



**RESPECT IN DANCE  
LESSONS  
PAGE 2**



**THE IMPORTANCE OF  
TECHNIQUE CLASSES  
PAGE 3**



**DANCENTER'S  
SPOTLIGHTS  
PAGE 4**

# THE DANCENTER DISPATCH



## Two Successful Competitive Weekends

On the weekend of March 1-3 students from both Dancer of Utica and Herkimer's competitive teams enjoyed a successful weekend at VIP Dance competition held in the historic Stanley Theater in Utica New York. Dancers of all ages were able to compete against local studios, showcasing their handwork over the past few months.

A week later the teams traveled to Syracuse, New York to compete in Revel Dance Competition as well as partake in multiple master classes held in their convention. Students Isabel P., Bradi, Sasha and Ayla all received Revel scholarships and Marisa was chosen to perform in the Jazz Funk portion of Revel's closing showcase.

Be sure to congratulate all competitive students on their handwork and accomplishments of the past few weeks, we are so proud of our dancers!

Be on the look out for future information regarding our upcoming recitals!

*Dancer's goal is to create a safe and fun learning environment for all students. In the dance world the subject of respect is sometimes left in the background, but here at Dancer we believe in encouraging talks regarding respect and fostering healthy relationships within our teams. Remember to always be respectful of yourself as well as your fellow dancers.*

*This article was taken from the Bella Ballroom Blog written by Jenelle Wax.*

## **Respect in Dancing Lessons**

As a communication studies major with a political science minor, I am constantly hearing about ethics and morals. In terms of a dance studio, I feel it is important to address the dance code of ethics and morals, or at least the importance of attitude when learning about dance.

It just so happens that while I was reading a ballroom dance blog in order to gain some inspiration, I was surprised, but relieved, to find a little diagram about ballroom dancing and about what happens if you mess up and how to act in an "acceptable" manner.

I've always said, you can tell a lot about the health of a team's relationship by watching how they deal with conflict if and when one of them messes up while dancing. A lot of teams are reassuring and loving, while some really know how to bicker. I believe that, for dancing, as in every other aspect in life, it is important for teams to treat one another with the upmost respect. In terms of conflict, it is important that they realize that humans make mistakes and that no one is perfect. When watching teams who reassure each other, it is so much more enjoyable than watching those who like to criticize each other.

When a team comes into the studio with a positive, fun attitude about dancing, it fosters the growth of a beautiful dance that clearly illustrates their relationship and positive encouragement for one another.

It's also important to respect the boundaries of your teammates and remain calm even when you feel yourself becoming flustered and mad because you or your teammates may be messing up. Everyone has off days, and if something is practiced enough, it will get to the level it needs to be at.

Since I myself have taken some dance classes, I can certainly offer some advice for anyone or two people coming in for some lessons:

1. Always stay calm; even when you find yourself messing up, never get angry with your team and/or yourself
2. Know that with enough practice, and patience with yourself and your team you will always be able to succeed at what you are

attempting to do.

3. Encourage yourself and your teammates whether you are having a stellar day, or not so great day, in dancing.
4. Always remember to smile.
5. It's most important that you have a fun time!



## Truth In Dancing: The Value of Teaching Correct Technique

by Jamie Drake Stephens

Learning correct technique is fundamental. The student's body cannot develop correctly if the physical movement performed in the classroom is done improperly. A student needs to achieve a dancer's body; a physique in which the muscles used to perform correct technical moves are enabled and strengthened. This will prevent future injury and create an easier path for the student to advance. These goals are only met through teaching correct technique.

In the drill team world, many groups focus on precision and "trick" ability while sacrificing basic technical skills. They need these basic skills to accurately perform their style of dances. Drill team dancers tend to ignore their feet. The carriage of the torso is also varied. The use of their arms is limited to angular shapes. This will cause injuries! Landing improperly out of a leap sprains many ankles, or the muscles around the ankle are not developed enough. Back injuries occur due to weak abdominal muscles or lack of control of the torso. Pulled or strained shoulder muscles can develop because the student does not know where to place the arms. Incorporating some ballet exercises into your daily classes can prevent these injuries!

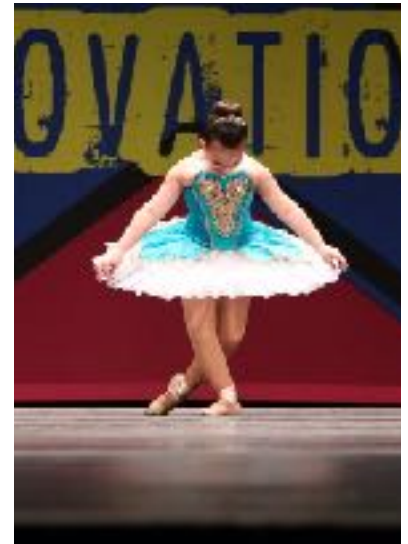
To build strength and control in these areas the student needs basic ballet technique. Practicing easy tendu and degage combinations will show the student how the foot properly leaves and returns to the floor, how to fully extend the entire leg when pointing the foot, and give the feet a malleable appearance. These simple exercises can aid in preventing injury.

The physical challenge of learning more difficult dance skills will be much easier with skills understood. Correct torso placement enables a dancer to perform multiple turns or find their center of balance quicker. Strengthened and trained feet allow the dancer to jump higher and move in and out of the floor with no trouble. Being more aware of the variety of arm placement will enhance the student and teacher's choices of arm pathways while dancing. Overall coordinating and mind-body awareness will be improved which will help in all areas of dance. Physical advancement in dance is inevitable with correct technical training.

Different forms of dance use similar steps. Many of these terms are well known, but can you spell them? Also, we all have come across a dance step whose name we are unsure of. Many ballet and modern dance terms are precise in their explanation of a dance move. Get out a ballet terminology book, go observe a modern class, or better yet, take a ballet or modern dance class and pay attention to how each movement is described.

For drill teams or other precision dance groups, it is important that the members dance alike. This level of performance quality is reached by staying consistent with the teacher's instruction. Stay true to what was taught in the classroom. Your team will perform more as one rather than numerous individuals who execute dance steps with their own embellishments. It is fun for a dancer to put their own flair into a dance routine, but save that way of moving for other projects. Clear and correct technique will give your group a unified look.

There are several other aspects of dance technique that do not focus only on the physical execution of steps. Dancers need to be confident in themselves and in their abilities.







- Congrats to Miss Abi on a fantastic job in New Hartford High School's production of Rodger and Hammerstein's *Cinderella*!
- Break a leg to Gianna Acey and Eva who will be performing at a fundraiser dinner for the Good News Center on March 30th!
- Congrats to Evelyn who was selected to participate in the Oneida County Music Educator's Association's Elementary All-County Choir. She will be rehearsing and performing with this select group of singers on April 5th and 6th at Remsen!
- Congrats to Elana Glova who was accepted into the prestigious Joffrey School's Musical Theater Summer Program!
- Congrats to Jayla Washington who was accepted in the prestigious Joffrey School's Ballet Summer Program!
- Congrats to Izzie Adams who received the "Pillar of Pride" award for caring at her elementary school!
- Congrats to all dancers who participated in the VIP Dance and Revel Dance Competitions!



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 [dancer@hotmail.com](mailto:dancer@hotmail.com) to have it included in the next issue!

Dancenter of Utica 2007 Genesee Street Utica NY

Dancenter of Herkimer  
230 North Main Street Herkimer, NY

Phone: 315-736-6624

Email: [dancer@hotmail.com](mailto:dancer@hotmail.com)

Visit us at

[www.dancerstudio.com](http://www.dancerstudio.com) Like our Facebook page

Follow us on Instagram

@dancerofu\_herk

Subscribe to our Youtube page

#### 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,