



Dancer *Dancer* center DISPATCH

Happy New Year!

From dancing in our living rooms to dancing in masks, there is no doubt this past year has presented us with many challenges. We are so proud of our dancers and their incredible resilience. Their love and passion for dance has certainly shined through these difficult times.

We look forward to what the new year will bring. Thank you for supporting Dancer through this challenging year. We're excited to keep moving and grooving in 2021. Happy New Year from Dancer!



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Holiday Wishes: A Virtual Showcase

Despite the many differences we have seen in dance class this past year, we are so happy that we were still able to bring you a holiday performance! On Sunday December 20th, Dancercenter presented *Holiday Wishes*, an in-studio virtual performance. Dancers from both the Utica and Herkimer studios performed pieces set to holiday music. Live-streamed from the Utica studio for audiences to watch from the safety of their home, performances included everything from graceful lyrical solos to a lively hip-hop group number! Thanks to all who tuned in for this special performance!



Always Chicago

December was an exciting month for Dancercenter as we not only presented our holiday show *Holiday Wishes*, but offered an energetic dance workshop too! On December 22nd, Naomi Kakuk – a Broadway dancer and former Radio City Rockette – led dancers in a precision dance workshop. Dancers were guided through a warm up and then taught three numbers. The workshop also included a Q&A for dancers to ask Kakuk any questions. We are so happy we were able to offer this opportunity for dancers to keep moving and learning over their holiday break!

Thank you to all the dancers who joined us, and a special thanks to Naomi Kakuk for leading this wonderful class!



Setting Dance Goals for the New Year

Dancers! Now that we've entered a new year, you may be thinking about setting some goals for the 2021 dance season. Whether you'd like to get your splits or maybe work on finding more emotion in your performance, here are some tips to get you started on setting and achieving your dance goals:

1. Write Your Goals Down!

- By writing your dance goals down, you will not only be more likely to remember them, but will also be more likely to complete them! Jot down those goals in a notebook, planner, phone, or somewhere where you will see them often.

2. Don't Overwhelm Yourself

- Goals should take hard work and determination to achieve, but try not to set yourself up for disappointment and unnecessary stress. Setting too many goals or unrealistic goals could become overwhelming and discourage you from following through. Take some time to assess your strengths and where you could improve; use that to set, for example, one long term goal for the year as well as a few short term goals.

3. Break it Down

- Try setting small milestone goals that will aid in achieving your long term goal. This could help make your long term goal appear less intimidating making you more likely to take the steps to achieve it.

4. Have Fun!

- Do not get discouraged if your goals do not come to fruition. Dance is something you love and shouldn't feel like a chore just because you're hard set on achieving a goal. If you're not having fun along the way, don't be afraid to modify your goal or set a new one!





- Dancer Lilliana H. from Dancenter of Utica was recently featured singing in *Hearts at Home: A Covid Christmas Special*, a musical holiday special aired on WKTV CBS on December 22nd, 2020.

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!

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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.