



WINTER ISSUE 2010

543 MILL STREET
(CORNER OF MILL AND COURTLAND)
KITCHENER, ON 519-744-2600
WWW.INMOTIONSCHOOL.COM

MESSAGE FROM THE DIRECTOR - Lisa Collins



IN.MOTION is proud to present our 1st newsletter! Our newsletter will come out quarterly and will aid in making sure that everyone at the studio is aware of what's "new". I think this will be a valuable tool to keep everyone updated on events happening at the studio and develop awareness of what our dancers are doing too! **Communication is KEY!**

After 6 months of planning and preparing I was very proud to open our new doors on Mill Street on November 1st. Numerous friends, family and parents (including my own) dedicated their time and energy to make this project a success. Thank you to "Dance Dads" Andrew Renner, Cezary Jarski, Greg Towriss and Tim Crossman who stopped by to lend a hand. The whole studio thanks you!

continued on page 2



Phil McKee, Tim Crossman and Gord Collins on opening day! All three donated endless hours to make the new studio possible. Thank you!

NEW STUDIO OVER 5000² FEET

IN.MOTION now features 4 studios (one is a full viewing room), professionally sprung dance floors, wireless Internet, a lounge area for our students (with fridge, microwave & desk area),

continued on page 2



KW CHOREOGRAPHERS' SNOW BALL



Join us at KW's Second Annual Choreographers' Snow Ball! Start the holiday season off with the hottest show and party in town. An event where energy runs high and some of KW's best choreographers and dancers join together to showcase their talents. A night of inspiration and a spectacular show. Stay after the show to dance and party the night away!

MC Scott Kufske / DJ Taylor Rootes

Date: December 12, 2010

Doors open at 7pm; Show time is 8pm

Location: Elements Night Club / 90 King Street W, Kitchener, N2G 1A6

Tickets: \$10 in advance and can be purchased at IN.MOTION School of the Performing Arts or from any of the participating choreographers, or \$15 at the door.

This event is for ALL ages of dance lovers! Moms and Dads come out and support KW's growing dance community! Please bring a non-perishable food item for KW's food bank.

LIVE LIFE IN.MOTION!

MESSAGE continued

The new studio is a welcome change and I couldn't be happier. I truly hope you are happy with your "new home" and will enjoy all the space has to offer for many years to come. I know many many good memories will be made here and our IN.MOTION family will continue to become closer and stronger each day. Rumour on the street is that "IN.MOTION's new studio is high tech and the studio to be at". NICE!

Thank you all for bearing with us at our old location in the Fall. I know we were all a bit cramped and had to handle a few schedule changes. Thank you for supporting us through that. It was/is much appreciated and will not be forgotten. Thank you!

The accomplishments of our students this year is truly spectacular and we are blessed this year with a group of amazing families. I love where I see the studio going! We are not only developing lovely dancers but respectful and hard working people. That's important!

With the holiday season approaching, on behalf of myself and my family, we would like to wish you all a wonderful holiday season filled with joy, family and love.

Happy Holidays!

Miss Lisa xo (and Asia!)



NEW STUDIO continued

large lobby area, plenty of parking and plasma TVs in the lobby with live feed to each studio (no feed during our adult classes). Classes offered for ages 2+ to adult. Programs offered for Youth, Professionals and Adults.

LIVE LIFE IN.MOTION!



Mom-in-law, **Shirley McKee, Mama Fern and Asia** all prepping for Nov 1st studio opening

Intermediate program dancers enjoying the dancers lounge at the new studio!



Phil and I playing with the TVs and video cameras

GERMANY WORLDS

We are proud to announce that four of our IN.MOTION Senior Dancers are travelling to Germany with the Canadian Tap Team to compete in the World Tap Competition. Our dancers will be gone from November 29th to December 6th, 2010.

Congratulations to Cassandra Ford, Mariah Abbott, Angelika Jarski, Koren Wirschke who will proudly be representing our studio in Germany at the competition.

We at IN.MOTION are very proud of our dancers and wish them the best of luck at the competition!

Go for the GOLD girls!



We are looking for advertisers for future IN.MOTION newsletters. If you are interested in placing an advertisement like this in our newsletter to be issued quarterly, then contact Leanne Nighman at lnighman@gmail.com for prices.

MERCHANDISE

In time for CHRISTMAS! A new line of IN.MOTION clothing is available at the front desk. All of our merchandise can be worn during classes!

IN.MOTION Hoodies! Sizes for all ages, even the parents!

Stylish loose crop t-shirts. One size (adult M)

Baby rib long sleeve t-shirts for our youth dancers! Sizes 8, 10, 12. These shirts may be worn during class time in the winter!

Cotton knit beanie! One size. Very cool for everyday wear and at competitions!



GOOD NUTRITION FOR DANCERS

An online article from the University Ballet of Chicago, <http://uballet.uchicago.edu/dancernutrition.pdf> livepage.apple.com

The benefits of good nutrition are numerous, and even more so for dancers. Constant training takes a toll on muscles, joints and bones. Good eating habits can improve the recovery from such strain, and even assist with lean muscle growth and soft tissue repair. Eating the right foods can increase energy, focus and concentration. Finding the proper balance of nutrients not only prevents fatigue and injury, but also supports a long healthy career in dance.

While carbohydrate is the primary fuel source for the body, protein stabilizes blood sugar levels and maintains steady energy throughout the day. Here's a breakfast idea that combines carbohydrates and protein:

Blueberry Soy Shake

Blend:

- 1 cup frozen blueberries
- 1 cup soy beverage
- 1 banana
- 1 tsp. flax seed oil (optional)



Miss Lisa thanks the students and parents for surprising her on her birthday in November with a digital photo frame holding over 1000 photos from the past 3 years! The frame is in the front lobby for all to enjoy!

COMPETITION INFORMATION

Competition rehearsals have begun and our routines are looking amazing already! Pick up a full schedule of rehearsal dates and times at the front desk.

Specific schedules for each competition will be released as soon as they come in (usually 2-3 weeks prior to the competition).

TERPSICHORE, April 14-17

River Run Centre, Guelph

KICK IT UP, April 29-May 1

Armenian Youth Centre, North York

DANCE ODYSSEY, May 6-8

Mohawk College, Hamilton

STUDIO CLOSURES

Monday, December 13, 2010 -
Sunday, January 2, 2011

Monday, February 21, 2011

Monday, March 14, 2011 -
Sunday, March 20, 2011

Check the website for more information.

COMPETITIVE GUEST CHOREOGRAPHERS



SCOTT G. KUSFSKE - Scott juggles the roles of teacher, choreographer, director, producer, and performer. But most of all he enjoys travelling across the country as a dance competition adjudicator, host, and administrator. He operated and owned his own dance studio, "Steps", in Waterloo for 14 years training dancers to many over-all national titles and scholarships. Students who graduated from Scott's studio currently are enjoying careers in theme parks, cruise lines, television, music videos, Broadway, and the teaching profession. Scott served as President for Chpt. #38 for Dance Masters of America and then National Director for the Jr.

Mr. Dance Scholarship program for 2 years and the National Director for the Performing Arts for another 2 years. He loves to perform and is a member of the Canadian Actors Equity Association with 28 shows to his credit. His choreography has been critically acclaimed and is highly respected for his contributions to the Musical Theatre industry across Ontario. Scott continues to inspire and educate dancers across North America as a workshop teacher and motivational speaker with his "Vibe", "Choreo" and "Comp-Connection" seminars. He has been a guest choreographer for several dance studios and organizations all over North America. In 2003 he completed the Artistic Director job for the Dare to Dance program for Dance Saskatchewan. He has been the Director of many dance competitions over the years including Rhythm Dance, Starmaker Dance Festival, D-Force Productions, American Dance Awards Canadian Tour, and now Terpsichore Dance Celebration. Mr. Kufske is the Assistant Editor of Dance Canada Quarterly, Canada's Dance Magazine.



NATALIE CRAWFORD Natalie started dancing at the age of 6 and has been on stage ever since. Winning numerous overall and special awards throughout her 10 years of competing, Natalie decided to take her dancing career to the next level. Starting with the Jr. Raptors Dance Pak, dancing in front of 20,000 fans was such a rush that Natalie knew performing was where she was meant to be. Taking her journey to the triple threat aspect of the arts world, Natalie performed for 3 consecutive years with Kitchener Waterloo Musical Productions fall shows as well as The Community Players of New Hamburg spring shows. Natalie then toured with

Dance Canada in Malaga, Spain, and became part of LMC Productions working and training with Miss Lisa to be the dancer she is today. After performing in many local gigs and LMC Production's Christmas Show, "Holiday Sparkle", Natalie said farewell and bon voyage to land work. Traveling to 4 different continents and over 23 countries throughout her 4 contracts with Celebrity Cruises, Natalie is so grateful for what her dancing has helped her achieve. With feet firmly on land, Natalie continues to perform and train as much as she can, and is now a successful teacher/choreographer in Kitchener and Mississauga. Happy and honoured to be a part of the amazing IN.MOTION staff. "Why dance?" ... "Why breathe?"

SENIOR LOS ANGELES TRIP

Eleven of our senior dancers and four faculty members (Miss Lisa, Meaghan, Natalie and Mr. Nick) head off to Los Angeles on December 14 for a week of intense training! We'll be training at The Edge and Millennium Dance Studios in downtown LA with some of the world's best choreographers. LA is the world's dance hub. It's where most movies, videos, and tours are cast and choreographed. Many dancers make the trip to LA to simply train, soak in some inspiration and maybe get their "big break"! The plan is to sleep, wake up...dance...eat...dance... sleep! I'm sure we'll hit Rodeo Drive, Venice Beach and tour the Hollywood Hills! Stay tuned for photos!

