

FOOTNOTES

573-636-4528

Email: grandancers@yahoo.com

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

JUNE, 2019



DANCENTER

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

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

SPRING SEMESTER NEWS!

Thank you everyone for a wonderful year and exciting recital. We owe the great performances to all the students, teachers, and parents who have been so supportive.

Thanks to everyone who registered for Fall/Spring at our Customer Appreciation Night. If you did not pick up a new 2019-2020 Student and Parent Handbook, please do so the next time you are at the studio.

Our summer classes start Monday, June 3rd. We have lots of great classes with space available so please consider keeping up the dancing this summer.

FALL REGISTRATION - You can come in any Monday or Tuesday during our Summer class session and enroll for fall. Some classes fill up quickly so it would be best to come enroll early to ensure your spot in the class and night of your choice. We will also have a Fall Registration Day on Saturday August 10th, from 10 a.m. - 2 p.m. for those who cannot come in during the month of June.

Please note there will be no Footnotes sent in July. We will be closed during the month of July and reopen August 17th.

PLEASE PUT THIS ON YOUR CALENDAR!

5-6-7-8 2020 Dance Recital has been scheduled for Saturday, May 16, 2020 (Dress Rehearsal on Friday, May 15th).

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

Sherry and Pauline



REMINDERS

SUMMER CLASSES

JUNE 3—25, 2019

Monday and Tuesday Nights Only

~~KIDS FEST (DOWNTOWN)~~
~~SATURDAY, JUNE 6, 2019~~

~~10:00 am - 2:00 pm~~

CANCELLED
DUE TO FLOODING

FALL REGISTRATION

@ 5-6-7-8

SATURDAY, AUGUST 10, 2019

10:00 am - 2:00 pm

RECITAL
RECITAL
2020



Saturday, May 16, 2020

Dress Rehearsal,
Friday, May 15, 2020



2019 Recital DVDs

Recital DVDs can be picked up at the studio during SUMMER CLASSES (Monday and Tuesday - 5:00 pm - 8:00 pm) June 3rd through June 25th. Those not picked up will be mailed.



2018 RECITAL PICTURES

We will send out an email to everyone when recital pictures are available to be picked up at the studio.

SUMMER CLASSES

Beginning June 3 we will be offering summer dance classes on Monday and Tuesday nights. This is a great time to improve technique and flexibility and also try a different type of dance class than you usually take! It is not too late to enroll for our summer session. Just come in the first night of classes and join a class!



DUE TO FLOODING
We will have a booth downtown this weekend June 1st for the annual Kids Fest day from 10 a.m. - 2 p.m. Our booth will be set up around the Halpern's store area. Stop by our booth and

play a game to win a prize. We also have some of our dancers performing at the main stage from 11:00 a.m. - 11:20 a.m. that morning so be sure to stop and watch to cheer them on.

CANCELLED

Congratulations to Audrey Sullivan for winning a free class for 1 year at 5-6-7-8 Customer Appreciation Night. There were many other winners receiving other prizes. Congratulations to all!

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TEAM NEWS

congratulations

TO OUR DANCE TEAMS AT ALL THE COMPETITIONS THIS YEAR. WE ARE SO PROUD OF YOU ALL!

NATIONALS - ELITE DANCE CUP

JULY 10, 11, 12, 13, 2019

Logan Chiropractic Univ.

The Purser Center

Chesterfield, MO



As most of you know we have used shoes and dancewear that parents bring in to sell.

This is a great service to provide other parents the ability to obtain shoes, leotards, tights, etc. at a lower cost since our dancers grow so fast. If your dancer has outgrown items just taking up space at home, please bring them in and clearly mark with your name and the price you want.

2019-2020 Team Members

Encore:

Jaelie Bott
Grace Burrell
Jill George
Sabrina Hackmann
Madeline Henry
Scout Henry
Serenity Moore
Katrina Peter
Alexis Propst
Hannah Scheulen
Gracie Scheulen
Payton Tipton

Rising Star:

Lily Burrell
Sydney Crawford
Charlotte Crowder
Micah Franklin
Carly Goodman
Rose Harre
Coco Henry
Gabriella (Ella) Hill
Isabel Lund
Livie Propst
Berkeley Rost
Paige Swanigan
Kymani Terry-Nunley
Natalie Wilson
Anneliese Wright

Starlett 3:

Taylor Britton
Sophia Hoerschgen
MaryJane Oakes
Grace Pantaleo
Grace Sutherland

Starlett 2:

Avery Dunn
Michael Harre
Scarlett Hess
Alana Jackson
Aubrey Roach

Starlett 1:

Maier Amick
Eloise Bailey
Addison Bruns
Cloey Deal
Savannah Hoerschgen



**REFER A FRIEND—
EARN A \$25.00 CREDIT**

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.



SUMMER CLASS SCHEDULE
Brochures and Registration Forms are available at the "Information Table".

June 3 - 25, 2019

Monday & Tuesday Evenings Only



GIFT CERTIFICATES!

What a great idea for you or other relatives to give your dancer a gift certificate for Birthdays or any other event. We have gift certificates for a month's dance class or for any format you need. Another idea is our studio apparel.

LOST AND FOUND

Please check
Lost and Found.



WHY DANCERS NEED A STRONG CORE

By FRANK STUART

It's pretty much standard knowledge these days that good core body strength is essential for physical fitness and good athletic performance. Dancers in particular often perform a variety of challenging movements involving various muscle groups, and can benefit from techniques for building a strong core. A strong core can help prevent injuries, increase levels of stability and strength, and improve performance.

As the name suggests, the 'core' refers to the central part of the body's structure. It includes the muscles of the abdomen, the back and the pelvic region. Whether you are involved in ballroom, ballet, folk or another type of dancing, a strong core will help protect your back and other parts of the body from injury.

Dancers can sometimes suffer injuries due to hard floor surfaces, fatigue, and overuse, or poor co-ordination or control of core muscles. When going through the five 'phases' of a dance movement – preparatory, ascending, flight, descending, and landing – good focus, mental preparation and a strong core can work together to maximize performance and prevent sprains, fractures, strains or other injuries.

As a dancer you should do some core body exercises several times a week, and also maintain a healthy diet. Various nutrients are involved in bodily metabolic functions, and a diet with adequate mineral intake is particularly important to maintain bone and muscle strength.

See The ACPE Blog link for some Basic Core Exercises for Dancers.

<http://blog.acpe.edu.au/index.php/dance/dancers-strong-core/>

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