



Dancer Dispatch

July, August & September 2015

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<http://www.dancercenterstudio.com>

Dancer OF UTICA

Princess Camp

JULY 20-23
9:30AM-12PM • AGES 3-7
COST IS \$100
(\$25 NON-REFUNDABLE DEPOSIT)

*Dance routine of the day,
crafts, games and skills
of the day!*

DRESS UP AS ARIEL ON MONDAY, CINDERELLA ON TUESDAY,
ELSA OR ANA ON WEDNESDAY AND SNOW WHITE ON THURSDAY!

2007 GENESEE STREET, UTICA • 315.736.6624 • WWW.DANCENTERSTUDIO.COM

Summer Session!



Tap, Jazz, Modern, Hip Hop, Preschool and Primary
Classes

July 6th – 31st, 2015

Register on-line

www.dancercenterstudio.com

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TWO EXCITING *summer* INTENSIVES
for intermediate and advanced students

 <p>Intensive One JUNE 29 - JULY 3 4:30-8:30 PM \$125 <small>GUEST FACULTY INCLUDES TREVOR JONES, AMANDA THOMAS, KELLY SPRAGUE MINIMUM EIGHT STUDENTS</small></p>	<p>Intensive Two AUGUST 3 - AUGUST 7 10:30 AM-2:30 PM \$150 <small>GUEST FACULTY INCLUDES TREVOR JONES, CAITLYN SCHRADER, AMANDA THOMAS MINIMUM EIGHT STUDENTS</small></p>
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SIGN UP ANY TIME \$25 TO RESERVE YOUR SPOT
INTENSIVES WILL ONLY HOLD 15 STUDENTS

 <p>Amanda</p>	 <p>Trevor</p>	 <p>Caitlyn</p>	 <p>Kelly</p>
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sign up at desk ~ You must reserve your spot
 2007 genesee street, utica 736-6624 www.dancenterstudio.com

Dancenter OF UTICA FUNDRAISER
 100% OF THE PROCEEDS GO TO COMPANY STUDENTS



MUGS • \$15

Photo of the month





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What to Eat Before and After Class or Rehearsal

– François de La Rochefoucauld

Dance students attend classes and rehearsals after already completing a long day at school. It is at the time when most people begin to experience the “afternoon slump” that dancers are expected to begin the next part of their day. Classes are starting and are often followed by rehearsals and require enormous amounts of energy. Eating intelligently will help dancers perform at their best and feel good while doing it.

It is imperative that dancers, who are expected to perform at their peak during the late afternoon and evening hours, make healthy eating choices throughout the day. Eating food every few hours helps maintain a constant metabolism (the rate at which the body converts food into energy) and keeps energy levels even. Eating a breakfast consisting of proteins and complex carbohydrates sets a healthy metabolic rate for the rest of the day. Dancers need to be mindful about what they eat for lunch since this meal will need to help sustain them through classes and/or rehearsals until they get a dinner break.

Sandwiches made with whole grain bread whole grain pastas fruit and yogurt smoothies with granola.

While having a healthy breakfast and a healthy lunch will stock the Body’s energy stores, it is also important for dancers to have a snack between lunch and class to keep energy levels constant.



Snacks should be easy to digest but able to provide energy that will last throughout classes. Unfortunately, sometimes the easiest snacks to grab may not be the healthiest choices. Candy bars or fruit juices are high in sugar. Sugar is metabolized quickly by the body and used rapidly. High sugar snacks cause a spike in energy followed by a sudden drop in energy. Simple carbohydrates like white bread or crackers made from enriched flours are treated the same way as sugar. Fruit, although naturally high in sugar, is a healthier choice than fruit juice because the fiber in fruit is digested slowly and helps slow down the metabolic process.

It is also important for dancers to know that snacks that are high in fat content are not the healthiest choices. Snacks like doughnuts, potato chips, pepperoni and French fries are difficult to digest and could cause cramping. Because they are so difficult to digest, it will take a while before the body is able to turn them into energy.

Some healthy snack choices are: whole grain crackers, popcorn, pretzels, trail mix containing whole grain cereals, nuts & dried fruits, apple with almond butter.

After class and rehearsals are done, overworked muscles need protein to help repair muscle fibers and to help reduce soreness. Some healthy choices after intense workouts include: peanut butter, graham crackers & bananas, almonds, yogurt, meat or fish.

Knowing how to fuel their bodies before, during and after class will help dancers keep their energy levels constant and even which allows the body to operate efficiently and optimally. Fueling the body efficiently is not difficult and will produce positive results. Making healthy choices is every dancer’s responsibility –ensuring that their instrument performs well and lasts a lifetime.

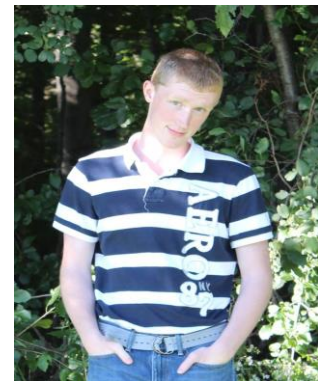
**Article by: The Healthy Dancer (Blog)

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Hannah Goerner has been a part of Dancer Studio for thirteen years, focusing mainly on classical ballet, and also studying lyrical, contemporary ballet, and tap. She has studied Advanced levels of the Royal Academy of Dance syllabus, and completed up to Intermediate level exams. Hannah also performed with the Leatherstocking Ballet for six years, where she danced various roles, including Tinker bell in Peter Pan, Cinderella in Cinderella, Snow White in Snow White and the seven Dwarves, and the Snow Queen and the Sugarplum fairy in The Nutcracker. Last summer she was awarded a partial scholarship to attend the American Academy of Ballet's summer intensive, where she had the opportunity to learn from prestigious teachers. In her most recent local dance competition she received platinum and first place overall. Hannah plans to spend the next year working and continuing to get accredited in ballet, and will be spending her spring semester studying in Airdrie, Scotland through a Geneva College program.

Brady Robinson is a senior at New Hartford. He has been studying Ballet at Dancer for 3 years. He has also been dancing for the Leatherstocking ballet since 2013, where he danced various roles, including: Nutcracker, Arabian, Rat King and Party guest in The Nutcracker, A Painter in Coppelia, Party guest in Cinderella, Simba in The Lion King of Africa, Russian Doll in La Boutique and Person in. Les Sylphides. Brady has joined the Marine Corps and is leaving in January 2016 for boot camp.



Bella Donna Sins is a senior at New Hartford. She has been dancing with Jamie for fourteen years. She has studied ballet, jazz, hip-hop, tap, modern, lyrical and contemporary at The Dance Academy and Dancer. She has danced with the Leatherstocking Ballet for nine years, performing roles including: Sugar Plum Fairy and Snow Queen in The Nutcracker, Hasnaa in The Lion King of Africa, French Doll in La Boutique, Swanhilda in Coppelia, and The Raven in Sow White. She enjoyed her senior year as Rehearsal Mistress. She has completed her RAD examinations to the Advanced II level with honors. She will attend Le Moyne College in the fall and will study Psychology and Dance. She hopes to use dance therapy to help children deal with traumatic experiences.

Birthday Parties!!



Have your dancer's birthday party at Dancenter. Inquire at the desk for more information.



COMPETITION TEAM *Competition requires special teachers, special students, and special parents. It requires time, talent, dedication, and regard for each other as team members. Our combined positive attitude guarantees success.*

Competition at Dancenter

Students on the DANCENTER Competition Team are chosen through audition in the late summer of each year. The students have the option to audition for the class which performs in Jazz or Tap.

The students chosen to be part of the DANCENTER'S Competition Company are required to attend regional competitions and may go to a national competition each year. They also perform in our annual end of the year Spring performance and various other small venues in the Utica area.

Students who participate on the competition team are given choreographic work to strengthen their technique, performance confidence, and self-discipline. Though our students have received numerous awards for their efforts, our studio's primary focus is to provide a rich learning experience and additional performance opportunities for our members. Dancers currently perform various dance styles including pointe, lyrical, jazz, and tap. The competition team does require time commitments and is by audition only.

Requirements for competition

Criteria, Requirements and Commitment Policy

The purpose of the Competition Program at Dancenter is to provide an enrichment program for those selected students who excel in dance and have demonstrated a sincere desire to commit themselves to furthering their level of achievement in dance.

Students who exhibit the expertise, talent, discipline, personality, stage presence, attitude and dedication are selected for specialized professional training. Participation in a competition program can be a positive and motivating experience that will provide new opportunities and encourage students to develop their abilities to their fullest potential.

In order to maintain the integrity of our Competition Program and provide a positive, fun and exciting experience for our dancers, the following Criteria, Requirements and Commitment Policy has been established. We ask that you read these requirements carefully in order to fully understand the commitment you are making to the 2013 - 2014 Competition Team.

COMMITMENT

Being on the Competition Team will require a commitment and dedication beyond that of our regular schedule of classes. Additional time is devoted to outside class, rehearsals and weekend practices.

ATTENDANCE

Regular class and rehearsal attendance is MANDATORY! Effective learning and progression cannot take place with the absence of participating members.



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*Carrie Putrello – August 1st Catherine Rayhill – August 14th
Sophia Putrello – August 18th*

PRE-REQUISITE CLASSES

All members of the Dancenter Competition Team are required to take Ballet in order to be eligible to compete in jazz. The following pre-requisites are also required for Juniors, Maxis and Seniors: Jazz Technique AND a Ballet Technique (if you are performing in a jazz number)

CLASS DECORUM

Students are expected to arrive to class ON TIME and prepared for dance. Appropriate dance attire and footwear are expected for every class. Hair must be pulled back and secure. NO HALF-TOPS. Students are not to bring food or drink (other than water) into the dance studios. Every student is responsible for his or her own behavior. Class time is very valuable and must be used to concentrate on the learning of dance. Students are expected to maintain open and positive attitudes with a willingness to work hard and learn quickly. A student displaying disruptive behavior will be dismissed from the class.

ELIGIBILITY

Students competing for Dancenter must compete solely for our organization unless approved by the owner. As you can imagine, competing for more than one studio would be a conflict of interest and cause some extreme scheduling problems.

COMPETITION DECORUM

All dancers are expected to arrive at the Competition at least ONE HOUR BEFORE the scheduled performance time. NO EXCEPTIONS! Competitions have been known to run ahead of schedule and fees will not be refunded for missed numbers. Your fellow dance mates count on group effort and it is important that everyone is conscientious of their responsibility to be there on time. Be respectful of the property of others. Pick up after yourself in dressing rooms, lunch areas, etc. and follow the rules stipulated by the event hosts and hotels. Parents and dancers are expected to be respectful of other studios and each other at all times. Unfriendly and rude behavior reflects poorly on the individual and the studio and will not be tolerated.

PARENT SUPPORT

Parental support is very much appreciated by all the teachers; however, it is very important that we respect all teacher decisions regarding costumes, choreography, student coaching, score sheets, etc. Please allow the teachers to focus on their jobs by being supportive. Dancenter staff will handle all communication between Competition personnel and our studio unless noted otherwise. Occasionally parents are asked to assist the instructor with something outside of class. Please do not assume that this gives the child "special allowances". Parents are responsible for their student at all times prior to and after their performance on stage. Instructors are working with other students and cannot be responsible for attending to students who are not dancing. Parents are not permitted backstage at competitions, unless requested by your instructor.

COMPETITION AWARDS

Trophies earned by Soloists will be given to the individual dancer. Duo/Trio trophies will be evenly distributed to each dancer throughout the competition season. Group/Line/Production trophies will be displayed in the studio. Any cash prizes awarded at a Regional or National Competition will go directly to the team.

Thank you for being diligent in complying with the above requirements. Working together as a team will make this competition season a positive and enjoyable experience for everyone.



Proudly

Presents



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LIVING ARTS MOVEMENT WILL BE HOLDING AUDITIONS FOR
 2015 *First Annual Jazzed Up Nutcracker*

WE ARE LOOKING FOR DANCERS WITH EXPERIENCE IN
 TAP, JAZZ, MODERN/CONTEMPORARY AND BALLET

AUDITIONS ARE AS FOLLOWS:

JUNIOR & SENIOR COMPANY: SEPTEMBER 11, 2015
 (AGES 8+ WITH TWO OR MORE YEARS OF DANCE REQUIRED)
 5:00PM-7:00PM

ALL CHILDREN'S ROLES: SEPT 12, 2015
 AGES 5-6: 1:00PM-1:30PM
 AGES 7-9: 1:30PM-2:15PM (DANCE EXPERIENCE PREFERRED)
 AGES 10-11: 2:15PM-3:00PM (DANCE EXPERIENCE REQUIRED)



A U D I T I O N F E E I S \$ 2 0
 PLEASE ARRIVE 15 MINUTES PRIOR TO AUDITION FOR REGISTRATION



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 calibuxtonpham@gmail.com