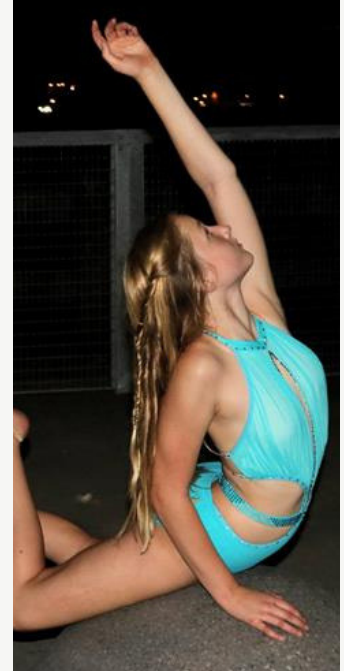
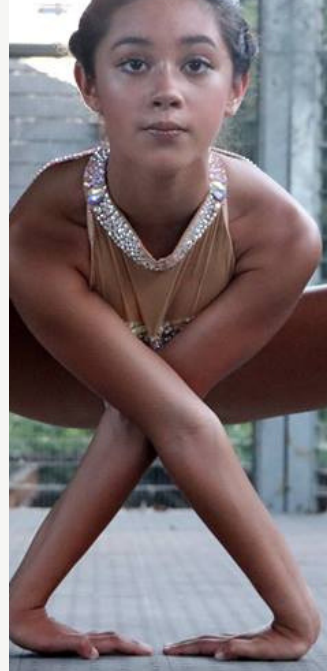


FALL 2019

Essentials Dance Company



Important Dates

Recognition Dinner

Christ Church Bartlett
5955 Yale Rd
Memphis TN 38134

7:15 p.m. Thursday August 29th

Rsvp outside Studio A.

Holiday closings

Labor Day- September 2
Fall Break- October 14th-18th
Thanksgiving Break November 25th-
December 1st
Christmas Break TBD Submit sig
outs

Pictures Sunday

September 1st 9am-

6pm

Edgemoor Gardens: 750 Cherry Rd,
Memphis, TN 38117

Bring all 2019-2020 costumes.. Have 3-5 pose options per costume on your phone. Admission is \$5 per person. Wear hair and makeup of your choice. We recommend more natural than stage.

9-1 Mini & Junior (Loxli, Anastasia, Keshawana, Addie, Annabelle, Gia, Carrington)

12-3 Preteen (Izzy, Kirsten, Nia, Carmen)

12-6 Teen & Senior (Lindsey, Kayla, Audrey, Katie, Chloe, Jordan, Lauren, Malaya, Alina, Olivia)

Please return costumes by September 9th

Please carefully remove butt glue from all costumes with boiling water. Parents have had success with soaking/ dipping/pouring depending on rhinestone/applique placements and using a butter knife or spoon to remove excess glue. Feel free to offer each other suggestions via band app as we trial and error navigate the easiest methods. Be careful to not damage costumes or rhinestones.



Band App

Dancers and Parents Please join us on The EDC band app. There is one for all students and parents as well as a mini, junior, preteen for parents of those level dancers. We also have one for Teen and Senior dancers where we will send choreography videos. Feel free to take lots of pictures behind the scenes at the studio as well as at competition and share them with us all via band app.

Teen/Senior Assignment

It's your turn to create a newsletter! Teens and Seniors will be assigned a month to publish the EDC newsletter. As a group we will form a committee to decide what should go in each newsletter. Start forming ideas now. Spotlight a dancer from each level? Dance training plan suggestions per level? What are your suggestions for a successful newsletter? We will pow wow in August to create a plan and assign each person a month. This is an opportunity for your voices to be heard and for us to all connect as a stronger team.



Dance Journals

Dance Journals due August 26th. All dancers Junior and up are required to bring their dance journal and a pen to EDC everytime they have class or rehearsals.



Journal advice

Dance training is a complex endeavor. It takes commitment, drive, focus, time, mental and physical energy, motivation and so much more. You constantly want to grow, both as an artist and as a technician. Class gives you the workout, but where do you hold yourself accountable to your own goals? A great answer to that question is the dance journal. Or diary or notebook or whatever you want to call it. That part doesn't matter. What matters is that you're actively keeping a record of your dance experience, complete with your questions, thoughts, frustrations, goals, progress, corrections and whatever else you need to make this an effective tool for you. Why write it down?

There's a reason why "to do" lists are so popular...they work! Writing something down can be very powerful. The act of writing is another way to engage your mind in your training by stimulating your brain cells in a slightly different way. The act of writing helps to clarify your thoughts, assign importance and intent to what you're focusing that mental energy on and remember things better. There are certainly productivity experts and some evidence that suggest committing your goals to paper (or computer screen) improves your chances of reaching them. (Even more if they're SMART goals. Not sure if your goals are SMART? Find out here.) What should I use for my journal?

In short, what works for you. If you can't wait to write in a gorgeous, leather-bound journal with your favorite pen, then do that. If you'd rather keep a blog or use an app, do that. And if you'd prefer to write yourself an email every night & file it away in a folder, then do that. The format isn't important and shouldn't be a barrier to you keeping it up. What do I put into the journal?

Think of your journal as a record of your dance experience. My personal opinion is that your goals, how you're tracking toward them and your corrections are some of the most important pieces of information you'll want to include. Because it's going to really jump out at you when you see on paper that your goal from 6 months ago hasn't changed at all....or if you look back over 3 months worth of class corrections and realize it's the same ones over and over. But it's your journal – include what makes sense for you. If you're choreographing, that might mean notes or inspirations. You might include questions you want to ask your teachers. It may be that you need to write out some of your frustrations, because that's a natural part of dance training as well. Or an in-depth analysis of an awesome variation or short piece you watched on YouTube, taking care to describe what you saw & why it inspired you from either a technical or artistic perspective. Being able to articulate it on the page will help you apply it to yourself. Here are some additional ideas for what you might want to write down: Class or rehearsal corrections, Goals for your next class, Strategies for accomplishing those goals, opportunities for improvement you've identified, Strengths or where you've improved, Any correction or coaching you didn't understand, and what specific questions you can ask your teacher for clarification, Strengthening or cross-training goals. Inspiring quotes, Photos or other media that move you, Movement that you find interesting or want to replicate, Your reactions to those things – describe why you find the quote or photo inspiring. (This helps connect your dancing to how you experience the world.) What you're finding frustrating, What you're finding exciting, Any "aha!" or breakthrough moments from class, What you like and don't like in class, rehearsal or performance. Long term goals, like 1-5 years away.

Assess your progress – is what you're doing today moving you toward them? Dance Informa suggested this one & I love it: assign a color and a temperature to your dancing during a particular class or rehearsal. Reflect upon why you felt this way about the work you did and what you may repeat or do differently next time. Your journal isn't set in stone – experiment with it and find what works and what is meaningful to you. This is the approach that The Center for Contemporary Dance takes with their students. They ask students to keep a journal but are not given any specific requirements so that they can find a format and a system that supports them as a dancer and an artist. Taking that same approach with yours will help make it a part of your life instead of a chore. It's like a diet – you're never going to stay on an all-green smoothie diet if you don't really love green smoothies. At some point, you're going to fall off the wagon. Make it a diet that you're going to want to eat. Then review regularly and reflect. If you've taken the time to input the information, take the time to think about what it all means. A quick skim of your last class notes before your next class can help set the tone and the intent for that time. It becomes both a reminder and a mantra for you – there's a reason that yogis set their intent for their practice. By calling your mind's attention in that direction, it sets a subconscious standard for yourself and that work. In my experience, growth is almost always intentional – you have to want it. Your dance journal will help you figure out what you want and how to get there. -Author unknown