

## American Academy of Ballet: Summer School of Excellence

Carrie Putrello, director of Dancer Studio, will be taking students to audition for the American Academy of Ballet's Summer School. The dates, times, and places for these auditions can be found below:

Sunday  
January 26  
Saratoga, NY

National Museum of Dance  
99 South Broadway  
Saratoga Springs, NY  
12866  
2:00pm

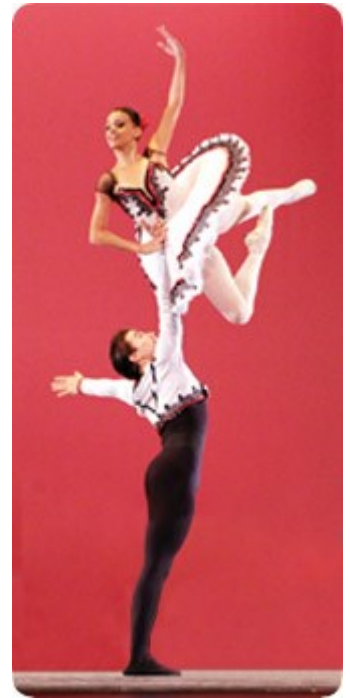
Sunday  
January 5  
Purchase, NY  
Purchase College State  
University of New York  
Dance Building

735 Anderson Hill Road  
Purchase, NY 10577  
Noon - ages 11-13  
2:30pm - ages 14 & older  
Digital auditions are also an option. Requirements for digital auditions can be found on the American Academy of Ballet website below.

If you are interested in this opportunity, make sure to contact miss Putrello, and to visit

[www.american-academy-of-ballet.com/summerschool/sse06\\_audition\\_information.html](http://www.american-academy-of-ballet.com/summerschool/sse06_audition_information.html)

for more information. An application form for the audition can also be found on the webpage.



## Register Now for Fall Classes

Call 315-736-6624 with a credit card in hand to register now for dance classes in the Fall. Ballet, Jazz, Modern, Lyrical, Tap, and Hip-Hop classes are all availa-



ble, from ages 3 to adult.

Fall classes will resume on September 9, 2014.

Make sure to "like" us on Facebook at [www.facebook.com/dancerstudio](http://www.facebook.com/dancerstudio).

See page 5 for more contact information.

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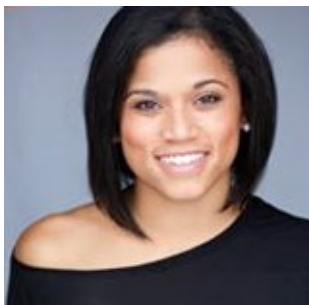
## Dance Workshop with Latoya Brooks



On Wednesday, November 27, 2013, Dancenter welcomed back alumni Latoya Brooks to teach a

Jazz, Hip-Hop, and Cheerleading workshop.

Latoya is the dance captain for the New York Knicks City dancers.



## Leatherstocking Ballet Spring Performance Auditions

The Leatherstocking Ballet Company will be holding auditions for children's roles to participate in their Spring performance of Coppelia. The auditions are located at Dancenter Studio in Utica, on Saturday January 11, 2014.



Illustration by Court Jones

Auditions are open for the following age groups:

Ages 5-7 from 1:00 to 1:45.

No dance experience required.

Ages 8-10 from 1:45-2:30.

Some dance experience required.

Ages 11 from 2:30 to 3:15.

Students with current dance experience within the last 12 months.

Audition fee is \$20. Please arrive 15 minutes early for registration. Make sure to wear appropriate dance attire and shoes. For more information or a pre-registration form, visit

[www.leatherstockingballet.org](http://www.leatherstockingballet.org).

Come and be a part of this charming, humorous performance, which will take place on Saturday, March 22, 2014 at 1:00 PM and 7:00 PM at MVCC theater. The student performance will be on Friday, March 21 at 10:00 AM.



Congratulations to Stephanie for winning the basket raffle! The proceeds from the raffle will benefit our competition dancers.



## Pointe Shoes: Tips & Advice

*Getting pointe shoes for the first time is exciting, but even practiced dancers can run into problems on pointe. Six experienced students at Dancenter agreed to share some helpful tips about dancing on pointe.*

**BellaDonna Sins:** I started pointe in seventh grade when I was 12. 12 is Jamie's baseline pointe shoe fitting age. My favorite brand is Russian Douche, but they just discontinued that brand... So I guess I'm going to have to find a new pair! To protect my feet I wear two toe pads: one is gel and the other is fabric. I would advise that you try not to roll your ankle while wearing pointe shoes... It hurts a lot and it's not pretty. Do a million rises to strengthen your ankles so it won't happen!

**Hannah Goerner:** I started pointe at the age of 13. My favorite brand of pointe shoe is Grishko 2007 pro—they feel good on my feet, and they don't make too much noise on stage. I wear gel toe pads for protection. I'll also use some lamb's wool on specific areas if I'm having trouble, and I cover any blisters with Band-Aids. To avoid injury I always make sure that my feet are completely warm before putting pointe shoes on, and that I don't over-stretch the muscles in my feet. My advice is to make sure that you cut your toenails properly—don't ever round them! Make sure you cut straight across

to avoid ingrown toenails, which are extremely painful!

**Carlie Perretta:** I started pointe when I was 11. I don't have a favorite brand of shoe. For protection, I use gel toe pads. My advice is that you make sure to listen to everything the teacher is telling you; they know what they are talking about, and they are trying to keep you safe. If you have an injury, make sure you tell your teachers right away so the injury does not become serious.

**Anna Barnes:** I started pointe when I was eleven. My favorite brand of pointe shoes is Grishko. I only wear lambs wool toe pads and occasionally nothing for protection. Some tips? Well, don't put Tooth Ache Gel on your feet to numb blisters. You might end up with blood poisoning!

**Ashley Sansevieri:** I started pointe when I was 12 or 13, I believe. My favorite brand of pointe shoe is Grishko. I wear lamb's wool toe pads with gel at the top or just regular lambs wool toe pads. Some tips are: when something is hurting, make sure to



listen to what the teacher is telling you to do for the pain. Make sure not to cheat anything; dance full-out all the time. Cheating moves or steps causes injuries. Also, when the doctor tells you to do something, do it! It will help to prevent getting more injuries. I have learned all these things from my own experience!

**Cali Buxton-Pham:** I started pointe when I was 10. My favorite brand of pointe shoe is Grishko. I only wear toe pads. I avoid injuries by warming up my feet before I dance and stretching. My advice is that if you wear your convertible tights down over your feet while on pointe, you don't get blisters as much as when you wear them rolled up.

## The Leatherstocking Ballet Presents: The Nutcracker

On December 13 and 14, 2013 the Leatherstocking Ballet presented their annual performance of the time-honored holiday classic: The Nutcracker.

This year's ballet featured guest artist Andres Neira as the Snow King and the Sugar Plum Prince. The performance also included Aubrey Schrepel as Clara, Corey Miller as the Nutcracker, BellaDonna Sins as the Sugar Plum Fairy, Hannah Goerner as the Snow Queen, Carlie Perretta as the Dewdrop Fairy, Brady Robinson as the Rat King, Adriana Perretta and Brady Robinson as Spanish Chocolate, and Cali Buxton-

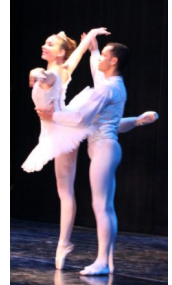


Pham, Abby Abraham, and Corey Miller as Arabian Coffee.

Also included in the ballet were several local and refugee children, and some local adults in the party scene.



this time, make sure to check out the dates and times for auditions for the Leatherstocking Ballet's spring performance of Coppelius (pg. 2).



Both shows sold out, and were a great success.

If you or your child missed the opportunity to participate in the performance



## 2014 Annual Recital

Dancer's annual 2014 recital will take place at the beautiful, refurbished Proctor High School Theater located at 1203 Hilton Avenue, Utica. Mark your calendars for Saturday, May 31st. We will have two shows: the first at noon and the second at 5pm.

Our annual show is a great

opportunity for the students of Dancer to show their friends and family the skills they have been learning and perfecting in dance class throughout the year.



The beautiful theater at Proctor High School





**Dancer Studio**

2007 Genessee St.  
Utica, NY

Phone: 315-736-6624  
E-mail: [dancer@hotmail.com](mailto:dancer@hotmail.com)



[www.leatherstockingballet.org](http://www.leatherstockingballet.org)

**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.**

Comments, questions, suggestions? Any articles you'd like to see in future issues? Any articles you'd like to submit? We'd love to hear from you—send an email to

[hannaheg97@yahoo.com](mailto:hannaheg97@yahoo.com)