

Move Yourself Dance

OCTOBER
2024
NEWSLETTER



October Message From Move Yourself Dance

After a busy September students and parents have likely started to feel settled back into their fall activity schedules. For the first couple weeks of dance, into mid-October we usually have students trying different dance classes; we are very happy to provide this option to students so that each dancer can find exactly what style they enjoy most. As we are now into the middle of October the classes should be coming close to being confirmed, schedules have been set and instructors are well underway teaching students fundamentals, expanding technique and working on improving each and every dancer's abilities.

Our October newsletter contains a lot of valuable information. Please read through the following pages and as always feel free to contact us if you have any questions or concerns that may come up.

In This Issue:

Important Dates	2
Important Links	2
Festival Information Review	3
MYD Promo Shoot	4

Contact Us:

403-556-1456 or 403-507-6590

office@moveyourselfdance.com

www.moveyourselfdance.com

MOVE YOURSELF
Dance LTD.

Just A Reminder: Please Bring A Water Bottle To Each Class!

Important Dates to Remember

The Following Dates Should be Marked in Your Calendars For the Upcoming Months:

- **Festival Information Night Olds - Wednesday, November 6th 5:00PM**
- **Festival Information Night Sunde - Tuesday, November 5th 5:00PM**
- **Extra Choreo Forms DUE - Wednesday, October 30th ** Important Date ****
- **Line Forms DUE - Wednesday, October 30th ** Important Date ****
- **Festival Forms DUE - Friday, November 15th**
- **Parent Viewing Week - November 18th - 20th**
- **Deadline To Withdraw From Classes - December 1st**
- **Christmas Break (No Classes) - December 23rd - January 5th**



Move Yourself Dance Festival Dates 2024

- *Danceworks Shine #1 March 21st - 23rd in Olds •*
- *Danceworks #1 April 3rd - 6th in Red Deer •*
- *Catch A Rising Star April 11th - 12th in Drumheller •*
- *Nova Festival May 2nd - 4th in Olds •*

Festival Information For 2025 Season

Festivals are meant to be an exciting and positive learning experience for all dancers. One of the most important aspects of dance is the actual performance; getting out on stage and performing can be both exhilarating and scary for dancers. Festivals give students the opportunity to perform their routines more than once during a regular dance season. Students are able to experience the encouraging atmosphere of a positive dance competition, while being able to showcase their own individual and group talent. It is also a wonderful chance for our dancers to watch other dancers perform, which gives the students the opportunities to encourage one another, as well as inspire or be inspired to push themselves to new limits. At festivals, dancers are adjudicated according to their level of training within the set dance discipline. The comments and marks from the adjudicator can help dancers to improve, through constructive evaluation, which can build the dancers' confidence and skills.

What to Expect?

Festivals are usually held out of town and students will need to travel to them. Students are expected to arrive at the festival 1.5 hrs before their scheduled performance time. Students are encouraged to watch other dances while at the festival. Move Yourself Dance Ltd. would like to strongly recommend that we show support for our other dancers that may be taking part in the festival, and we encourage our dancers to watch each other. Feel free to come early or stay late!!

What is Required From The Dancers?

Attending festivals is a big commitment for both the dancers and the instructor. Dancers must be dedicated to their dance group. Dances have to be ready to perform at a much earlier date in order to take part in the festival, as festival session runs from the end of February through to May. We want our dances to be the best they can be before we take them to festivals so dancers will have to work hard in class and really push themselves. If you decide to participate in festivals you need to make a commitment to come to class every week and work very hard to complete the dance routine. Good attendance is extremely important when preparing for festivals; students need to be present in class so they can learn the new choreography and take in the important corrections from their instructors. Lack of attendance by dancers may result in losing the opportunity to perform at festivals for individuals; it will be at the teachers' discretion as to what will be done about continued absences.

MYD Promo Shoot Information



2024/2025 MYD Promotional Shoot

Our goal from the Promotional Photo Shoot is to showcase our wonderful students from both the Sundre & Olds Studios in a positive, fun and inspiring way.

The theme of our Promo shoot is our slogan: Be Yourself, Challenge Yourself , Move Yourself

All images from the photo shoot will be available for parents to purchase at a later date through the Move Yourself Dance Password Protected Private Online Photo Gallery.

When: Sunday, October 20th

Where: Olds & Sundre Studios

Time Schedule:

Sundre Studio : 10:00AM to 12:00PM **Please meet Miss. Heidi at our Sundre Studio at 10:00AM. The dancers may take pictures in the studio space and behind the studio on the walking paths**

Olds Studio : 2:00PM to 4:00PM **Please meet Miss. Heidi at our Olds Studio at 2:00PM. The dancer may take pictures in the studio space and outside the hall, as well as may walk to Centennial Park for different photos**

What Should I Wear?

Clothing Ideas To Bring To Shoot:

- Black Body Suit &/or Ballet Pink Body Suit for Dance, Dream, Discover
- Dance Skirts & /or Wraps
- Tan & Pink Tights
- Black Yoga Pants, Capri Pants, Shorts
- Bright Coloured Dance Tops &/or Tank Tops that may be worn for dance wear
- Hip Hop: Funky Sweats, pants, hoodies, sneakers, ball caps, any hip hop props (Use your imagination!)
- Leg Warmers or other dance props
- Old Dance Costumes can be brought along however they may or may not be used for the shoot.

If you are unsure of what to bring, please wear attire appropriate for dance class and bring a few extra items in a bag.

Make- Up

Dancers may apply light makeup for the shoot however, makeup should be used sparingly and look natural.

No Stage Makeup please.