trio with the same kids, you are only allowed to perform one. This is a great start to our competition season!

Tickets are \$4.00 with open seating – maximum of 7 tickets per family.

This is a full dress rehearsal. It needs to be thought of as an exact replica of competition day!

Makeup Meeting – All Competition Families Fri, Jan. 6th – 6:00 pm

Brooke Austin will give instruction on the correct way to apply competition makeup on Fri, Jan. 6th at 6:00 pm.

The individual who will be applying the makeup should plan on attending. If you have an older student that applies their own makeup – then they need to attend. If the parent will be applying the makeup – please bring your child to practice on.

All of the makeup ordered will be available for pickup at this time. The jewelry and accessories needed for LADM group numbers will also be available.

Please try and make this meeting. It is important that all of our dancers apply competition makeup in a similar fashion. It gives our team the uniformity and professional appearance we want.

Thanks!

Featured Master Ballet Teacher
Michelle Morris



Michelle Morris began her training in Columbia, Missouri with Halcyone Eve Perlman. She later attended the National Academy of Ballet in New York City (under direction of Thalia Mara, founder of the USA International Ballet Competitions), the Buffa Centre of Ballet in Buffalo, New York, and Midwestern Music and Art center in Lawrence, Kansas. She also trained extensively with such renowned dancers as Thalia Mara, Yurek Lazowski, Larry Long, Kathleen Crofton, and Harriett Ann Gray. She holds a Bachelor of Fine Arts from Stephens College.

Miss Michelle was a soloist /principal dancer with the Harriette Ann Gray Dance Company and is the former Artistic Director of Southeast Missouri Ballet Theatre. Her thirty years of teaching experience includes five years on the dance faculty of University of Missouri-Columbia as well as five years on the dance faculty at Columbia College, Columbia, Missouri. Miss Michelle was also head of the ballet program at Columbia Performing Arts Centre in Columbia, Missouri from 1998-until 2001, when she relocated to the St. Louis Area.

Dance Connection Parent's Association – News!

Convention Lunch Orders

The DCPAC Parent's Association will be taking lunch orders for the LADM Convention. They will be ordering for both Saturday and Sunday. Order forms are available at the front desk and must be turned in by Jan 7th. Information regarding lunch details for the Adrenaline Convention will be posted later.

Music Trivia Night – Fri, Feb. 3rd, 2012

Reserve your table for a fun filled evening. Flyers and details are available at the front desk.

January Birthdays

The following people celebrate their birthdays in the month of January.

Happy Birthday!

Paige Babor, Charlotte Bartels, Isabelle Chambers, Lillian Crouch, Delaney Engelhardt, Samantha Hartong, Allison Hemmer, Zerina Zozlicic, Nicole Lafiore, Stephanie Loehr, Nicole Luckett, Samantha McKeown, Lexington Mincher, Katie Moss, Kayleigh Murphy, Alexis O'Bryan, Jenna Perkins, Jenna Reimler, Cate Rush, Jacquelyn Soucy, Olivia Spavale, Olivia Wade, Julia Wise, and Emma Witter.



Teddy Bear Week



Dancers in Mini-Movement through Preschool 3, mark your calendars now for Jan. 9th – 13th, 2012.

Teddy Bear week is an ol' time favorite for our youngest of dancers.

Valentine's Day Parties

Students may bring in valentine goodies during the week of Wed, Feb. 8th – Tue, Feb. 14th. Please include everyone in the class if you will be passing out cards and/or treats.



Dr. Martin Schmaltz
Crosby Chiropractic Center
331 Jungermann Road
St. Peters, MO 63376
636-928-5588

Dancers are aware of the potential for injury. There are two basic types of injuries: acute injuries and overuse injuries.

Acute injuries are usually the result of a single, traumatic event such as a fall or rapid twist. This type of injury will often result in sprains, strains to the joints supporting soft tissue, ligaments and muscles. Some of the common injuries are to the knee, foot, elbow and shoulder.

Overuse injuries are more common, and occur subtly over time as a result of repetitive micro-trauma to tendons, bones, and joints. Common examples include various impingement syndromes in the foot and ankle along with shin and knee pain associated with chronic inflammation of the muscles of the lower leg.

There are basically two causes of overuse injuries, over-training and poor technique errors. Training errors are the most common and involve increased intensity, duration, or frequency over a period of time. Fundamentally, overuse injuries result from overdoing a particular activity. Technique errors occur when a dancer repetitively performs an action using improper body mechanics (bio-mechanics) thus putting excessive stress on the joints or soft tissue structure. To prevent technique errors, there should be proper supervision by qualified coaches or teachers and should chronic soreness or pain persist, a proper evaluation by a health practitioner skilled in bio-mechanics should occur.

Some people are prone to overuse injuries. Muscular or bio-mechanical imbalances around certain joints predispose certain individuals to injury. Body alignment issues, such as knock-knee, bowlegs, unequal leg lengths, and flat or high arched feet will also impact overuse injuries. Many people leave weakened areas physically due to old injuries, incompletely rehabilitated injuries, or other anatomic factors.

The best treatment of overuse injuries is prevention. Proper technique, a solid training schedule and good body mechanics (bio-mechanics) will go a long way towards warding off injuries. Should persistent pain or soreness or a lack of mobility persist, a chiropractic bio-mechanical exam is warranted.

Dr Martin Schmaltz is a chiropractic physician with over twelve years of treating sports related injuries and performance enhancement. Questions can be directed to mschmaltz@crosbychiropractic.com or calling (636) 928-5588

Dress Code Technique Only Students

Girls Attire:

Ballet - a black leotard, pink tights and pink split sole ballet shoes, hair secured back, preferably in a bun.

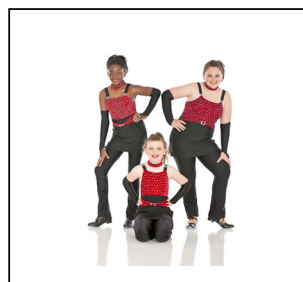
Jazz - a solid color leotard or half top with dance shorts (not too short or loose) or jazz pants. Pink, black or tan tights and jazz shoes. Dance sneakers will be allowed for funk/hip-hop classes only.

Tap - same attire as ballet with tap shoes at the discretion of the teacher.

Boys Attire:

Ballet - solid color sweat pants (hem below feet is not allowed), a solid color or DCPAC T-shirt, black leather ballet shoes or neoprenes.

Jazz - same attire as ballet with Jazz shoes. Dance sneakers will be allowed for funk/hip-hop classes only.



Lobby Etiquette

Lobby etiquette has become part of our teaching which includes respect for the arts, teachers and facility. We feel it is important to teach dance, as well as, assist you in building the character of your child. Please help us by reminding your children of these lobby rules and setting a good example for them.

Please remember:

1. Speak softly.
2. Always walk, do not run.
3. Do not throw balls or objects inside the studio.
4. Children are not allowed to play in the dance rooms.
5. Keep food and drinks in the lunchroom only.
6. Throw away your trash.
7. Put the toys away when you're done.
8. Do not block the front desk or hallways causing others to have to step over you or your personal items.
9. Only speak kind words.
10. Do not gossip.
11. Enjoy observing your child, don't worry about others.
12. Never leave a child under the age of 10 unattended between classes.
13. Have your child wait inside for pickup.
14. Do not knock on observation window or disrupt class at any time.
15. Smile and enjoy your time here.

Birthday Celebrations!

We invite you to celebrate your birthday with a dance party.

Jazz, Ballet and preschool parties are available. We also offer two specialty themes. You can have a Hip-Hop or Sock-Hop celebration! Additional themes are also offered for preschool parties.

