

# Paula Brekke School of Dance and Tumbling

## February 2010 Newsletter

### A Note From Paula

In spite of the intense winter we have had this year, most of our dancers and dances have continued to progress. We have over more than 40 competition dances complete. Earlier this month, our group competition dancers performed at AIB for the Performing Arts Convention. Dancers received immediate verbal critiques during this event, receiving suggestions for improving their technique and facials/stage presence. Knowing the steps to a dance is one thing, polishing technique and stage presence is what propels dancers to the next level. With every performance, dances get stronger and cleaner. Thank you to those of you who joined us in the audience for the PAC Showcase.

All of our recital classes are now beginning to learn dances for recital performances. Attendance is important. Our classes with two sections will combine on stage for recital. So, if your dancer takes Monday's Starlette class and has to miss, he or she may come to Tuesday's section to make up and to continue learning recital dances. I know many of you are wondering about recital dances, costumes and tight and shoe needs. Later this month we will have a notebook with class and dance names, pictures of costume and shoe and tight lists.

Back to my mention of winter weather... We spend the first few moments of each class warming up. This prepares our muscles and minds for dancing. Arrive on time to be in dance shoes, ready to warm-up; this is as important as learning dances. It is also important for dancers to bundle up when leaving the studio. Our muscles get warm while dancing and though we may feel 'hot' exposing warm muscles to cold temperatures increases the likelihood of injury and muscle soreness. This is true for all ages of dancers. Bundle up, stay strong and healthy. Spring will come!

Paula Brekke

### Dates to Keep in Mind

March 5-7 Competition in Ames  
March 13-19 Spring Break, no classes held  
March 26-28 Competition in Altoona  
\*April Begin Finale Rehearsals  
6-12grd: Wed. 8:00-9:00PM  
1<sup>st</sup>-5 grd: Saturdays, 9:00-10:00AM  
May 6-9 Competition in Davenport  
May 31 Memorial Day-Classes are held  
June 4 Team Costume Photos in studio  
June 5 Recital Costume Photo in studio  
June 9 Dress Rehearsal-HyVee Hall  
June 10 Recital Performance 6:30  
June 11 Recital Performance 6:30  
\*June 19 2011 Team Auditions  
\*June 21-25 Paula's Mini Dance Camp  
3-4 years 9:00-10:00AM  
5-7 years 10:00-Noon  
\*June 29-July 14 Evening Summer Series  
\*July 15-18 Team Dance Camp-full days  
\*July 26-30 Triple Threat Theater Daycamp  
August 1-7 Small Group Choreography  
*\*Informational Fliers available soon! May first we will distribute our recital newsletter which will tell you everything you need to know regarding Picture Days, Rehearsal and Recital.*

### End of Year Balances & Costumes

Costume balances are due with February tuition. Tuition after February includes March, April, May and June. Account balances must be paid in full, including June prior to costumes being sent home with dancers. Recital costumes usually arrive in May. Dancers must be present and try on their costume prior to it being sent home.

### Disney Trip Postponed

The Dancing Disney opportunity will be made available again when the economy has improved and we have a greater number of dancers able to attend.