



Dancecenter DISPATCH

Dancing Through Social Distancing

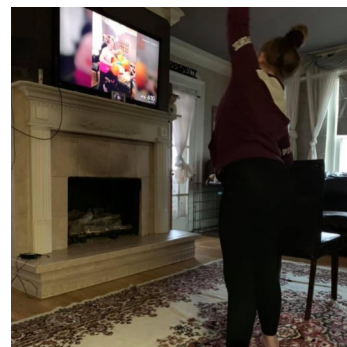
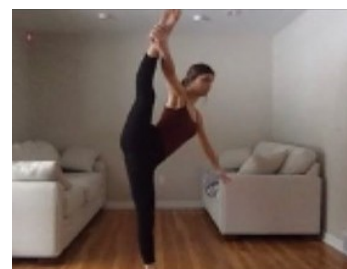
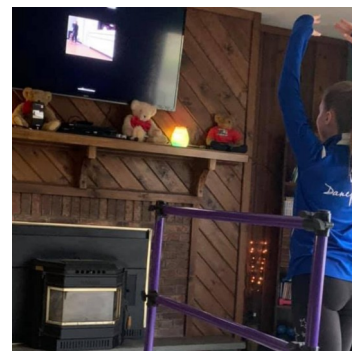
Our heart aches at the sight of our studios empty. We miss our dancers and the life and passion they bring to the studio every day. Although, we can turn to dance to keep our bodies moving, our minds sharp, and our hearts full in this time of uncertainty.

We are happy to be offering classes at their **regularly scheduled time through live stream** on the parent portal. Please make sure to stay updated by checking your email and our Facebook page.

While stuck inside, there are plenty of ways to continue dancing and improving your personal practice! Here are a few ways to keep moving through this difficult time:

- Practice yoga! Doing a little vinyasa flow or some sun salutations is a great way to move your body and stay loose. Put on some relaxing music and work on your own, or follow one of the many free yoga classes available to watch on YouTube.
- Tune into some of the free live dance classes being streamed by many professional dancers and companies through mediums like YouTube Live and Instagram Live.
- Take 10 or 20 minutes a day to stretch. Make sure to start slow and work your way towards deeper stretches like splits.
- Have fun! Put on your favorite song and do some improv! Make up a combination in your living room! Just keep moving.

Thank you for your support and endless enthusiasm for dance! We love seeing photos of our dancers staying active — please keep sharing!



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Catching Up with Alumni: What is it like to dance in College?

After spending years of countless hours perfecting their craft, for many dancers it's hard to imagine a life without dance. Thankfully, there are many ways to keep dance in your life after graduating from high school. For most, a great way to keep moving is to continue dance in college.

Many of our incredible Dancenter alumni have continued their dance training in college. Alumni Sophia Putrello and Ally Grief recently competed in the Collegiate Dance Invitational at SUNY Cortland. Sophia is a member of the Brockport Dance Team and Ally a member of the Utica College dance team.

Other alumni continuing their dance journey in college include Rachel Daly and Cali Buxton-Pham. Rachel double majors in social work and dance at Nazareth College. Most recently, Rachel had the opportunity to work with the Philadelphia based Koresh Dance Company who were completing a residency at Nazareth. When asked about her college dance experience so far, here is what Rachel had to say:

What was your experience like working with Koresh Dance Company?

"My experience working with the Koresh Dance Company was an overwhelming positive experience! We primarily worked with company members Bob and Sarah and they were always kind

and wanted to push us to do better. I'm so thankful I got to perform in the companies performance at Nazareth!"



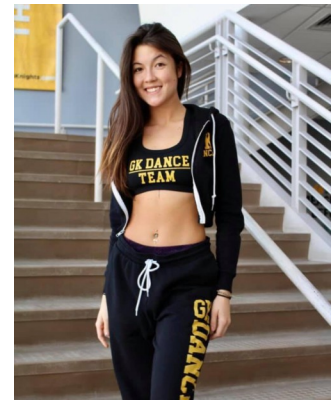
What do you enjoy most about continuing dance in college?

"I love the community that Nazareth dance has brought me! I've also really enjoyed exploring the more academic side of dance. I've been able to dive deep into the dance world and learn about all the careers you can pursue through dance!"

Any advice for students considering pursuing dance in college?

"Stay positive! There are so many options in the dance community that you are able to pursue! Keep pushing yourself and make sure you're educated on different programs so you choose the right fit for you! Stay hydrated, eat healthy, get enough sleep, and keep dancing!"

Dancenter alum Cali attends the College of Saint Rose and keeps dance in her life as a dancer on her college's dance team. This school year, Cali had the opportunity to lead the Golden Knights Dance Team as their captain. When asked about her college dance experience so far, here is what Cali had to say:



What are your responsibilities as dance captain?

"My responsibilities as dance captain are to choreograph dances, run rehearsals, and plan events we do on campus."

What do you enjoy most about continuing dance in college?

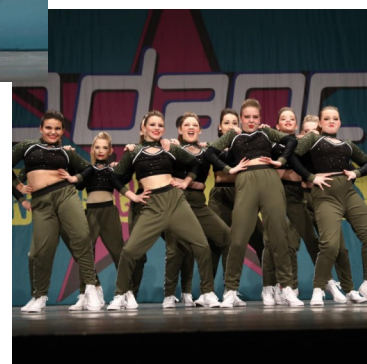
"I enjoy the friendships I have created and still being able to be active during a stressful semester. Dance is always a great stress reliever!"

Any advice for students considering pursuing dance in college?

Definitely pursue dance in college!!! Especially a dance team or club, it is a great way to meet new people and get involved on campus."

Competition Season Highlights

While it is unfortunate that our competition season had to be cut short this year, we are so proud of what our dancers accomplished! With all their hard work this season, many of our group dances and solos alike received top ten placements, several taking first place overall! We are so proud to say Dancenter instructor Miss Alyssa received a Choreography Award at Legacy Dance Championships for her piece “Down to the River to Pray”! We are also very proud to announce that Dancenter was awarded the Best Studio award this year at VIP Dance competition. And our studio was also given the title of Studio of Excellence at Legacy Dance Championships! Thank you to all our dancers and instructors for your hard work and to all the Dancenter families for your endless support and cheering!



In the Spotlight

- March 2nd, Emma M. received the Herkimer County Youth Art Month Art Show award! Her artwork will be displayed at Bassett Healthcare for the entire month of March. Congrats Emma!

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 dancter@hotmail.com to have it included in the next issue!



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.

Dancenter of Utica
2007 Genesee Street
Utica, NY

Dancenter of Herkimer
258 North Main Street
Herkimer, NY

Phone: 315-736-6624 (Utica)
315-866-1010 (Herkimer)

Email: dancter@hotmail.com

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