


## A Message from the Artistic Director...

What a year it has been! If we think back to one year ago when all of this started – it was a very different world we lived in. The staff, students and parents have adapted so well. We have managed to shift on very trying times and truly persist in our love of the art form. When I am teaching and I see the pride on a student's face for learning a new step, or perfecting a small detail of technique, I am so proud of their great achievements and accomplishments. Although, these are difficult times, we do need to take a moment to be so grateful for the classes we have had. I have cherished every moment with my students. I so enjoy watching the progress of students and the sense of pride when they feel good about moving in classes.

I am hopeful that we are 'turning a corner' in this pandemic and that soon, life will start to resemble our pre-pandemic way of life. I am hopeful that we will be dancing closer together again, performing shows, and leaping through boundaries and challenges. I cannot wait to have that feeling on stage where we can give a little squeeze to another dancer's hand while "performing our hearts out" for an audience. Our time will come, and I know that this pandemic will pass. Do not lose sight of our end goal. Dance, move and perform!

I know how challenging it can be to keep motivated without the end goal of a performance on stage but I really recommend trying to focus on the motivation of each step in class. Try to maintain focus of that feeling when you get a jump where it feels just right, maybe have the supporting leg pulled up or even a stretch of the foot where your body and mind just feels right. Those are the moments that are amazing in dance, those are the moments that keep you going and feeling your true love for dance. Be positive – I know it is hard but keep your love of dance at the forefront – we can do this!

Ms. Ferenc MA, BA (Hons), LRAD, ARAD 

## SUMMER PROGRAMMES AT BALLEATOMANE

- The Vocational Intensive is for students entering/ participating in the Vocational Programme and **summer school is mandatory**. Whether or not with Balletomane, all students need to be doing intensive dancing for at least two weeks during the summer in order to be eligible for our Vocational Programme. The Vocational Intensive is also open to students interested in trying a few different genres of dance.
- All Summer Programmes will be taught by Balletomane Staff and numerous Special Guest Instructors!

**Graded Vocational Intensive: July 12<sup>th</sup> – 23<sup>rd</sup>**

- Age Groups: 7-13 years + (Grade One to Grade Five/Six Level)
- We will group students accordingly by age and dance level

**Senior Vocational Intensive: August 9<sup>th</sup> to 20<sup>th</sup>**

- Age Groups: 12-18 years + (Intermediate Foundation to Advanced Two Level)
- We will group students accordingly by age and dance level

**Nursery Summer School**

- July 5<sup>th</sup> – 9<sup>th</sup> and/or August 23<sup>rd</sup> – 27<sup>th</sup> (3 & 4 year olds)

**Primary Summer School**

- July 5<sup>th</sup> – 9<sup>th</sup> and/or August 23<sup>rd</sup> – 27<sup>th</sup> (5 to 7 year olds)

## BALLEATOMANE JUNE 2021 SHOW

- It goes without saying that this year has been unlike any other. While we unfortunately are unable to perform a final show as usual, we are committed to filming our June Show!
- Here are some important June Show dates:
  - We will be filming for our 'Virtual June Show' in classes between **June 14<sup>th</sup> – June 26<sup>th</sup>, 2021.**
  - Only classes NOT working towards examinations will be participating in the virtual show. For the full list, please read page two of this document.

## IMPORTANT DATES

- **Tuesday, June 15<sup>th</sup>** – Class Schedule for the 2021/22 Season will be posted
- **Friday, April 2<sup>nd</sup> & Monday, April 6<sup>th</sup>** – Good Friday/Easter Monday: *No Classes*
- **Classes run as regular on Saturday, April 3<sup>rd</sup>**
- **Tuesday, April 6<sup>th</sup>** – April fees due
- **Saturday, April 10<sup>th</sup> - Saturday, April 17<sup>th</sup>** – 'March' Break: *No Classes (including both Saturdays)*
- **Tuesday, May 4<sup>th</sup>** – May fees due
- **Monday, May 24<sup>th</sup>** – Victoria Day: *No Classes*
- **Tuesday, June 1<sup>st</sup>** – June fees due
- **Monday, June 14<sup>th</sup> – Saturday, June 26<sup>th</sup>** – June Show Filming Week
- **Saturday, June 26<sup>th</sup>** – Last day of classes
- **July 5<sup>th</sup> – 9<sup>th</sup> and/or August 23<sup>rd</sup> - 27<sup>th</sup>** – Nursery & Primary Summer Sessions (9:30am to 1:30pm)
- **July 12<sup>th</sup> – 23<sup>rd</sup>** – Graded Vocational Intensive Summer Session
- **August 9<sup>th</sup> - 20<sup>th</sup>** – Senior Vocational Intensive Summer Session

## EXAMS &amp; EXAM LETTERS

- Please note that due to COVID-19, all exams will be delayed. We are hoping they will take place in June, providing there are no more studio closures. We are doing our absolute best to have examinations this year!
- We will be sending out exam letters between March 26 – April 1! We appreciate your patience!

## OFFICE HOURS

- Monday to Friday: 4:15pm - 8:00pm
- Saturday: 9:00am - 12:00pm

Ms. Ferenc is happy to discuss any feedback about students or to discuss classes for the following year – please email [info@balletomane.ca](mailto:info@balletomane.ca) to set up a meeting

## MOTIVATION DURING A PANDEMIC...

Wikipedia defines **MOTIVATION** as the driving factor for actions, willingness, and goals. Motivation is derived from the word *motive* or a need that requires satisfaction. An individual's motivation can be inspired by outside forces (extrinsic motivation) or by themselves (intrinsic motivation).

This pandemic has forced students to develop intrinsic motivation. We no longer have goals like shows that are such a useful tool in engaging students and keeping them motivated to work hard. I know how challenging it is to keep focused on something like dance when everything seems out of sorts. My sincere advice to students (and even parents) is to focus on the things we do have. Focus on technique, focus on that feeling when a class or even a step went well. Preserve that moment when you really felt on your leg or a little more flexible. The intrinsic motivation that a student can gain now will be what serves them in the long-term in dance and in life. If you can appreciate that moment in a dance class where you feel good and something went well, that is what is going to keep you motivated. That is also what is going to make you a better dancer. Push yourself each and every class. At some point, this pandemic will end. At some point, we will return to the stage and the theatre and we will be ready. It will feel great, and we will appreciate it more than ever. Stay focused, stay committed and most importantly, stay motivated.

## 2021 JUNE SHOW – LIST OF PERFORMANCES AND CLASSES

We will be filming for our 'Virtual June Show' in classes between **June 14<sup>th</sup> – June 26<sup>th</sup>, 2021**. Only classes NOT working towards examinations will be participating in the virtual show. **Here is a list of Classes Performing in the June Virtual Show:**

Pre-Nursery & Nursery Ballet (WED, FRI, SAT)  
Tap/Jazz Combo (FRI, SAT)  
Pre-Primary Ballet (SAT)  
Primary Modern/Tap (TUE, SAT)

Intro to Vocational  
VB Level A – F  
VJM Level A – F

Grade Six Tap

Grade Three & Four Jazz  
Grade Five & Six Jazz  
Inter Foundation Jazz  
Intermediate Jazz  
Advanced One Jazz  
Advanced Two Jazz

Grade Five & Six Lyrical/Contemporary  
Inter Foundation Lyrical/Contemporary  
Intermediate Lyrical/Contemporary  
Advanced Foundation Lyrical/Contemporary  
Advanced One Lyrical/Contemporary  
Advanced Two Lyrical/Contemporary

Boys Hip Hop  
Grade One & Two Hip Hop  
Grade Three & Four Hip Hop  
Grade Five & Six Hip Hop  
Inter Foundation & Inter Hip Hop  
Advanced One & Two Hip Hop

It is important that all student have the required uniform for classes on the filming weeks. During the two weeks of filming, **we will** have students changing into the correct uniform. It is very important that all uniform items are up to date – no holes in tights, etc. All students will need to wear a black mask. Uniforms are an important part of dance classes – please adhere to our rules. All students will also need to wear a basic ballet bun. No side or center parts. Please watch the YouTube link for details on how to make the perfect 'Balletomane' bun: <https://www.youtube.com/watch?v=XxY1hLaQVPs>

### Welcome to our newest staff member – Ms. Rebecca Strain

Ms. Strain has started teaching at Balletomane this season. She is a seasoned dancer that has trained at The Margaret Barbieri Conservatory at The Sarasota Ballet and Ballet West Scotland. She graduated with a first class Bachelor of Arts in Dance from the Open University. Ms. Strain is also a certified Progressing Ballet Technique teacher. While at Ballet West she toured as a member of the junior company in full-length ballets including The Nutcracker, Swan Lake, and Giselle as well as various contemporary pieces. After completing her Royal Academy of Dance examinations and receiving a distinction in her Advanced Two, Ms. Strain participated in The Genée International Ballet competition in Australia and Portugal. Ms. Strain performed with The Sarasota Ballet in their production of La Fille Mal Gardée as well as with Ballet West International Touring Company performing Swan Lake in Malaysia. Ms. Strain has trained in many styles of dance including contemporary, modern, jazz, lyrical, character dance, and ballet. While training Ms. Strain also taught a variety of classes to the younger students at Ballet West and Sarasota Ballet. She is a positive, encouraging and nurturing teacher and we are happy to welcome her to the Balletomane staff. Some of you may recognise Ms. Strain, as she had a sister at Balletomane (Kate Strain) that graduated in 2020. We are so happy to have Ms. Strain from our Balletomane community! Welcome to the team!

### Healthy Habits to commit to during a pandemic

I am sure that everyone can agree that this pandemic has felt like an eternity and that we are all desperate to get back to a little more of our old style of 'normal life'. I know that motivation can be very challenging to find right now. It is important to remember that we can only control our reactions to events right now and we cannot control the events. It is important to make sure that we can follow a few healthy steps to help us feel better and focus on our well being. Dancers/students should consider the following:

- ★ Be sure to drink enough water each day. Most students need at least 1.5 – 2 litres of water a day (depending on age/size). This will help you to feel better, respond more effectively, think more clearly and perform higher results!
- ★ Be sure to rest. Students should be getting between 8 – 11 hours of sleep, depending on your age. Remember to have a good sleep pattern each night; go to sleep at the same time, limit screen time before sleep, relax and get good rest time.
- ★ Follow a healthy eating plan. Canada's Food Guide is a great way to follow healthy eating. Eat from a variety of food groups and try and limit fizzy drinks, salty and sweet snacks and caffeinated beverages. Eat foods that provide good nutritious energy!
- ★ Try to limit screen time on phones, ipads and television. Studies show that students below 18 years of age should try and reduce leisurely screen time to 30 minutes a day.
- ★ Get outside everyday. Go for a walk and enjoy the fresh air!
- ★ Exercise each and everyday! On top of your dance classes – be sure to spend time on cardiovascular activity. Try to get the heart rate up by jogging, fast walking, swimming or biking for twenty minutes, three times a week. This will help your endurance in classes and help to make you a stronger dancer!
- ★ Make time for your conditioning/stability exercises each day! It benefits dancers greatly to take a few minutes each day on core and ankle stability exercises - even five minutes can make a huge difference in strength and reduce injury rates greatly!
- ★ Stay focused and positive and remember your love of the art form! That will keep you focused even on the challenging days. Remember we only get stronger by pushing forward – we do not reach for more by standing still!

### Closing the achievement gap for students training during a pandemic...

It is so important that parents, students and teachers work together to help students during this pandemic. We can assure you as teachers/staff that we are absolutely committed to trying to help the students back into their training during this pandemic. We are hopeful that we will be back to a full on schedule this summer and next year for our students. We would like students to push and get back into the commitment and love of dance. It is so important that students get into classes as much as possible (without compromising COVID requirements, of course!) and work to 100% effort each and every class. As teachers, we will help them improve as much as we can.

When a student shows that love of dance and feels good about what they have performed – the teachers could not be more fulfilled. We know this time is challenging but we are committed to helping students along to find their passion and love of dance!

## BALLETOMANE PARKING LOT SAFETY

A few weeks ago, we sent an email with the new parking lot protocols. It has worked extremely well and we are very pleased with everyone's commitment to safety. Here is a reminder of parking lots restrictions and guidelines:

Safety is our biggest priority, especially when it comes to Balletomane's parking lot. We want to ensure that the pick up and drop off system for students and parents is simple and effective, in order to do so we need everyone's cooperation. Traffic safety is everyone's responsibility. Kindly review the diagram below to understand Balletomane's parking lot protocols.

**Parking is not permitted around the grass lot located in front of Balletomane.** We need this area to be clear to ensure students are getting to and from their cars safely. We ask that the younger students park on Davis road and that parents slowly walk them to their class entrance. All students Grade Four and under need a parent to walk them to the Balletomane doors for pick up and drop off. Please only use the kiss and ride if your child can exit and enter the vehicle without assistance, **there is absolutely no parking in the kiss and ride.** Additionally, **no one should be driving at the sides of the building** unless there is a senior student parking their car on the east side. By doing your part, this will help us maintain the safety of our students coming in and out of the studio. During drop off and pick up it is busy but it clears very quickly, we must be patient and take our time.

We are still installing additional signs for safety.

Let us know if you have any questions, and please stay committed to our safety protocols

