



# Dance Dialogue



## The Next Dance Adventure

IDA Awards are here again! Sign up forms have been handed out, the material is being taught, and extra practices have started. So far so good! If you have not got a form yet, or have lost yours, please pick one up at the studio. Remember that the forms and payments are due **Saturday, February 13<sup>th</sup>, 2:00pm**. Once we know how many people are going to participate, we will get a schedule up. It is really impossible to say how long the day will be until we know how many dancers we will have. In the past the awards have run from about 1pm-6pm, so please keep your day open.

### Lessons

There are so many invaluable experiences to be gained from participating in Awards, for all ages. There is the obvious improvement of technique and stage presence, if the dancers put in the work and energy we encourage them to. Certainly they will work on the skill of acting confident and presenting yourself well even under pressure, but there is so much more! Setting a goal, working hard towards it, and following through to the very end, is a skill that will help them in so many areas of life. Another great lesson, is that we cannot always be best at everything we do. There will invariably be students who, for one reason or another, score better than some of their peers; just like sometimes we don't get the highest score on a test, make the team we



It is now appropriate to film your child in practice for IDA Awards. Having a recording is to help your child when they are practicing outside of class time, in case they forget something. It is important that they do not rely on the video to make it through their exercises each time. It is a good idea to not have them actually dance with the video. They dance by themselves, and then refer to the video, if they forget, then try again by themselves. We want to keep this useful tool from turning into a crutch, making it difficult for them to perform at the awards without assistance.

wanted, or get the dance role we wanted in a show (just to be clear, the scores are on the back of the award, and do not need to be shared with anyone else). Learning how to deal with disappointment is a hard, but important lesson to be learned in life. Finally, this is an opportunity to be honest about how we really did – if we did our absolute best, and being proud of whatever the outcome is, even if it's not what was wanted or expected. There will be students who put in all the effort and time, but are not as successful as they hoped. Please help them keep in mind that the judge only sees them dance for a few minutes, whereas we teachers see their hard work all the time, and that is much more important.

### IDA Awards Extra Practice

We are now offering extra practices for the younger dancers for IDA Awards. While these are absolutely not mandatory, we do greatly encourage them. These practices are especially good for those dancers who have a hard time practicing at home, or are struggling to retain the material. If you cannot make it to all the extra rehearsals, it is perfectly acceptable to come in to another class of your level. Please just email us to let us know when you will be doing so, as we cannot have too many dancers coming to a class. Ballet II dancers – if you have looked at the schedule, you may have noticed that there are only a couple of extra practices for your level. If you are only taking one Ballet II technique class a week, we suggest that you come in to other Ballet II classes to meet the “5 extra rehearsals” for 50.00. One practice a week is really just not enough time to properly master the material. Again, please email us to make sure there is room for you in any one particular class. We hope to see you all at practice!

## Practice

An excellent saying Annie has mentioned in the past is "Practice doesn't make perfect, perfect practice makes perfect." Now of course there is no such thing as perfect, especially in ballet. We dancers love to pick ourselves apart, and there is always something we feel we could have done better. However, the way we practice will deeply affect our outcome. If your child dances all day around the house without thinking of the details, pointed feet, arm positioning, body alignment, this is likely how they will perform for the judge. Annie has also mentioned that there is another saying that says that your performance will be 80% as good as your best rehearsal. We recommend having your dancer practice each of their exercises 3 times, 3-4 times a week. Be sure they are thinking about all the corrections we go over in class (straight legs, pointed toes, clean arm and head positions, body alignment, smiles and expressions, etc.). It is also very important to be familiar with our music. So much of dance is about the relationship between the dancer and the music. In the past we have had parents get the music from us, and the distribute it to the other dancers in the class. We would be happy to



make this happen again. Listen to the music over and over again. Sing the steps while dancing to it or just listening to it. Remember that the music is your partner! It is rude to dance without your partner! ☺

We hope these practicing hints help every participant to do the best they can! We would love to have all of our dancers get the highest possible score from the judge! However, the reality is that if everyone got the best score, then it really wouldn't mean all that much. Please help your child not to expect themselves to get a perfect score, and please don't expect them to yourselves. Our goal is for everyone to do their absolute best and to improve greatly over the course of these next few weeks. The marks our dancers receive are secondary to this goal for us!

Our last tip for this process is to practice performing! Help your dancer to remember that a big part of ballet, and really any dance form, are the acting and expression. The judge will be excited and enjoy watching dancers who look like they are having fun themselves! So, everybody go out there and have fun!

## Awards Dress Code

For the Awards day, Girls Pre-Ballet I-Ballet I need a black tank leotard (1 inch straps), and girls Ballet II and up will need a black camisole leotard (spaghetti straps). All female dancers will need clean pink tights and pink ballet shoes. As always, no undergarments should be worn. Hair should be worn in a neat bun with hair net, bobby pins, and hair spray. Light make up is fine, but not required. Boys should wear black leggings, fitted white tops, and black ballet shoes. No jewelry is to be worn by anyone. Annie will be placing a large order of leotards, pink tights, and pink shoes, as needed by families. Please mark on your registration form what you will be needing, so she knows how much to order. You can pick up these items at the store Tuesdays 4:30-5:30, or Saturdays 10:15-11:45, or by appointment.

## Calendar

**February 15<sup>th</sup>, 2016**

President's Day. No Class!

**March 12<sup>th</sup>, 2016**

IDA Awards. Sign ups to come!

**March 21<sup>st</sup>-March 26<sup>th</sup>, 2016**

Spring Break! Plan a fun trip!

**May 21<sup>st</sup>, 2016**

First Mandatory All Cast Rehearsal for the Spring Show!  
Time TBD at ABA.

**May 30<sup>th</sup>, 2016**

Memorial Day. No class!

**June 4<sup>th</sup>, 2016**

Second Mandatory All Cast Rehearsal for the Spring Show!  
Time TBD at ABA.

**June 10<sup>th</sup>, 2016**

Spacing Rehearsal for the Spring Show at the Elsinore Theatre.

**June 11<sup>th</sup>, 2016**

Dress Rehearsal and Spring Performance at the Elsinore!

## CONTACT

Please feel free to contact us at any of the following:

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Store Hours:

Tuesday 4:30-5:30pm

Saturday 10:15-11:45am

By appointment