

# FOOTNOTES

573-636-4528

Email: grandancers@yahoo.com

www.5-6-7-8dancercenter.com

JANUARY, 2020



DANCENTER

Page 1

Studio Address: 709 Madison Street, Jefferson City, MO 65101

Mailing Address: 2410 Allison Dr. Jefferson City, MO 65109

## REGISTRATIONS STILL AVAILABLE!

**HAPPY NEW YEAR AND WELCOME BACK!** We hope everyone had a great Christmas. Our Spring Semester begins Saturday, January 4, and as usual we are offering a 5% discount on tuition when you pay for the full semester.

You will receive a \$25.00 credit by referring a new student. The student must give your name, be enrolled, and pay one month's dance fee for you to receive the \$25.00 credit.

**CONGRATULATIONS** to Carly Backstrom for winning the CHRISTMAS BASKET. She guessed the exact amount of 106. Way to go!

Please "LIKE" us on Facebook. We post a lot of news on there including any studio closings due to weather. You can also check our phone message on the studio phone (573-636-4528) or our website page www.5-6-7-8dancercenter.com.

Another hidden dance object again. Can you find it? Look throughout the newsletter and fill out the drawing form on the glass case by the front desk and win a prize!

If you have any questions, please feel free to contact us by phone, email or at the studio.

Sherry and Pauline



## REMINDERS

### TUITION DUE

January 1, 2020

*\$5.00 Late Fee Charge*

*After January 15th*

*We take Visa, MasterCard, and Discover and have automatic payment available.*

Ask at the front desk.

### SPRING SEMESTER

JANUARY 4 - MAY 21, 2020

### STUDIO CLOSED-SPRING BREAK

March 22-29, 2020

*Classes resume Saturday,*

*January 4, 2020.*



## RECITAL

### PICTURES—Recital

Pictures will be taken at the studio. Team Pictures will be on Friday, April 17 and

Class Pictures on Saturday, April 18.

Pictures are taken by class and individuals. There will be a picture time listing available in March along with a price sheet and other picture information.

## RECITAL FLOWERS

Our Competition Team Members sell Roses as a fundraiser for parents, grandparents, friends to give to their dancer(s) the day of the recital. There is a sign up sheet at the at the front desk. Single Rose = \$5.00 and 3 Rose Bouquet = \$10.00. All orders must be paid for by May 2, 2020, and the flowers will be available for pick up on recital day in the main lobby at the Miller Performing Arts Center.

*Thank You*  
*so much for participating in our Christmas Program at St Joseph Cathedral School Gymnasium. It was a great success. Thanks to all our dancers and teachers.*

**RECITAL COSTUMES**—All paid-in-full Recital Costumes have been ordered. If you have not paid for your costumes, it was NOT ordered. Please come in and pay this first week to insure your costume arrives in time for pictures.

Some of the costumes are beginning to arrive. Some of our recital costumes will not be delivered until sometime in March but there are a few that were 'in stock' items and they are the ones that are arriving early. We never know in advance which costumes are 'in stock' so we are very pleased when some of the styles arrive in January.

If your costume has arrived, you will be given the costume with accessories and a form to sign that you have received all these items. **Please make sure you give that signed form to your teacher or leave it at the front desk.**

Since we have several new parents this year, here is some information about the care of the Recital Costumes. Take them out of the bags and hang them upside down for a while to fluff the skirts and to get the wrinkles out. If the costume has feathers, spray the feathers with hairspray before hanging up to keep the feathers intact. If you have any other questions, please check with your dancer's teacher or the front desk.



**RECITAL  
RECITAL  
2020**

**Saturday,  
May 16, 2020  
Miller Performing Arts Center**

Recital — Dress Rehearsal will be held Friday, May 15th, at 4:30 p.m. at the Miller Performing Arts Center. Specific information will be available later but please mark your calendars.

# FOOTNOTES

573-636-4528

Email: grandancers@yahoo.com

www.5-6-7-8dancercenter.com

## JANUARY, 2020



### DANCENTER

Page 2

Studio Address: 709 Madison Street, Jefferson City, MO 65101

Mailing Address: 2410 Allison Dr. Jefferson City, MO 65109

## TEAM NEWS

### DANCE COMPETITIONS 2020

**PLATINUM**  
**MARCH 13-14-15, 2020**  
Logan Chiropractic  
ST. LOUIS, MO

**Platinum Performance Plus**  
**APRIL 3, 4, 5, 2020**  
VENUE—TBA  
KANSAS CITY, MO  
**PAYMENT DUE =**  
**FEBRUARY 3, 2020**

**STAGE ONE**  
**FEBRUARY 14-15-16, 2020**  
Kirkwood PAC

**PAYMENT DUE =**  
**JANUARY 13, 2020**  
**Posted to ledger!**

### MARY KAY FUNDRAISER

Mary Kay Fundraiser earned  
\$365.00 and will be distributed  
among all team members.

## STUDIO APPAREL ORDER

We have several items available of  
5-6-7-8 studio apparel with our  
5-6-7-8 Dancercenter logo. These make  
great gifts!

Headbands = \$9.70  
Black Short Sleeve T-Shirt = \$11.00  
Black Long Sleeve T-Shirt = \$18.00  
Hoodies (Youth) = \$20.00  
Hoodies (Adult) = \$23.00  
Sweatshirts = \$18.00  
Sweatpants = \$21.55  
Fleece Blanket = \$18.00 (with name  
add \$5.00)

## SNOW OR BAD WEATHER



If the schools in Jefferson City  
cancels or dismisses classes early  
**due to weather conditions**,  
dance classes are also cancelled  
for that day. If in doubt as to  
whether or not classes will be  
held, please check our studio  
phone and listen to the message  
(573-636-4528), website or call  
our cell phones.  
Sherry (573-619-2219); Pauline  
(573-230-4535)

## The Importance of Nutrition for Dancers

By Rachel Fine

Published in *A Dancer's Life*

### What types of food should dancers eat?

A balanced diet that includes all three macronutrients is key. These include: carbohydrates, protein, and fats. This ratio, or what I like to call the "**nutrient mix**," is critical to a dancer's menu.

1. **Complex Carbohydrates** are a dancer's best source of energy.
2. **Protein** has long been considered the star macronutrient in our diet-drenched culture.
3. **Fat** is an essential nutrient for the body, despite our culture's overwhelming fear of this macronutrient.

### How much water should a dancer drink during the day?

Our body is made of 60% water and therefore, it's critical to hydrate throughout the day. I encourage that dancers aim for at least 3 liters of water daily. If dancing for longer than 60 minutes, remember to drink at least 8 ounces regularly, or every 45-60 minutes.

BTW- our thirst mechanism doesn't activate until the body is already approaching dehydration. Instead of relying on thirst to dictate your water intake, plan ahead and remain diligent. A 1-liter reusable water bottle is a great way to remember to hydrate regularly. Refill it 3 times throughout the day!

**For more information about this article check it out here:**

<http://blog.discountdance.com/the-importance-of-nutrition-for-dancers/>

## RECITAL RECITAL 2020



Saturday, May 16, 2020

Dress Rehearsal,  
Friday, May 15, 2020

## LOST AND FOUND



**PLEASE CHECK  
LOST AND FOUND**

"LIKE" us on **facebook** to see the latest news.