

# NEWSLETTER

| February2018 |

## Calendar

**Feb. 1st:** Costume Balance Due

**Feb 12th-17th:** Decade Week and Dance History Week! Dress up as a flapper, a hippie, or your favorite decade to celebrate dance history!

**Feb 24th:** Mosaics Dance Concert

**March 12th-17th:** Dance Around the World Week!

**March 28th- April 3rd:** Easter break no dance class

**April 9th-14th:** Spiritual Emphasis Week!

**April 13th and 14th:** Picture day! (dance classes still in session)



*Ever feel like the New Year gets busy fast? The glitter and glow of the Holidays are gone, schedules ramp up, and the hours in the day just don't seem to be enough. Maybe our problem isn't the hours in the day... Maybe it is an indication that we can't do it alone, and if we rely only on ourselves we will just keep striving and find ourselves lacking. Lately, I have been soaking in the words of Audrey Assad's song, "Restless". "I am restless, restless, until I rest in You." True peace and contentment can only be found in Him. As this season gets busy, let's choose rest, and rely on God's power and not our own. May Psalm 62:5 be our prayer this February, "My soul, find rest in God; my hope comes from Him."*





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**Recital:** We are so excited for our recital this June 8th and 9th! Please see page 3 for more recital details! In addition, please refer to your "Who is in Which Recital" form to find out which recital your class is performing in! This year, we have 250+ dancers, some of which are in up to 8 different dances! We do our very best to keep siblings in the same recital, and to have all of each person's dances in one recital. As hard as we try, it is not always possible. For the handful of families who we weren't able to accommodate this way, stay tuned later this spring for a special discount ticket code to help alleviate the cost of attending multiple recitals!

**Picture Day:** This year, we are splitting up our picture day into two days, April 13th and 14th! Classes will still be in session while we have dance pictures! Mark your calendar for Friday from 4:00pm-8:00pm and Saturday from 9:00am-5:00pm. Please note: You will receive a picture day schedule in mid March that will tell you your picture schedule. Each dancer will only need to be at picture day for the time set for their class photo!

**Mosaics Dance Performance:** You are invited to come support many of our upper level dancers in a concert dance performance, *Farther Along*. The concert will be held on February 24th at 3:00pm in the Arden Hills Sanctuary at North Heights. There is no ticket charge, but there will be a free-will offering to support our concert partner ministry, The Dwelling Place, as well as our dancers traveling to Project Dance NYC! In addition, we encourage you to bring donations such as dish soap, hand soap, paper towel, and toilet paper to help provide for some of basic needs of the families at the Dwelling Place!



# Recital Info

## **Picture Days: April 13<sup>th</sup> & 14<sup>th</sup>**

The schedule for Picture Day will be released in March. Each class photo will take about 30 minutes. Purchasing photos is optional, but we would love to have all dancers attend picture day so everyone can be in their class group photo. The group picture of each class is shown on a large screen above the stage at the recital prior to their class taking stage to perform.

## **Dress Rehearsals: June 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>.**

*Note: Most dancers will only need to be at one dress rehearsal (level and invitation only dancers will need to be at more than one dress rehearsal). A schedule noting which dress rehearsals a class is assigned can be found attached to the February newsletter email or picked up at the office.*

## **Recital Weekend: June 8<sup>th</sup> & 9<sup>th</sup>, 2018**

We will be having three recitals: Friday, June 8<sup>th</sup> 6:00pm, Saturday, June 9<sup>th</sup> 1:00pm, and Saturday, June 10<sup>th</sup> 6:00pm. *Most classes will perform in only one recital. Level and invitation-only classes may be in more than one recital. A complete list of which classes are in which recital can be found attached to the February newsletter email or picked up at the office.*

## **What is a dress rehearsal? Why is it important to be there?**

Dress rehearsals are the one and only opportunity for dancers to practice on our special stage floor in the sanctuary where they will be performing. If dancers in a class are missing from the dress rehearsal this can cause confusion with spacing and formation transitions in the dance. The dress rehearsal is the best opportunity to work out any kinks or performance jitters. Dancers will wear their costume (including special recital tights and accessories if applicable), have their recital hair style and stage make up as noted by their instructor, practice their backstage line up, meet our backstage crew who will be lining them up and practice their entrance and exits off the stage in addition to practicing their recital dance on stage.

## **What costs are associated with the recital?**

Celebrate! Dance Academy does not charge added “performance fees”. The only additional costs to families associated with the performance are the recital tickets you would like to purchase! Due to the spacious facility, the number of tickets you may purchase is unlimited. Tickets will cost approx. \$10-\$12 each and will be available to purchase online on a first-come, first-served basis beginning in May. Any remaining tickets will be available for purchase at the door prior to the specific performance.

# TEACHER'S BLOG

By: Miss Elly

Happy 2018, dancers! The start of a new year is always a time when I start thinking of ways to set myself up for success, so here's my list of 10 Do's and Don'ts to make 2018 a dance season to Celebrate!

1. **DO** get enough sleep. This one should be easy, right? It would seem so, but with school, family, and other activities filling up your day, it can be tempting to skimp on sleep. Believe it or not though, sleep is the number one factor in keeping sickness away, and energy levels up, so break that snap streak...er...studying and opt for some extra sleep instead!
2. **DON'T** hang on to negative thoughts or experiences. It happens to all of us, an argument with a friend or family member, a negative comment from someone at school, or just a stressful day. Whatever it is, it's important to let go of those negative experiences that are weighing you down. Oftentimes the things that weigh us down are things we don't have any control over! Trust me on this one. You will feel freer in your creativity, and you will be able to embrace the joy in your life more easily if you let those bad days go. Start fresh and focus on showing kindness and creating positive experiences for yourself and others!
3. **DO** stay hydrated. Almost as important as sleep, remember to keep that dancing body hydrated! Make sure to be drinking water all day long, not just when you're dancing, and if it's been an extra tough class or rehearsal, try some coconut water or your favorite sports drink for some extra electrolytes!
4. **DON'T** compare yourself to others. As dancers, it's so easy to look at what others are doing well, and feel as though you should be doing the same. Just remember that not only are we all at a different stage in our learning, but we were all created with different strengths! One of the beautiful things about dance is that it is such a personal expression. Our differences aren't made to compare ourselves to one another, but instead, they are to be celebrated!
5. **DO** come to class ready to learn. This might seem like a boring one, but coming to class on time, in the right attire, and having reviewed your choreography will set you up for the most success. This is a great one to apply not only to dance class, but to school and other parts of life as well!
6. **DON'T** forget about summer. Summer? Didn't we just get like a foot of snow? It might seem far away now, but summer will be here before you know it. Summer is a great time to grow your skills and passion for dance with everything from taking class from your teachers at Celebrate!, to going to local classes and intensives, to trying something new like a theatre class or another kind of activity like bicycling or kayaking!

7. **DO** try some cross training. Speaking of trying something new, one fun way to complement your dance training is to use your muscles in a new way! Maybe try some Pilates, do some swimming, or find some friends and play a sport. You might be surprised at how much that soccer game helps you conquer the tricky step you've been trying to master.
8. **DON'T** ignore that injury. That ache in your back or pain in your ankle isn't such a big deal, right? Maybe, but maybe not. Sometimes injuries happen and it's important to handle them properly. While some can be helped with extra movement or special stretches/exercises, some just require rest in order to heal. If you're concerned about an injury, or something in your body just doesn't feel right, talk to one of your teachers, a parent, or maybe even talk to your doctor about the best way to take care of it.
9. **DO** try some new healthy recipes. If you know me at all, you know how much I love making healthy food easy and tasty! Not only will your body thank you for all the nutrients you are getting, your taste buds will thank you for all of the delicious flavors! Try one of my favorite recipes for breakfast (or any meal, let's be honest): Banana Pancakes. Mash one banana in a bowl, add two eggs and one teaspoon of baking powder. Stir all together until it's combined, and fry it like a pancake (makes about two medium sized pancakes). Top it with berries or your favorite nut butter, and enjoy!
10. **DON'T** be afraid to fail. Whether you're just starting out, or you're getting ready to graduate, know that you not only have the gift of your beautiful movement to share, but you have the gift of the Holy Spirit to go with it. If you feel like you have something to say with your art, then say it! Do a performance, make a video, teach your choreography to some friends, but don't be afraid to share this gift you have. Each and every one of you has a unique dance "voice" and something unique to say to the world, so get out there and say it!

What about you? What are some of your strategies to make this dance season one to Celebrate? Try making your own list of goals or things to reach for this year and share it with us!