



Happy New Year, Dancers!

Welcome back Dancercenter dancers from a needed and restful break over the winter holiday. We're excited to dance our way into 2020 together during this new and exciting year at Dancercenter Studios. There have been many exciting opportunities this past month that our dancers have been thrilled to be involved with, and many more to come throughout this new season.

As many of our dancers are getting excited about the beginning of the new competition season, it's important to take care of ourselves so we stay healthy throughout our busy winter season. Inside this dispatch, you will see what our dancers have been up to during the holiday season, as well as tips to stay healthy and happy during this new winter competition season.



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Breakfast With Santa

Dancercenter dancers from Utica and Herkimer had the opportunity to perform at a Breakfast with Santa event in early December.

Both group dances and solos were performed for the audience to some famous Christmas tunes to help everyone get into the holiday spirit!



Dancercenter's Santa's Workshop

This one-day intensive was a very exciting opportunity for students of all ages to participate in. They got to work with five young women who dance professionally in the field of dance. Most of these women began their dancing careers at a very young age at Dancercenter studios. Classes were taught by Elizabeth Andrews, Sarah Burns, Christiana Cavallo, Caitlyn Schrader and Latoya Brooks. The classes consisted of Musical Theater, Tap, Contemporary, Modern and Hip Hop. Students were excited to learn from notable Dancercenter alumni and other talented artists through this intensive.



Acro Workshop

Dancercenter offered an Acro workshop, open to the public, for girls wanting to perfect their acrobatic skills and tricks. They got to work on partner exercises and tricks, as well as working towards everything from front walkovers and backflips.

New Years Dance Resolutions!



1. Focus on you

It's easy to compare yourself to other dancers in your class, or the ballerina you follow on Instagram. Everyone is at different points in their life and dancing abilities; it's important to focus on yourself and your own growth as a dancer!

2. Listen

It's important to listen to both the corrections you and your classmates receive from your dance teachers. Remember they are not criticizing you, they are giving you the tools you need to help you grow as a dancer!

3. Write it down

Be specific with your goals and write them down! Having these goals written down will remind and motivate you to see what you're striving to accomplish!

4. Be Patient

Remember your goals won't happen overnight! You will succeed in your goals, be patient with yourself and remember you need to keep working on your goals to achieve them!



Tips for Your First Competition

- **Rest up**

It's important to get lots of sleep the days leading up to your first competition! You will perform your best when you have enough rest!

- **Eat a good breakfast**

You'll perform your best when you have healthy foods fueling your body. It's important to get enough protein and fruits and veggies to help you perform your best!

- **Costume check**

The night before you compete, remember to check and make sure you have everything you need. This includes costumes, tights, shoes, accessories and anything you need to do your hair and makeup! (I suggest packing a snack too!)

- **Get there early**

Dance competitions are not usually known for running on time. Dancer can't control if they're running early or late so it's important to get there early so you have enough time to get ready and warm-up! Talk to your teachers to know what time you should arrive at the competition!

- **Stay hydrated**

It's important for you to have a water bottle with you and to stay hydrated throughout the day!

- **Relax and have fun**

The most important thing to remember during your first competition is to have fun!! The judges aren't there to criticize you, they're just helping to show you and your teachers the new stuff you could be working on! It's always a fun and exciting day so try not to stress about anything!

The Dancenter Family

As many of you have seen, recently one of Dancenter's dancers, Jayla, and her family lost their house due to a tragic fire. We want to formally thank everyone who has reached out and supported them during this time. Dancenter has always been and will always be a family and we will continue lifting each other up and helping each other when needed.



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.



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