



## STUDIO NEWS... AND ALL THAT JAZZ

[www.dancin-plus.com](http://www.dancin-plus.com)

March 2022

Roses Are Red. Violets Are Blue. The Calendar Says Spring Is Approaching. Everyone Shout Yahoo!! Spring means recital season. Recital time is going to be here soon. This time of year is one of my favorite times. It is so inspiring to think back to the first week of classes and realize what progress our dancers have made to get themselves to this point. When first introduced to new skills and choreography I was met with frightened expressions and comments of “I can’t do that” and “I’ll never get that!” Time passes and pretty soon they are indeed doing it and they are indeed getting it though it is in a really ruff looking form. A few more weeks pass and I am hearing “WOW! I can do it!” and “Hey! I am good at this!” and “Watch me do it!” Not only can they do it but they are moving with style and grace. I see the results of our dancers having confidence, working hard and the power of positive thinking. This is one of the reasons I am a dance instructor. It is so rewarding! We learn so much more in dance class than just fancy footwork! We will really be stressing expression over the next few weeks. A dancer’s job is to express their story and emotion through nothing more than their movement. Do you know how hard it is to concentrate on your dance routine, while being nervous and remembering to smile once in a while? We want our dancers to be (or at least appear) comfortable on stage and that is something that takes practice. Once expression feels natural it does get a bit easier. Tomorrow morning, ask your dancer to express their mood using only the way they move and the expression on their face. Can you guess what kind of mood they are in? Have them guess what kind of mood you are in or what kind of day you are having by the way you move. A lot can be said while saying nothing at all.

### SHOES SHRINKING?

Please check your child’s dance shoes. This time of year, feet seem to be growing or shoes are shrinking....one or the other. Either way, if you need to purchase new dance shoes, please let me know. Please call (507.235.6114) or email (Tammy@dancin-plus.com). We are seeing more and more supply chain issues with dancewear/dance shoes so please contact me now and we will do our best to get what you need.

### DANCE PRODUCTION VOLUNTEERS

I already have parents asking when they can sign up to be a backstage helper for the productions and I LOVE you for that! The recital helper sign up board will be up soon. If you have helped in the past

you will agree that it is wild and fast paced but oh so much fun! As a **VIV** (Very Important Volunteer) you receive a couple of perks. We like to say thank you with a complimentary show ticket and early bird access to ticket sales. Thank you for considering being a helper. I appreciate it and so does your child.

## **POINTE INVITES**

Those students showing enough progress in ballet to enroll in pointe(pronounced point) for the next season will receive a recommendation to enroll in pointe class about April 1st. If you received one in the past but decided to wait to enroll in pointe, the invite does not expire. Join us! If you do not receive one, never fear, dancers progress at different rates and we are always re-evaluating the dancer's progress. We will be sure to let you know when we feel you are ready. Keep up the good work dancers! For more details on what pointe involves and what I look for in readiness pick up the handout (it is in the letter organizer on our front counter) at the studio called To The Point About Pointe.

## **BUILDING SELF-ESTEEM**

This is the time of year we begin to see dancers with butterflies because they know that dance production weekend is nearing. This is completely normal and expected. As grown ups we know that the dance recital is not something that will hurt them. It is not dangerous to be on stage yet, some children can have anxiety over it. And that is ok. It is just a matter of normal lack of self esteem and confidence sneaking its way out of your child. When children dance, they have a "golden opportunity" to develop a positive self-image. We need parents to do their part.

Here are some ideas to help build your child's self-esteem on and off the dance floor:

- \* Keep it positive. When you find something to correct, find four other things to praise.
- \* Instill humor. Help kids laugh at their mistakes.
- \* Develop team spirit. Help your child think "we" not "me."
- \* Step into your child's shoes. See life through her/his eyes. Listen and understand their feelings.
- \* Involve yourself. Volunteer. Ask your child questions.
- \* Notice any and all progress, in both skill and effort.
- \* Praise specifics. Don't say: "Laura, good job!" Say "I love the way you got yourself dressed for dance class and had your dance bag packed and ready to head to class with you! That helps me out A LOT!"

## **ATTENDANCE**

**GOOD ATTENDANCE IS SO IMPORTANT DURING THIS TIME OF THE DANCE SEASON! WE ARE KICKIN' OUR HEELS INTO OVERDRIVE GETTING OURSELVES POLISHED FOR OUR PERFORMANCES. WE WANT TO DO OUR BEST! THANK YOU FOR HONORING YOUR COMMITMENT TO DANCE CLASS.**

## **THE NEW DANCE SEASON...**

We are busy fine tuning the 2022-2023 dance season schedule. Watch for a sneak peek soon!

## **IMPORTANT DATES TO REMEMBER**

**Week Of March 21**

**Dance Recital Packets Will Be Sent Home With Dancers**

**Thursday, March 30**

Last Day To Order Recital Tights, Undergarments, Shoes

**Saturday, April 16 9AM**

Recital Ticket Presale For Graduates And Back Stage Helpers (VIVs)  
Details included in your recital packet sent home soon

**Saturday, April 23 9AM**

Ticket Sales Begin For All Dance Families  
Details included in your recital packet sent home soon

**Saturday, April 30 9AM**

2022-2023 Dance Season Registration Begins  
Dance Families Currently Enrolled Get To Save A Place in Class  
Before We Open Enrollment to New Families

**Dance Production Week**

Wednesday May 11 - Dress Rehearsal Performances - May 13, 14 & 15 2022  
(So you do not miss a beat...watch for your dance recital packet the week of March 21.)

