



WINTER ISSUE 2012

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**WWW.INMOTIONSCHOOL.COM**

## MESSAGE FROM THE DIRECTOR - Lisa Collins



Happy New Year! I hope everyone had an excellent holiday season and is happy to be back at the studio! For me, I'm very excited to be back!

We have had an incredible fall season at IN.MOTION. As a faculty we have seen phenomenal growth in our students and have been very pleased with our classes! Great job to ALL our students!

In the upcoming months we will begin our recital routines. This is an exciting time for all the kids! This year's show takes us "Around The World"!

We also head full on into our competition season. Over the break, many of our students were in learning their competition routines. Our routines are already looking GREAT and I'm excited to present our team at competitions this year! As we move forward with our competition

continued on page 2

## BALLET EXAMS - Felicity Jones

We are very excited to have 33 students entering their ballet exam under the Royal Academy of Dance (RAD) this spring! From Grade 2 to Advanced Foundation, students in the Exclusive Program have been studying the syllabus material and upon completion of the exam will receive a certificate in their level. Doing a ballet exam gives the students a sense of achievement and pride in their work, this enhances learning, remembrance and self esteem. This in turn develops better awareness of technical detail, and creates a more mature attitude toward presentation and artistry. Completion of the exam can build to professional accreditations in dance and the positive attributes gained are beneficial to the students in other life situations.

Students improve in dance at their own rate and there are many aspects to learning dance. Classical ballet is a detailed discipline, 'knowing' the exercise is not all that's required. Many dancers can remember the sequence in

continued on page 2

## GUEST COMPETITION CHOREOGRAPHERS



Josh Assor has danced on stage in Stratford, in music videos and has taught at numerous studios and workshops. He was just cast in Broadway's "Mary Poppins"!



Geisha Chin is a contemporary dancer who competed in Season 4's So You Think You Can Dance Canada and made it into the top 12!

## COMPETITIVE SCHEDULE

March 25, March 31 and April 1 - Full Comp Dress Run at In.Motion

**April 13th to 15th** - En Pointe/Just Dance Competition in London, Ontario

**April 19th to 22nd** - Fever Competition in Gatineau, Quebec

**May 4th to 6th** - Dance Canada Competition in Brantford, Ontario

**May 11th to 13th** - Terpsichore Starz Competition in Niagara Falls, Ontario



**MESSAGE continued**

season, I hope it is one full of fun, growth and a sense of achievement by all. Best of luck to all involved!

During the fall season many of our students were involved in professional work. I'm so pleased that our students are learning the tools needed to go beyond the studio! That's wonderful!

For my birthday in November I was presented with the most beautiful gift. Our students and faculty put together a scrapbook filled with photos and personal notes for me. Thank you so much for this very special gift that I treasure.

Thank you to all for the time and effort you put into IN.MOTION! It is appreciated and my faculty and I look forward to continuing our year with you and your children!

Sincerely,  
Miss Lisa xo

**BALLET continued**

which the steps are performed, but to achieve the required level they also need to consistently demonstrate detailed, accurate technique, musicality and co-ordination, dynamic qualities of movement, and expressive communication in their performance and artistry. Having learned the sequence of steps students are able to then concentrate on these important requirements. If a dancer is missing one of these aspects it hinders their dancing overall. Also, as a dancer's body grows and changes, they need time to adjust to their new frame. Often a growth spurt will affect balance and control of movement and so the dancer will need to work hard on their strength and flexibility in order to stabilize their movement control again. Therefore, the technical aspects trained in ballet enhance most other styles of dance.

The Royal Academy of Dance is the world's largest examining and teaching organization for classical ballet. The Royal Academy of Dance promotes knowledge, understanding and practice of dance internationally. "We seek to accomplish our mission through promoting dance, educating and training students and teachers and providing examinations to reward achievement." In a qualified, registered RAD teacher you will find integrity, competence and professionalism. The RAD sets a high standard in the education of ballet. We wish all students the best of luck as they work towards their RAD Exams this Spring!

Mark your  
Calendar

**STUDIO CLOSURES**

February 20th - Family Day  
March 12th to March 18th - March Break  
April 6th to April 9th - Easter Weekend  
May 21st - Victoria Day Weekend

**IMPORTANT DATES**

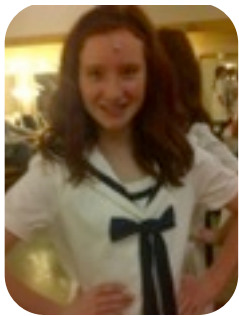
March 19th - Start of Term 3  
June 3rd & 10th - Year End Show Dress Run at In.Motion. Start time: 11am  
June 8th, 9th & 10th - Photo Days for Ensemble Team & Recital Class  
June 10th - Year end BBQ. Start time: 11am  
June 15th - Year End Show Dress Run at the Humanities Theatre, UW at 5:30pm  
June 16th - "Around the World" Show at the Humanities Theatre at 12pm and 6pm

ROYAL ACADEMY OF  
**DANCE**

<http://www.radcanada.org>

## IN.MOTION STUDENTS IN THE COMMUNITY

Michael Carvalho was excited to be cast in his first TV commercial this past November. The commercial was for JUICEBOX, a new music video channel devoted to kids, and first aired on CTV during the Toronto Santa Claus Parade. The day-long shoot was a lot of fun and Michael loved seeing how things worked behind-the-scenes. His favourite part was getting to jump on the trampoline with a huge green screen behind him. He was also thrilled that his Russian jump made it into the commercial!



November also saw the performance of KW Musical Productions' "The Sound of Music". Rehearsals began in September and Emily Nighman was thrilled to be cast as Brigitta Von Trapp, which gave her the opportunity to be a triple threat with singing, dancing and acting. Amanda Brunk, vocal instructor at In.Motion and Music Director of the Singer's Theatre was the vocal director of this show. In December, Emily also did a voice over for a Snuggle fabric softener TV commercial.

Cameron Roth was extremely lucky this fall as he had the opportunity to play a young boy on an episode of "Murdoch Mysteries". He did not like his costume too much as he prefers to be in skinny jeans and a hoodie, but had a blast acting with the cast! Cameron was also able to go into the studio to do voiceovers for an independent film called "Love Sam", this film is scheduled to be featured at this year's TIFF!



Our IN.MOTION dancers had the time of their lives dancing in a surprise Flash Mob on November 4 for Random Act of Kindness Day. After only two rehearsals, our Junior Advanced,



Pre-Senior and Senior dancers kicked off the event by bringing energy and getting all of the volunteers pumped up and ready for the exciting day ahead. IN.MOTION helped support and contribute to Random Act of Kindness Day

the best we know how, DANCING.

What is Christmas without the ballet performance "The Nutcracker"? Well it's not really Christmas at all. In December, many In.Motion students were given the opportunity to perform with the professional ballet company Ballet Jorgen. With the encouragement of Miss Lisa, students auditioned in both Kitchener and Guelph. Mariah Abbott (dragonfly), Kennedy Robinson (chipmunk), and Avery Robinson (chipmunk) performed in Guelph. Justine Bissonnette (chipmunk), Michael Carvalho (chipmunk), and Summer Edwards (dragonfly) performed in Kitchener. Cassandra Ford and Koreen Wirschke performed in 24 shows with the touring cast and travelled around Ontario. Koreen was a farm sister, a deer, and the rat in the battle scene; Cassandra was a woodchop girl, a deer, a beaver, and a dragonfly. Being able to share the stage with not only professional dancers, but your dance family was a great experience. Ballet Jorgen created an amazing opportunity to view how the professional world of dance works.



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## Functional Training: Unlocking the Key to Rehab & Performance Enhancement - by Colin Leis, D.C.

### Introduction

Athletes and performers are constantly bombarded through popular media via television, magazines, and the ever-dangerous "word of mouth", with training tips on how to enhance their performance. The components of most training programs include performing a host of exercises to target individual muscles one at a time, using maneuvers that are unlikely to be performed in any sporting event. Thus the question arises, "does getting stronger at these movements translate into functional strength and motor control required on the playing field or on stage?" Unfortunately for most, the answer to this question is no.

### What is functional training?

The next logical question is "how do I get stronger at the activity that I need to get stronger in?" and the answer is to train functionally. In the scientific community there has been a paradigm shift towards functional training. In fact, functional training has become a buzzword in clinics, gyms, and academic institutions.

### The Nervous system - Motor Programming

How are these motor programs developed? The easy answer is through many years of practice. The longer, scientific answer is via feed back control. Each joint, muscle, tendon, and ligament of the body contains what are known as proprioceptors. Proprioceptors are specialized sensory receptors located inside muscles, joints, and tendons that monitor the length and tension of the muscle-tendon complex. In so doing, they provide the central nervous system with

information concerning kinesthetic sense, or appreciation of the body in three-dimensional space.

Functional training uses motions that will be encountered in athletic situations to support, and improve upon the execution of motor programs. It also challenges the body's proprioceptive system by, for example, creating an unstable base with the use of core balls instead of the stable weight machines. Thus it can help to further train the nervous system to adapt to external challenges, thereby perfecting the execution of specific motor programs by reinforcing correct muscle activation sequences, timing, balance, etc.

### Functional Rehab

Following injury, whether acute or repetitive strain in origin, functional training becomes even more important. When the body is injured the individual tissues can heal (although often needing the help of a good manual therapist), but the muscles and surrounding fascia will learn. The structures surrounding the painful area will readily develop habits of guarding that outlast the injury. The correct motor programs will then have to be reestablished, starting with very basic exercises that work on the ABCs, Agility, Balance and Coordination. If you start back in to competitive training too soon, you risk reinforcing the incorrect motor patterns which will leave you as a ticking time bomb for reinjury.

*Colin is a chiropractor, ART provider and clinic director at KW Health Connection*

## ON BOARD MONARCH OF THE SEAS - by Clarice Chin

Hey In.Motion Family! I'm writing from the beautiful Monarch of the Seas. I've been onboard the ship for just over a month and have finally begun to feel settled and adjusted to life at sea. The itinerary consists of 3 or 4 day cruises travelling from Port Canaveral Florida to Nassau Bahamas and CocoCay. In 1 week the ship completes 2 cruises. I perform 2 shows on the 4 day cruise and 1 show on the 3 day cruise. The shows are called Signed, Sealed, Delivered and You Can't Stop the Beat. They are both high energy shows and I enjoy performing both of them very much. I also participate in other ship activities such as boat drill, mob dance/sail away party, 70's night disco party, the Welcome Aboard Show, the Farewell Show, and Crown & Anchor member events. Eventually I will also be teaching a weekly salsa class and participate in a question and answer session for the guests. My favourite part is that I am able to meet so many people. There are 800 crew and we can have 2300 passengers. Cast consists of 8 dancers and 4 singers who come from the US, Argentina, and the Philippines. I'm working with very talented people and am so lucky to have a cast that gets along as well as we do. The hardest part of this job is being away from my family, friends, and of course my studio! I miss you all greatly and look forward to returning home in July. Best of luck this year!

