

**TIPS FOR  
DANCERS**  
PAGE 2-3



**NEW FACULTY  
MEMBER**  
PAGE 4



**DANCENTER  
DANCERS NEWS**  
PAGE 4

# THE DANCENTER DISPATCH



## DANCENTER DANCERS PREPARE FOR COMPETITION SEASON

It's that time of year again! Time to dust off the old Competition jackets and load up on hair gel, competition season has come once again for Dancenter dancers. This year Dancenter plans to attend Beyond the Stars (March 24-26, 2017) and Groove (April 28-30, 2017) both held at the historic Stanley Theater and Dance Olympus (April 7-9, 2017,) a convention and competition held in Albany. Competitive dancers should be on the watch for competition schedules to be released around a week prior to the event. Our dancers will be showcasing the dances they have been learning in their classes for the past months. This is a great way for our dancers to show off their skills in an educational environment to other local studios. Best of luck to the Dancenter competitive teams!

## Healthy Dancers are Happy Dancers!... 10 Tips for Staying Fit in the New Year!

Article taken from [www.beyanthestarscompetition.com](http://www.beyanthestarscompetition.com)



1. Time management=major key... in order to help stay stress-free, finding balance between dance, school, friends and other activities is important in keeping you sane during busy times!

2. Listen to your body! We all know the difference between the good kind of sore and ouch! If you're feeling off, always ask your teacher for their opinion.

3. Feeling stressed? Write it down! Jotting down what's making you worry is a great way to declutter your mind.



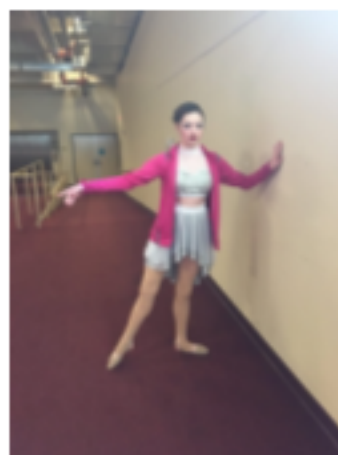
4. Find new inspiration! Youtube a combo to your favorite song, find a new dance instagram account to double-tap, or even watch old dance videos of yourself and see the progress you've made!

5. Do not forget about SLEEP! Competition season is just around the corner, so making sure you get 7-8 hours of zzz's is crucial.

6. Avoid the fatal burn out and crash! Make sure to schedule some down time and do absolutely nothing. Whether it's an hour or a just a few minutes, you will thank yourself later!

7. Always, Always ALWAYS warm up before you jump into full-out performance mode! Plank-it-out, stretch and jump around to make sure you're muscles are warm and ready to go all out as much as you are.

8. When in doubt... snack it out! When in a long-rehearsal, reach for a healthy snack that will keep you going! Veggies and hummus, granola bars or yogurt are great go-to's.



9. Make water your BFF...not only does hydration help digestion, but it can also help improve your focus, energy and mood!

10. Remember: the only competition you should compare yourself to is... yourself! Forget about everyone else, better yourself!



Remember all in all that you love to dance and that is the best reminder to stay happy and healthy!



## SPOTLIGHT ON: Dancenter's Newest Faculty Member, Kara Foote

Kara Foote, born and raised in Rome, NY, began her studies in dance at age 7 at the John Hayes O'Neill Studio of Dance. Throughout her time with JHO Dance, she studied intensive ballet/pointe technique and contemporary under the direction of Canan and Stephen Jackson, Matthew Pitcher, and Nicole Cotton-Shantel. Kara decided to further her education and artistic development at SUNY The College at Brockport for her undergraduate degree. During her time at Brockport, she was able to investigate modern dance technique for the first time, as well as continue to strengthen her ballet training. Under the direction of faculty such as Bill Evans, Mariah Maloney, Vanessa VanWormer, Karl Rogers, and Stephanie Oakes, she received her BFA in Dance in the Spring of 2014. Kara has spent the last year and a half performing with Boston based company Urbanity Dance, as well as teaching for their Trainee program. In addition to performing with Urbanity, she has also worked with companies including Turning Key Dance, Syracuse City Ballet, Mariah Maloney Dance, and Vanessa VanWormer Dance.



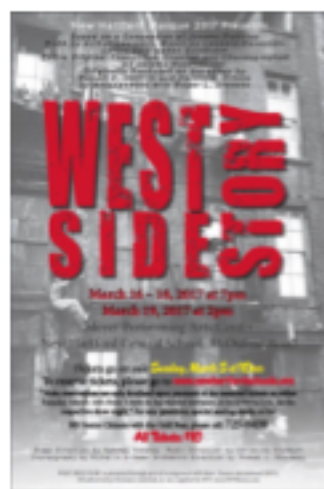
**Welcome Kara to the Dancenter family!**

## DANCENTER DANCER NEWS

Isabel Clements, 7, of Dancenter of Herkimer has recently auditioned for Ilion Little Theater Club's production of the Summer Fox. Their production will go on from March 24-26 at the aforementioned theater. Dancenter of Utica is pleased to have four of their senior company members participate in their school's theatre programs. Erin Mason, a freshman at Oriskany High School will be in their production of Thoroughly Modern Millie on March 10-11 at 7:30pm and March 12 at 2:30pm at said high school. Rachel Daly, Abby McCarthy, and Catherine Rayhill will also be featured in their school's

musical, West Side Story. West Side Story is presented by New Hartford High School Masque and will run March 16-18 at 7pm and March 19 at 2pm at the James A Meyer Performing Arts Center. Tickets are \$10 and can be purchased on NHCS's homepage.

Dancenter takes pride in having rounded students and strives to instill passion for all varieties of performance arts.





## OUR MISSION STATEMENT:



Our Photo of the Month

Dancenter of Utica  
2007 Genesee Street  
Utica NY

Dancenter of Herkimer  
230 North Main Street  
Herkimer, NY  
Phone: 315-736-6624  
Email: [dancnter@hotmail.com](mailto:dancnter@hotmail.com)

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  
[cat.rayhill@gmail.com](mailto:cat.rayhill@gmail.com)

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

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