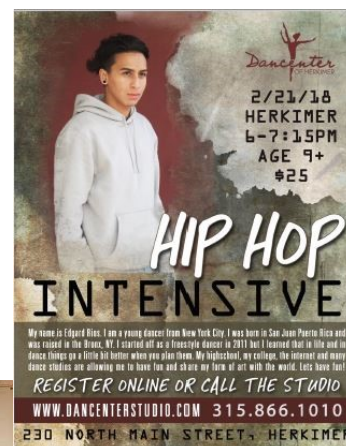


Dancer **DISPATCH**

Hip-Hop Intensive

We were very happy to have Edgar Rios instruct a hip-hop intensive on February 21st at the Dancer of Herkimer. Girls from both the Dancer of Herkimer and Dancer of Utica attended this instructive hour long workshop. It was a pleasure to have Edgar join us for this fun and educational experience. He is a young dancer born in San Juan, Puerto Rico and raised in the Bronx, NY. He began his dance journey as a freestyle dancer in 2011. Edgar is happy that through high school, college, the internet, and many dance studios he has been able to share his passion with the world and have fun doing it. We would like to thank all the students who attended as well as Edgar for allowing our dancers this exciting and enjoyable opportunity.



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- | Coming Soon... |
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| • New mini dance intensives this summer |
| • The annual Princess Camp |
| • New Hip-Hop Camp for kids |
| • Be a Star Acting Camp |



The Importance of Ballet



The Mother of all Dance

Many dancers will tell you that at the route of all dance, there is ballet. This is of course why it is often referred to as the “Mother of all Dance”. Ballet lays the groundwork for many other styles of dance, and is the art form that will truly turn an average dancer into a great one. This is because ballet gives dancers the basic technique of dance and allows them to advance and strengthen that technique. Here are a few reasons dancers should work just as hard as they do in other classes as they do in ballet.

- Ballet gives you the basics. Its movements translate into other styles of dance, and therefore ballet is necessary to creating a well-rounded, overall better dancer.
- Ballet develops discipline and commitment. The art of ballet requires a lot of hard work and practice to perfect. Therefore, becoming a hard worker in the studio often carries over to how you work outside of the studio.
- Ballet, of course, helps dancers develop the balance and flexibility that they need for other forms of dance.
- Most see ballet as simply graceful and slow, but it can often be very fast paced and require a lot of agility. This agility gained in ballet classes will help immensely in other forms of dance someone may pursue.
- Working hard in ballet will allow you to build strength and endurance. This is especially helpful to dancers, particularly those who plan to do pointe in the future. Attempting to dance on pointe without the proper strength and technique built up from years of ballet could lead to serious injuries. Therefore, it is very important to work on strengthening in ballet class.

As famous Russian ballerina Anna Pavlova once said, “No one can arrive from being talented alone, work transforms talent into genius”. Hard work in ballet can drastically improve your dancing and help make you a better dancer in other styles as well. So keep working hard, and never forget that ballet is just as important as other forms of dance.



Stretching and Warm Up: A Necessity

As dancers, we all know warming up your body and stretching is extremely important. Not just to make you more flexible, but to make you a healthier dancer. Many injuries dancers face can often be as a result of not stretching or warming up before class. Dance injuries can be very serious and lead to major problems in the future. That is why we must begin taking care of our bodies now. Start making a habit of coming to the studio 5-10 minutes prior to class for stretching and warming up on your own. Although the class instructor may lead a warm up at the beginning of class, it might not be enough for your body to truly be ready to dance. Additionally, stretching after class is a good habit to get into. Your body is already warm and you can increase and improve your stretches and flexibility.



Here are a few tips to improve your warm up/stretch routine:

- Stretching is good, but you should not go into it cold. Make sure to warm yourself up first with quick cardiovascular workouts. Simple things like jumping jacks, burpees, high knees, and crunches are sure to warm up your muscles for stretching
- Although it seems obvious, properly stretching your legs can be very important. Therefore, you should focus much attention on stretches for your calves, Achilles tendon, hamstring, and quads. Stretches such as the downward dog are especially helpful when stretching the Achilles tendon. Stretching the Achilles is incredibly important since it is easily injured and vital to dancing.
- Stretching your legs is very important, but that does not mean you should neglect the rest of your body. Make sure to stretch your arms, back, neck, and feet as well, because they are just as susceptible to injury as your legs.



Amazing things our dancers are doing...

- Elana G. was featured in a Dick's Sporting Goods commercial during the Super Bowl, as well as a television show, *The Good Cop*. Congratulations on your success Elana!
 - We are not only happy for our Diamond Company member, Abby M., for being a dancer in New Hartford High School's production of *Guys and Dolls* (which will be presented March 15-18), but would also love to wish her congrats on making it into the Walnut Hill School of the Arts summer dance program!
 - Congratulations to Diamond Company member Megan R. for being awarded with a Gold Key award for her painting "Bass Harbor Lighthouse" in the regional Scholastic Art Awards.
 - Marisa M., a Diamond Company member, attended a Model UN conference in New York City over the February break in which she got to spend a day at the United Nations headquarters. Congratulations on your con-
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In the Spotlight continued...

- Abbie P. performed in CVA's production of *Hairspray* March 1-3rd. Congratulations Abbie!
- Isabella H. is the East Coast Little Miss New York State Grand Supreme 2015. She was invited back to compete for a new title Feb 26th in NYC. Congrats Isabella!
- Madison G. is performing in *Mary Poppins* at Herkimer High School in March. Congratulations Madison!
- Congrats to Evelyn R. for being named Technology Student of the Month at her school in December!
- Eva P. modeled for the campaign Halloween for Party City. Congrats Eva!

At Dancenter, we love knowing our dancers are out doing incredible things outside of dance. If your child is involved in anything such as a musical theatre production, special school function, or has recently had an exciting accomplishment, we would love to hear about it! Just email your exciting news to mruff5678@gmail.com to have it included in the next issue!

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Comments, questions, or concerns?
Send an email to the writer, Megan,
at mruff5678@gmail.com

Our Mission Statement:

It is our philosophy that the experience of dance should be positive and rewarding while learning the discipline required for to reach personal goals; be it furthering their career to dance professionally or to develop poise and coordination on a recreational level. Each class is structured to the age and abilities of our dancers and is taught by highly trained, qualified, adult dance educators. Our classes are designed to teach muscle development, coordination, balance, rhythm, grace and poise. Dancers will gain independence and confidence, build positive self-image and learn to interact with others. Our main objective is for each student to learn the joy and appreciation of music and dance. We strive to create an innovative approach to dance Training recognizing diversity, encouraging unanimous participation, and ensuring achievement by all students.