



FALL ISSUE 2011

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

WWW.INMOTIONSCHOOL.COM

MESSAGE FROM THE DIRECTOR - Lisa Collins



Hello IN.MOTION students and families! I hope everyone had a fabulous summer and is ready for our 2011-2012 dance year to begin!

Welcome back to our returning families, it is wonderful to see you all again! To new families, we welcome you to IN.MOTION and look forward to getting to know you better! IN.MOTION has a warm and welcoming atmosphere. To our new families, if you have any questions ever, please feel free to ask at the front desk or contact me personally. We have plenty of returning parents who are happy to lend a hand or help out too.

I am very excited for our 2011-2012 dance year! We have an amazing group of dancers and families with us this year. I look forward to making this a very positive year for all of us! As always I promise to maintain my high standards of training and professionalism.

continued on page 2

INJURY PREVENTION: SPRUNG FLOORS - Dr. Colin Leis, D.C. KW Health Connection

Dancing is a terrific form of exercise enjoyed by many. There are many kinds of dance styles that have been made popular throughout the years. Whether it is ballet, tap, jazz or acro, a certain kind of floor is required to make the experience enjoyable as well as safe. A sprung dance floor adds some spring into dancing, and also keeps its participants comfortable and free from injury. The benefits of a properly sprung floor are many. The shock impact caused by landing is absorbed in two ways; some rebounds up through the body (foot, ankle, knee, hip and low back) and some gets transmitted to the floor. The better the floor, the less shock the body has to absorb.

When landing from a jump, a body can contact the floor with three to five times its own weight as it descends, and with this happening repeatedly in every dance class, you can

continued on page 2



This summer, LMC Productions was proud to present the 6th year of the Get Exposed Summer Workshop at IN.MOTION School of the Performing Arts. Students learned so much from the guest choreographers: Eryn Waltman, Shavar Blackwood, Linda Garneau, Joe Perez, Danny Lawn, Sebastian Mersch, Leon Blackwood, and Faye Rauw. It was an amazing opportunity for students to learn from the best in Canada...AND they had lots of fun!



Find out what IN.MOTION students did with their summer break on page 3

MESSAGE continued

Thank you to my Dad (Gord) for all the hours you put in at the studio to make it beautiful and clean. This summer, my Dad added a new bench in the lobby for extra seating and shoe storage, new carpet, painted all the floors, painted 2 of the studios, created a new boys' change room, re-decorated my office, built a new "theatre" seating style bench for our student lobby and finally found us a great new front desk, which my Mom (Fern) loves! Where would any of us be with out the support of our families!? Thanks Mom & Dad! xo There are a few more additions/upgrades that will happen throughout the year, but those are surprises!

With an incredible faculty and such an amazing group of families I think we have found the perfect match!

At IN.MOTION there a two things I think are necessary to continue on a successful path:

#1 - A POSITIVE ATTITUDE I encourage all at IN.MOTION to be supportive of one another, to enter the studio with a smile, and finally always to do your best to be the best person and dancer that you can be.

#2 - COMMUNICATION Talk to me!! If you have questions or concerns please, please contact me. I'm an extremely open and honest Director and always happy to chat, listen and make changes if needed.

On behalf of my family and faculty, we look forward to sharing IN.MOTION and all it has to offer with you all!

With Love, Miss Lisa

**INJURY continued**

imagine how easy it is for a dancer to acquire a repetitive strain injury in the lower limb. Dancing in venues without sprung floors can commonly result in ankle sprains, shin splints, stress fractures and joint damage. This can force a young dancer to have to take weeks or months off training to recover.

Sprung dance floors have many requirements that need to be met in order for it to be deemed as appropriate. Dancers rely on these requirements for optimum performance as well as a decreased chance for injury. A good sprung floor should have just the right amount of give, or resilience. This eliminates the chance of repetitive strain being put on the dancer. A minimum standard would be that just over 50% of the shock should be absorbed by the floor, with the rest being absorbed by the flexing of the ankles, knees and hips on landing.

All sprung dance floors need to be flat and even. There also needs to be minimal variation in the floor. This helps prevent the dancer from falling. So while the floor is set above the sub flooring, it must be absolutely flat.

Another important characteristic of a sprung dance floor is its traction. If a sprung floor has too much traction, the possibility of twisting an ankle is increased. Too little traction leaves the floor extremely slippery and unusable for most types of performances.

While dancers also have to pay attention to other methods of injury prevention, such as proper technique, a good warm up/cool down, cross training, proper nutrition, and adequate hydration, Miss Lisa has put a lot of thought and care into choosing the right floor to help keep her students healthy and injury free.

ADULT CLASSES

**Couple's Ballroom Dancing
Tuesdays 7:30-8:30pm**

Private lessons are also available on Tuesdays to Thursdays, Saturdays, & Sundays. For more information, call Lisa at 519-744-2600.

Our Adult Classes offer dance & fitness in an enjoyable and mature atmosphere. All levels and ages welcome! Check the website for classes and schedules.

RECONNECT TO A HEALTHY & ACTIVE LIFESTYLE
ph. 519 576 2222
417 King Street West, Unit B2
www.kwhealth.ca | info@kwhealth.ca Kitchener, Ontario N2G 1C2
kw health connection
chiropractor • naturopath • massage

WHAT I DANCED ON MY SUMMER VACATION



Michael



Avery

Michael Carvalho and Avery Robinson attended the Sun-Dance 2011 Summer Program at

the Canadian Children's Dance Theatre in Toronto. This 3 week program focused on the R.A.D. ballet syllabus, ballet and character repertoire, modern and modern repertoire. They also had a chance to take classes in musical theatre/jazz, ballroom, Bollywood and hip hop. Avery and Michael thoroughly enjoyed their experiences and especially liked the modern classes.



Kennedy

Kennedy Robinson attended Summer School at Canada's National Ballet in Toronto from July 4-29. While there she lived in residence, attended classes in ballet, Chinese folk dancing, modern, and pool conditioning. She had an amazing time and made friends from all over Canada

(ask her about the fire drill!).



Emily & Summer

Mike

Mike Glenney, Summer Edwards, & Emily Nighman attended Rhythm World in Chicago. It is the oldest and most comprehensive festival of American tap and contemporary percussive arts in the world featuring an extraordinary master faculty of 24 teachers and presented by the Chicago Human Rhythm Project. They also joined the Tap Dance Centre's Performing

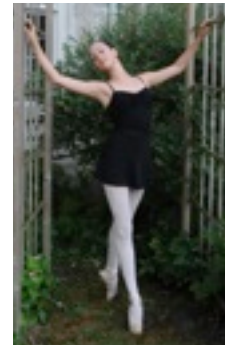
Companies in August with Angelika Jarski and Mariah Abbott.

Keira Tidmand, Victoria Theriault, and Britney Chapman had a blast at the Waterloo Inn where they participated in the So I Know I Can Dance Summer Intensive Workshop.



Britney, Keira, Victoria

Karly Fitzsimmons attended the summer program at Quinte Ballet School and was accepted into the full-time program. She will concentrate on ballet to become a professional ballerina. She'll attend high school for half a day and ballet school for the other half. At night...more ballet! Karly has moved to Belleville to pursue her dream. She will be missed but we're very proud of her accomplishments and feel blessed to have been part of her dance career. Karly knows that IN.MOTION will always be a home for her to come back to.



Karly

DATES TO REMEMBER

FIRST TERM:

September 12, 2011 - December 4, 2011

COMPETITION MEETING:

Sunday, October 2, 2011, 11:00am at the IN.MOTION Studio; if you are interested in competing with us, *please attend!*

Monday, October 3, 2011 - Wish Lists Go Out,
Monday, October 10, 2011 - Wish Lists Due Back. Competition offers will go out shortly thereafter!

STUDIO CLOSURES:

Mon., October 10, 2011

Thanksgiving;

Tues., December 20, 2011

to Sun., January 9, 2012

Christmas Vacation



WELCOMING NEW FACULTY TO IN.MOTION

HOLLY LINKERT



Holly trained at the Waterloo Dance Centre and the Moree School of Dance where she completed her RAD Elementary ballet exam. She was a dancer and dance captain for International Entertainment (Regal Cruise Lines) and Jean Ann Ryan Productions (Norwegian Cruise Lines). Holly was a member of the 2003 World Bronze medal Canadian Showdance Team that competed in Dresden, Germany. She graduated from King's College at the University of Western Ontario with an Honours Bachelor of Arts degree in History and is a certified dance, drama, history and guidance teacher with the Ontario College of Teachers. Holly is completing her teaching certification for the ADAPT syllabus.

JENNY GALLOWAY



Jenny was born in Kitchener, Ontario and began dancing at the age of 5. One of her greatest achievements was earning her intermediate, advanced foundation and advanced 1 classical ballet examination through Royal Academy of Dance, passing with distinction. She won many awards competing, such as the prestigious titles of Junior, Teen and Miss Dance Masters of America of Western New York. You can see Jenny in various TV commercials. Her latest endeavor has been to travel the world entertaining for Royal Caribbean Cruise Lines. Jenny is enthusiastic to spread her knowledge of current style and technique and continues to become a more well-rounded dancer.



KEIRA TO KENYA

My name is Keira and I'm 13 years old. I had the opportunity to participate in We Day 2010 and was truly inspired by the change that 1 person could make in the world. I am making and selling these bracelets to fund my trip to Kenya to help build a village in the summer of 2012. To place an order, contact: shebearandkeira@sympatico.ca

519-653-1003
gatewayph@bellnet.ca

HOUSE CALLS AVAILABLE

PROFESSIONAL GROOMING Available On Site

BUSY SCHEDULE? Drop Off Services Available For Most Appointments

Full Service Companion Animal Hospital

WWW.GATEWAYPETHOSPITAL.COM

IMPORTANT INFORMATION

SHOE SHARING BOOK: This book is used to resell used dance shoes or purchase them. It is a handy tool, especially for tap shoes which can be pricey and children often outgrow them before they are worn out. Feel free to take advantage of this great idea! Ask for it at the front desk.

DRESS CODE: The majority of our classes have a dress code. I'm a huge believer in "Looking the Part". If you look like a dancer, you'll feel like a dancer! A dress code makes getting ready for dance easy, creates uniformity and helps us as teachers see the body and make corrections. For Hip Hop, look like a hip hop dancer! When you LOOK "funky", you'll feel "funky"! Indoor running shoes are a MUST. This is to keep our studio clean and free of outside dirt. For our 2+, 3+ and 4+ dancers, hair should be off the face. For our 5+ dancers, hair must be in a bun for ballet (this helps with the development of proper technique with your turns!) and in a ponytail for all other disciplines. Hair nets make a bun very easy to do. I would personally be happy to teach you how to make a quick and easy bun! I call mine my "Quinte Ballet School Bun"...that's where I learned how to make a proper bun! (Quinte is a professional private ballet school). I really appreciate your co-operation.