



Carlson's School of Dance

December, 2009

WE WISH
YOU

A
JOYOUS
HOLIDAY
SEASON

FROM
EVERYONE
AT
CARLSON'S

website

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email

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The last day of regular classes before
the holidays is Monday, December 14.
Classes will resume
Monday, January 4, 2010.

ENVELOPES....

It's that Envelope time of year again. Your child may have recently received an envelope for Cowichan Music Festival Fees. We have organized to have the amount for all of his/her group dances written on one envelope. Please put that amount in the envelope and return it to any teacher at your child's next class or to the Studio Office. In order to meet the CMF deadline of Dec 12 all fees must be received before the break.

MORE ENVELOPES...

*After Christmas you will receive envelopes for **RAD exams** and other **Island Music Festivals**. The school cannot enter students for these activities unless the money is received in advance so please adhere to the stated deadlines. The deadline for these comes up within the first 2 weeks after the start of the year so we're on a bit of a tight time-line.*

Dates to Remember

- ◆ A new session of **Three-Year-Old Parent/Tot Dance** starts on **Tuesday, January 5, 2010** at Studio B. Class starts at 1:15 p.m. but please arrive at 1 p.m. for the first class to register. The cost is \$50 for 10-weeks.
- ◆ Ballet Victoria's **Cinderella** will be on **Saturday, January 16** at 7:30. It is planned to include some Carlson's dancers in children's roles.
- ◆ **Group dances** that are entered in the Music Festival will practice on the Cowichan Theatre Stage on **Sunday, February 14 from noon—4 pm**.
- ◆ **The Cowichan Music Festival Dance Section: February 28-March 4**.
- ◆ **Tax Credit** forms for those who danced Jan-June 2009 must be received at the Studio by **December 31** so that they can be completed and mailed back to you in February.

COWICHAN MUSIC FESTIVAL REMINDER

The deadline for entries for the Cowichan Music Festival is Saturday, December 12. Remember to get all of your solo, small group and master class entries in by that day. If you leave the entries in the Studio Office before Friday, we will deliver them with our group entries. Include a cheque for these entries (made out to "Cowichan Music Festival"). In case you miss the Friday deadline, the address for entries is: 3016 George St., Duncan, V9L 2A9

THANK-YOU to those of you who have paid your costume fees. Providing costumes for our 80+ classes is much easier when the teacher and costumer don't have the added worry of collecting money before they can distribute costumes. Some of our teachers have already started purchasing and ordering costumes and some costume money has been distributed.

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.

CARLSON'S DANCERS IN VICTORIA NUTCRACKER

Congratulations to Marina Clarke, Madison Palmer and Zandreaah Spong, who successfully auditioned and participated in the Alberta Ballet and Victoria Symphony production of *The Nutcracker!*