



# Carlson's School of Dance

April 2011

**WATCH FOR  
THE MAY  
NEWSLETTER**

**PHOTO DAY  
SAT, MAY 28  
SCHEDULE AND  
ORDER FORMS**

**RECITAL  
WHICH RECITAL  
ARE YOU IN?  
DVD ORDER  
FORM**

**EVERY DANCER  
WILL RECEIVE A  
NEWSLETTER**

website  
[www.carlsons.ca](http://www.carlsons.ca)

email  
[info@carlsons.ca](mailto:info@carlsons.ca)

Address  
3272 Sherman Road  
Duncan, BC  
V9L 4B4

Phone  
746 6456

Fax  
746 6475

## COWICHAN MUSIC FESTIVAL

Our Festival participation this year was a big success. Congratulations to all of the dancers who performed in group numbers as well as the following who worked hard to prepare solo, duet and trio pieces: **Julia Peterson, Julia Brockley, Lavinia de Leeuw, Darien Masuskapoe, Madison Palmer, Marina Clarke, Ali Platt, Parker Schmidt, Chailyn Vensel, Ashley Gibson, Hanna Daniels, Giuliana Mansueti, Hayley Woods, Baylee Hopwo, Chicago Bains, Jenna Ellison, Emma Oxman, Marina Ellison, Jordie Peterson, Robin Jory, Madeline Campagne, Sage Webb, Alyssa Elliott, Tia Williams, Malia McMullen, Claire Saunders, Tiernan Schneider, Meghan Kueber, Baylea Dodd, Kaylyn Kershaw, Krista Schmidt, Rebecca Bright, Prestlee Cooper, Amberlee Allen, Kennedy Thomson, Sara Winter, Emily Friedrich, Ferryn Mulholland, Sydnee Biello, Melissa Iannidinaro, Bre Kitagawa, Leah Sheepwash-Owen, Jennifer LaCroix, Ricki-Lee Allison and Lisa Bronson.**

**Special Recognition** in the form of Scholarships and Bursaries were presented to **Prestlee Cooper, Madeline Campagne, Lavinia de Leeuw, Bailey Hopwo, Robin Jory, Malia McMullen, Giuliana Mansueti, Krista Schmidt, Parker Schmidt and Tiernan Schneider.**

The order for **CARLSON'S CLOTHING** has been delayed, which means there is still time to order a White Stormtech Jacket (with Carlson's School of Dance down the sleeve and the Carlson's logo on the left hip) or Black Sweatpants (with Carlson's School of Dance and logo on the left leg). The sweatpants come in Youth and Adult sizes. Although the jackets are in Adult sizes, the XS will fit a child. Contact Ricki-Lee Allison to order or call/email the Studio.

## Chosen for the Dance & Vocal/ Choral Gala:

**"Oh So Quiet" - Gr 1 Modern Jazz  
"Les Corbeaux"-Gr 3 Ballet  
"Wrong"-Junior Jazz 1  
"Intergalactic 3Mix"-Junior Hip Hop  
"Chaiya"-Gr 6 Modern Jazz  
"Raining Men"-Sr Free Jazz  
"Good Life"-Lyrical Jazz  
"Dream Rag"-Senior Pointe  
"Wild Wild West"-Giuliana & Jenna  
"Grand Valse"- Madeline  
"Mad Hatter Comes to T"-Tiernan  
"Breathe for You"-Amberlee  
"Get Happy"-Krista**

## Highlights Concert:

**"La Viennese"-Sr Open Ballet 2  
"L'Espagnol"-Sr Open Ballet 1  
"Rumba"-Bronze Higher Tap  
"My New Philosophy"-Giuliana  
"The Funeral"-Robin  
"Row Boat"-Malia**

The following students will honour us by representing the Cowichan Festival at the **BC Performing Arts Provincial Festival in Kamloops;**

**Stage 3—Krista Schmidt  
Ballet 2—Madeline Campagne  
Modern 2—Malia McMullen  
Stage 2—Robin Jory  
Stage 3—Giuliana Mansueti  
Stage 3 Observer—Parker Schmidt**

## Reminders:

### **Easter Monday Change for Reija's classes:**

11:00-12:15 Int Free Jazz  
 12:15-1:30 Sr Free Jazz 3  
 1:30-2:30 Sr Rec Jazz 2  
 2:30-3:30 Adult Jazz/Hip Hop

At the Island Savings Centre Studio

**Children's Fitness Tax Credit Receipts** were included on the yellow copy of your Registration Form and do not need to be issued at this time. If it's lost, we can help.

### **Exam Dates:**

RAD Ballet Exams—May 6-7

ISTD Modern Jazz Exams—between April 25  
and May 28

AIDT Tap Exams—Late June

**Greater Victoria Performing Arts Festival** is at the UVic Centre from April 17-21 with many of our students performing. More info available at [www.gvpaf.org](http://www.gvpaf.org). You can find general info about Studio Dance on the Events Calendar.

## 5 REQUIREMENTS TO BEGIN POINTE WORK

### Copied from About.com

Starting pointe work is a special milestone in a ballerina's life. Dancing on your toes requires tremendous strength of the legs and feet. Many ballet teachers have strict requirements for starting pointe work. How do you know when you're ready for pointe shoes? Following are 5 requirements that must be met before considering starting pointe ballet classes.

1. **You Are at Least 11 Years Old.** The proper age to start pointe work is controversial. Many experts believe that a ballet dancer can begin dancing on pointe if she is at least 9 or 10 years old. Some teachers don't attach a number at all, they simply rely on ability. However, because growth of the foot is about complete at age 11 or 12, many agree that pointe work could be introduced at this time.
2. **You Have at Least 3 Years of Ballet Training.** In order to be able to dance on pointe, a dancer must have had time to achieve the form, strength, and alignment needed to make a successful transition into pointe work. Proper technique is required to be able to properly rise on the toes without risks of injury.
3. **You Are Enrolled in at Least 3 Ballet Classes Each Week.** In order to maintain proper technique and flexibility needed for pointe work, it is imperative to practise ballet formally at least 3 times per week. The pointe portion of the class should follow the regular ballet class, perhaps extending the time half an hour. This ensures that the entire body, especially the feet and ankles, are properly warmed up.
4. **You Are Physically Ready.** All dancers should be formally evaluated by their ballet teacher to determine if they are physically ready to meet the demands of pointe work. The teacher should check for correct body position and alignment, sufficient turnout, strength and balance, and mastery of basic ballet techniques.
5. **You Are Emotionally Ready.** Pointe work is hard work. Beginning pointe classes will be more demanding on your body, especially your feet. Are you prepared to suffer from sore feet and occasional blisters? Also, pointe shoes are complicated and demand a certain level of responsibility to maintain. You must be taught the correct way to put them on your feet and tie them to your ankles. You must also care for them properly to keep them in good condition. (Editor's note: **for example, pointe shoes should be allowed to dry out between classes and should not be left in your dance bag from week to week.**) Furthermore, are you ready to devote at least three hours per week to ballet classes? Choosing to dance on pointe is a decision that should be taken seriously.