

Just Off Broadway Performance Team News

Impact 2007

Congratulations Dancers! ✨

Between entry donations, basket raffle, and Program Ads, Impact raised more than \$1000 and 20+ boxes of canned goods and food for the YWCA Emergency Food Pantry and Adventures For Wish Kids. Our Program Artwork winners were Jordan Betscher-program cover and Natalie

Welage-program back. Honorable mention goes out to submissions from

Caroline Leyes, Kate Leyes and Eleanor Renfro.

Dancers, You put on an incredible show and this looks to be a very promising competition season.

Keep working hard! You are FABULOUS!

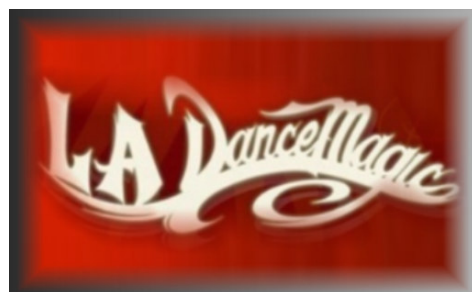
QUICK TIP

Plan ahead and arrive 2 hours before competition starts. If makeup and hair are ready to go, you have time to find a good spot to set up costumes, dancers can stretch and run dance(s) and stress is limited for both Dancers and parents alike! If young dancers become upset with makeup and hair, sometimes application in the privacy of your hotel room starts the day in a better way. Don't forget to eat breakfast to energize your day!

Dancing is like dreaming with your feet!
~Constanze

LADM

3 short weeks and CHICAGO, here we come. Dancers, get set for some great workshopping and awesome competition. Let's kick off the new year right!



ARE YOU READY?!

Prepare your ATTITUDE!

Be sure to let YOUR personality SHOW!

ATTENTION ALL PARENTS:

Get out of the house and enjoy meeting other Performance Team Parents.

We have more in common than just dance!

When: Saturday, 2/3/07 7pm

Hosts: Mike and Lori Murphy

Sign up and directions are the studio.

LAST CALL---LAST CALL---LAST CALL

You should have your competition tights and shoes for all Team dances. If not, this is a last call order that

needs to be received by **1-30-07.**

Dancers 12/younger, contact:

Christy Tibbe at 474-3689 ctibbe@aol.com

Dancers 13/older, contact:

Reenie Crawford at 528-6464

meeniyaba@hotmail.com

Let Your Butterflies Soar

By Marisa Walker



The house lights go down and the curtain rises. With clammy palms, shaky legs and a stomach that feels like it's doing a dance of its own, you're about to make your entrance. This kind of nervousness, comprised of equal parts excitement and anticipation, gives you that extra adrenaline kick to lift your grand jeté into the rafters and to nail that triple pirouette. Nevertheless, when you're standing in the wings, those jitters can be insufferable. Here's how to make them work for you, not against you.

Be Ahead Of The Game Eliminate all of the pre-performance

stress you can, as soon as possible. Have you ever arrived at a performance with the feeling that you're missing something? Ease your worries the night before by making a checklist of everything you'll need and after you've packed, check the list again. A good night's sleep will also help you to stay focused. Arrive at the performance area 15 minutes to half an hour before you're *required* to be there. If possible, get on the performance floor and practice your turns and tricks. "I try to get on the surface where I'll be performing, to do the movements I think the floor might affect," says Marinda Davis, 17, of Mary Jo's Dance Studio in Tampa, FL.

Visualize Giving in to nervousness is giving in to doubts. If you're worried about keeping your spot during that difficult fouetté sequence, practice it a few times pre-show, but then put it to rest—even if you haven't nailed it yet. The more you dwell on weak spots, the more frustrated you'll be. To gain confidence, use mental imagery. "Visualize yourself doing every step perfectly from beginning to end," Marinda advises. Kristi Betz, 17, of Michelle Ferraro's Dance USA in Long Island, NY, shares a similar strategy: "I close my eyes and block out everything around me—the noise, the people, the music. I see myself on the stage having a great performance."

Evoke The Mood Squelch nerves by getting in the mindset of your piece. "Before I enter the stage, I think about what the dance means to me," says Gina Pero, 20, a dance major at the University Of Buffalo. Music is a great way to accomplish this, so bring your headphones. "I always listen to something that gets me pumped up," says Cecilia Wade, 16, of Starz Select in Sunrise, FL. "Anything that gets me excited is good."

Don't ever let your pre-stage jitters get in the way of expression. "However you're feeling that day, use it," Marinda advises. "Think about the person you're mad at or a person you love. You'll forget about the nervousness and dance with more passion than ever before."

Breathe And Stretch When your heart is pounding, one of the best things you can do for yourself is to simply breathe. It's important to get the oxygen flowing to your brain and muscles, and taking full, slow breaths will relax your racing heart. "Before we perform, we always stand with our hands in a circle, close our eyes and do breathing exercises together," says Megan Beseth, 21, a dance major and captain of the Ohio Dance Team at Ohio University. "We inhale for four to five counts and then exhale for the same. It calms our nerves and gets us in sync."

Because the tension that comes from pre-performance anxiety can go straight to your muscles, you need to breathe into slow stretches as you wait. A lot of tension builds in your neck and shoulders, so be sure to roll them.

Look Out For Each Other To control your butterflies, establish a team ritual that will be your message of positivity before showtime. "We always grab each other's pinkies for good luck right before we go on," says Shaina Luntz, 16, of the Avondale Dance Centre in Canton, OH. Follow their example and make contact either physically or verbally before you take the floor, to exert your togetherness.

Cecilia Wade shares: "We write a little something to each other—a letter that says good luck or something nice—and then we stick it in our right shoe. We don't take it out until the awards ceremony."

Have confidence in your abilities and dance for yourselves, not just the judges or audience. Performing shouldn't be a stress-filled experience. Channel butterflies into positive energy so you can experience the rush that comes from being onstage.

BEING ORGANIZED AT COMPETITIONS



There are lots of ways to organize costumes and make-up at competitions. Ask 5 moms and you'll probably hear 5 different methods, each working equally well for them all. You can get a lot of ideas from others as to how they organize, even from other Teams. Don't be afraid to ask them questions. Most are proud of their setup and willing to share their system with you.

For starters, a checklist for each costume is helpful to have before you ever leave home. List everything that needs to go with you and use it as a checklist while packing. Take the list with you to competition and if you find you needed something while there, add it to your permanent list so you'll remember next time.

Once in the dressing room, you'll find many dancers use a garment rack. Assembled outside your car or inside the building, they usually snap together quickly, aren't too expensive, are readily available at Target or Walmart, and although they don't usually come with a carrying bag, a recycled outside sling chair bag works very well to keep all the parts contained.

Costumes can be transported in one or more garment bags, one for several costumes and take them out in the dressing room or purchase inexpensive individual garment bags, one for each costume. Look sharp with our own J.O.B logo garment bags which come with a swivel-top hanger and a window pocket to identify each costume. Accessories can be kept in small bags on the hanger or organized together in one case, labeled for each costume.

For quick changes, use a pop up laundry bag that can be folded flat for travel, a small basket or an empty box. Costumes and accessories can be tossed into your container by the dancer until you have time to re-hang each item.

Another method is to use ziplock bags. Carefully fold each costume inside a bag, put hairpieces and other accessories in smaller bags inside to avoid snags, and label the outside with a sharpie. Use a small plastic box to hold all your bags of costumes and once you have a dance program, you can even sort them in the order they will be needed making quick changes easy.



No matter which system you use, costumes should NEVER be stored between competitions inside any garment or ziplock bag. They need to be removed as soon as you arrive home and hung in a well-ventilated area to allow them to air out and dry or they could develop an unpleasant odor. Costumes SHOULD NOT be laundered or dry cleaned and extreme care should be taken so they will last.

Competitions are fun and being organized removes much of the stress. Work toward finding a system that fits well for you and your child.

QUICK TIP

Although dressing rooms are traditionally not prone to theft, keep rhinestone jewelry and other accessories in a closed case behind your other things. Some cases even come with small combination locks. Never leave your camera or purse unattended in the dressing room between numbers either. Take them with you to the audience!

This is the first of our newsletters for the 06-07 competition year. Remember to submit solo, duet, or trio competition results and any team or dancer photo's to jobnewsletter@fuse.net immediately after each competition. We're striving for a Monday afternoon publish date so email in your info as quickly as possible. In addition, if you have any article ideas or submissions, let us know. It would be especially interesting to have articles of interest submitted from dancers and maybe even an article about our Team or dance from a Dad's perspective?
Any volunteers?

COMPETITION CALENDAR

Forms for solo's, duets and trio's are mailed by the studio approximately 30 days in advance. You should be submitting your forms to the studio about 45 days before the competition date.

Reminder dates are below to help you avoid missing deadlines. The dates are tentative so watch Team emails about firm deadline dates. Forms for the 06-07 season for all competitions (except DMO) are now available at the studio and in "Files" at our yahoo site.

Be aware that not all group dances attend all competitions.

JANUARY 2007						
Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
DMO Title Competition this weekend. Support our dancers attending! Showbiz forms are on their way! Submission deadline has passed.						
21	22 DMO-Cleveland Forms due Forms at studio only	23	24	25	26	27 DMO Title Competition Columbus
28	29 Bravo-Indy Forms due	30	31			
FEBRUARY 2007						
				1	2	3
We have 13 groups attending LADM. No solo's, duets, or trio's are going. Dancers not attending, remember your Bigs and Littles and send well-wishes their way!						
4	5 Cathy Roe-Cincinnati Forms due	6	7	8	9	10 LADM, Chicago
11	12	13	14	15	16	17
18	19	20	21	22	23	24 Showbiz, Cincinnati
25	26	27	28			
MARCH 2007						
				1	2	3
4	5 IDC-Dayton Forms due	6	7	8	9	10 DMO Workshops, Cleveland
11	12	13	14	15	16	17 Bravo, Indy
18	19	20	21	22	23	24 Cathy Roe, Cincinnati
25	26	27	28	29	30	31
APRIL 2007						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21 IDC, Dayton
22	23	24	25	26	27	28
29	30					
MAY 2007 and JUNE 2007						
No competitions scheduled for May, 2007						
No competitions scheduled for June, 2007 Recital scheduled for 6-9/10						

DMO-DanceMasters of America www.dma-national.org

LADM-LA Dance Magic www.ladancemagic.com

Showbiz www.showbiztalent.com

Bravo! www.bravocompetition.com

Cathy Roe Ultimate Dance www.cathyroe.com

IDC-International Dance Challenge www.intldancechallenge.com