

January Newsletter

Issue Number 5

Date January 16, 2008

Alice in Wonderland

As mentioned in the December Newsletter, our Spring Concert will be Alice in Wonderland. Now that we are actually entering Session 2 we would like to give you some more definite information about the show.

Location: Bethany Lutheran College - Ylvisaker Fine Arts Center, Mankato

Performance D: May 30, 2009

Dress Rehearsal: May 29, 2009 at Bethany from 4:30-8:30pm.

Volunteer Opportunities: Yes, we have lots of them. Keep an eye out for sign up sheets.

Costume Information

We will be doing costuming for the Spring Show a little differently than in the past. We will be ordering costumes for many of the classes.

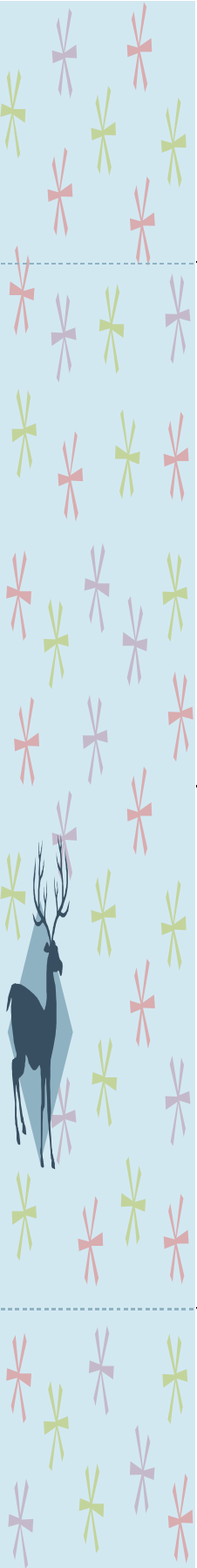
There will be a costume fee of \$25 per family. Costume fees may be turned in any time with your tuition payments. **All costume fees must be received by March 5th** so that costumes can be ordered with enough time to arrive before the show.

This show will be a great way to draw in our local community and we look forward to showing them the level of quality in this production that has become synonymous with our Nutcracker.

Conflicts???

When looking at your calendars for May, if you find that you or your dancer is unable to participate in the concert please let us know immediately. If we know ahead of time we will make sure we don't bill you for the costume fee. It will also help our teachers out a great deal while they work on the choreography for their classes.

Class time is used to set the dances, but only a minimal portion of the end of class is used each week. If your dancers is unable to be in the show they will still benefit from most of a class as well as learning choreography which is always a good experience for dancers.





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Alice in Wonderland - Class Themes

| Class Level/Day | Class Theme | Dances With |
|----------------------|-------------------------|-----------------------|
| Creative Movement | Strawberry Tarts | Jack of Harts |
| Pre-Ballet Wednesday | Pepper | Duchess and Cook |
| Pre-Ballet Thursday | Time | Mad Hatter/March Hare |
| Pre-Ballet Saturday | Oysters | Walrus and Carpenter |
| Level 1A/1B Friday | Flowers | Alice |
| Level 1A/1B Saturday | Hedgehogs and Flamingos | White Rabbit/Alice |
| Level 2A/2B | Butterfly's | Caterpillar/Alice |
| Level 3A/3B | Lobsters | Gryphon/Mock Turtle |
| Level 4A | White Rabbits | White Rabbit |

Modern, Jazz and Teen/Adult Ballet classes will be performing dances in the first half of the show and will not be part of the Alice in Wonderland theme. Miss Carla will be setting these pieces during class in Session 2.



BREAKING IN POINTE SHOES: Common Issues

Following is a list of common new pointe shoe issues, as well as some suggestions for improving the situation:

There is extra pressure on the knuckle of my big toe/little toe/any toe. TRY: With the shoe on, locate the place on the outside of the box where the pressure is occurring. Massage the shoe in that spot with the heel of your hand and/or your thumbs. Keep going until you can feel the box start to soften. Periodically put the shoe back on and check to see if it feels better.

TRY: Grab some cotton balls or paper towels and a bottle of rubbing alcohol. Moisten the cotton balls, and, with the shoe on, rub the alcohol into the material of the box where the pressure is. Keep the shoes on and wander around until it dries. This creates a nice "custom" toe box, as it should now be molded to your foot.

My shoes don't bend with my feet. TRY: Standing at the barre in parallel position, roll up onto one foot at a time, making sure to really press through demi-pointe.

TRY: With the shoes on, put one foot up onto pointe, and stick your finger under your arch inside your shoe. Mark that spot. Take the shoe off, and gently work the shank back and forth with your hands until it starts to become more pliable. Be sure to periodically put the shoes back on to check your progress; you can always bend them more, but if you go too quickly and accidentally crack the shank, there's no going back!

My shoes are twisting. Make sure the shanks are bending with your feet. Sometimes shoes that are too stiff can twist off to the side to allow the foot to bend more. If this does not help, experiment with the placement of elastic. Sometimes crossing the elastic helps, too.

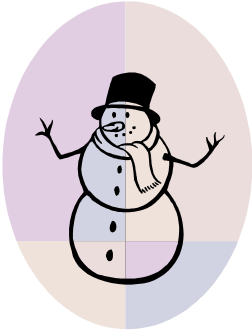
Finally, if you have issues breaking in your pointe shoes, or if you are a little nervous that you will do something wrong and ruin your shoes, asking your teacher for help is always a great option!



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Calendar of Events for Session 2

January 12 Session 2 Begins

March 5 Costume Fee Due

April 12-18 Spring Break - No Classes

May 19-24 Parent Watch Day - Come see your dancer in class.

May 25 Memorial Day - No Classes

May 29 Dress Rehearsal for *Alice in Wonderland* at BLC

May 30 Performance of *Alice in Wonderland* at BLC

