



Dance Dialogue



Welcome Back!

It's the beginning of another great year here at ABA! We are so glad to have our families from last year back, and to say a big welcome to our new students! Please be sure to greet any new dancers and families you may see; let's show everyone why we love ABA!

We are so happy to have a thriving studio, full of dancers who are eager to learn! As is often the case, you may come to your first day of class, and discover that it is very full. We want to remind everyone that sometimes classes are big at the beginning of the year, but they generally balance out as dancers shift around. So we would greatly appreciate your patience as we all settle into a new year. Please also

note that if you would like to transfer to a smaller class, it may be an option; just send us an email and we will see what we can do!

If you have not already, please be sure to double check your ABA Profile. It is important that you make sure you are actually signed up for the classes that you are wanting to take. It would also be great if you could check that your contact information is up to date. Please also be aware that if you are wanting to sign up for Automatic Payments, there is a form we need signed from you and returned to us. If you want this form, please email us at: americanballetacademy@gmail.com

ABA Nutcracker, Parent Meetings, and Costume Fittings

Of course with fall comes Nutcracker! **Please check the calendar on page two for important Nutcracker dates.**

As with past performances, we will be having our Nutcracker parent meetings and costume fittings for Ballet II and under, Boys Ballet I and II, and Jazz, during your child's class time during the week of October 7-12. For Ballet II, the meeting will be during your child's second class of the week. Please plan on attending, as this meeting is when costume fittings occur, and all important performance information is discussed. If it is absolutely necessary that you miss the meeting, we will need you to bring your dancer into the store during store hours, to have them sized for costumes.

We will be passing around the volunteer signup sheet soon, and coming around looking for volunteers again! We know it can get old being asked over and over to please sign up, and that it can feel we are rushing you. We hope everyone will remember that we just want to get the help we need to make the performance a great experience for all the dancers! And of course, thank you so much for volunteering!

Nutcracker is an exciting time & everyone has a role they would like to get. Unfortunately, that means you could find yourself with a disappointed dancer. Please do your best to be proud about whatever role they are given; they are all so much fun! It helps a lot when they see that you are excited for them; it is

Practice Calendars

We will be implementing the practice calendar system again this year. For Ballet I-III (we will add Pre-Ballet I and II around awards), we will be sending home a calendar at the beginning of each month. We are asking dancers to practice one hour each week, outside of class time. Please write what, and how long your dancer practiced, on the corresponding day, and initial for them. At the end of the month dancers who turn in a properly completed calendar will receive a prize.

Dancers can practice anything we work on in class, for credit, including stretching/conditioning, barre work, and choreography/awards. Here is a little more detail on each item, in case there is confusion:
Stretching/Conditioning: Focus on stretches we do in class, for hamstrings, quadriceps, back muscles. Examples: front splits and side splits, "froggy" and "butterfly". Dancers who have taken pre-pointe can also do exercises learned in class, such as theraband exercises.
Barre work: Do exercises learned in class. If your child is struggling to remember what they have done, encourage them to pay extra attention during class time. The basics are always helpful; plie, tendu, degage, ronde de jambe, releve, balances, jumps, etc. let us know if you have questions!

contagious! It can be especially hard with the more advanced dancers who have solos or small group dances. It's hard not to feel compared, or that we are valuing one dancer above another. Please keep in mind that with casting we take into account strengths, what we want each dancer to improve on, and what part will best showcase each and every person! So cheer up! You are all truly great dancers! ☺

Of course younger dancers can also be disappointed, especially if they have been

Dress Code Reminder Slips

At ABA, we want everyone to get everything out of classes possible. The dress code is designed to limit distractions, and to help teachers be able to clearly see the dancer's alignment.

We know that no one means to not follow the dress code, but that many families are not sure what it is, or forget. In order to help, we will be sending home friendly reminders, when we note that a dancer is not in dress code. Here is also a reminder of what the dress code is:

For Girls: A solid colored leotard, pink tights, and pink leather or canvas ballet shoes. Hair should be in a tidy bun, which will stay secure the entire class. Black shoes purchased for past shows can be worn, if the dancer has no pink shoes that fit.

For Boys: A white t-shirt, black tights, white socks, and white leather or canvas ballet shoes. Black shoes purchased for past shows can be worn,

Eugene Nutcracker Auditions at ABA

ABA will once again be hosting the Eugene Ballet Nutcracker Auditions on Sunday,

the same part for many years. Please help them to keep in mind that we try our best to mix things up, but we can't always accommodate the wishes of everyone. And remember that the dances are different each year, even if your dancer is the same role again.

if the dancer has no white shoes that fit.

No undergarments are to be worn in class (boys should wear a dance belt, as needed).

We'd also like to say a few words about ballet etiquette. These niceties are universal in the ballet world, and are good for dancers of all ages to know and practice. It is important for your dancer to be at class on time, in proper attire. Hands should be raised to ask or answer questions, and talking should be kept to an absolute minimum in class. Your dancer should always thank the teacher at the end of class. Please keep absences to a minimum, and be sure to let your teacher know when you have to miss. Dancers should never lean on walls or the barre. Please go over these rules with your dancer!

October 13th. Check for exact details in the October newsletter, and on the bulletin board downstairs at the studio.

Calendar

September 5th, 2019

First Day of 2019/2020 Classes.

October 7th- 12th, 2019

Nutcracker Parent Meetings & Costume Fittings.

October 13th, 2019

Eugene Nutcracker Audition at ABA.

October 31st, 2019

Halloween. No Classes.

November 16th, 2019

Mandatory All Cast Rehearsal at ABA.

November 23rd, 2019

Mandatory All Cast Rehearsal at ABA.

November 28th, 2019

Thanksgiving Day. No classes!

December 6th, 2019

Spacing Rehearsals after school Ballet I & up only. At the Elsinore Theatre.

December 7th, 2019

Nutcracker Dress Rehearsal. At the Elsinore Theatre.

December 7th & 8th, 2019

The Children's Nutcracker!

CONTACT

Please feel free to contact us at any of the following:

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Store Hours:

Tuesday 4:30-5:30pm

Saturday 10:15-11:45am

By appointment