



SPRING ISSUE 2012

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

[WWW.INMOTIONSCHOOL.COM](http://WWW.INMOTIONSCHOOL.COM)

## MESSAGE FROM THE DIRECTOR - Lisa Collins



Recital time is just around the corner! Excitement is growing and all our dancers are working hard to put a great show together for all their families and friends! I look forward to "Dancing Around the World" with you all on June 16th!

Spring time brought on our competition season. Our dancers attended 4 competitions and represented our studio with the grace, class and



continued on page 2

## 2012-13 REGISTRATION

Class sizes are limited to 16 dancers per class. Please register early to secure your classes. A \$100 deposit and all post dated cheques are required to secure registration. This deposit will be applied to next year's fees / non-refundable. ZERO Registration Fee. No deposit required for summer classes. The following registration dates are for Summer 2012 & Fall 2012 – 2013.

- Friday, May 18th, 5pm – 8pm
- Wednesday, May 23rd, 5pm – 8pm
- Friday, May 25th, 5pm – 8pm
- Saturday May 26th, 10am – 1pm at "The Singer's Theatre" 321 Weber St. N, Waterloo
- Friday, June 1st, 5pm – 8pm
- Saturday, June 2nd, 10am – 1pm
- Friday, June 8th, 5pm – 8pm
- Saturday, June 9th, 10am – 1pm
- Tuesday, August 28th to 30th, 4:30pm – 7:30pm
- Wednesday, September 5th, 4:30pm – 7:30pm
- Thursday September 6th, 4:30pm – 7:30pm

Or contact Director Lisa by phone (519-404-0673) or [Lisa@inmotionschool.com](mailto:Lisa@inmotionschool.com) to speak directly about registration or to set up an alternative meeting time.

continued on page 3

IN.MOTION Presents....

## DANCE AROUND THE WORLD

Saturday, June 16, 2012, 12pm and 6pm

Humanities Theatre, University of Waterloo



Tickets are \$22 + tax & handling for reserved seating  
Loyalty Program Members can purchase tickets on Wednesday, May 23 at 12pm  
Open Ticket Sales are on Thursday, May 24 at 12pm

Call the box office at 519-888-4908

Both shows will be filmed and available for purchase. The DVD is \$40 for each show and must be paid prior to the show. Sign up at the front desk for your copy!

**MESSAGE continued**

dignity that I would have expected. Not only did we win multiple "overall" awards, but we also won a "Sportsmanship Award" and were congratulated many times for our positive approach to the competitive world. Our goal is always to perform our best and win with grace. Congratulations to all for their HUGE success this season. WOW! A few of our winning routines will be featured in our year end show for all to enjoy.

Our summer class line up is HOT HOT HOT! We have lots of great classes offered for ages 2 to ADULT in July and August. We offer our famous GET EXPOSED workshop, 2 weekly summer fun camps and our nightly Monday to Wednesday classes. I would highly recommend that you take advantage of these classes as we do offer some different and exciting options over the summer. If your child is looking to compete with us next year, taking summer classes will keep their skills sharp and their mind & bodies in shape.

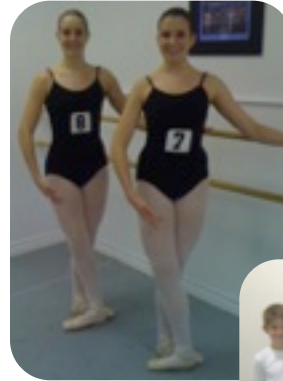
Thank you everyone for an amazing year! Next year we celebrate our 5th year and I am thrilled to where IN.MOTION has aspired. I appreciate your support, kindness and dedication to our studio.

This time of the year brings a lot of "new" information to many. If you have any questions about our recital, rehearsals, photos, registration etc., please DO NOT hesitate to contact me directly. Lisa@inmotionschool.com.

See you at the recital! Thank you again for a wonderful year! xo Miss Lisa

**RAD BALLET EXAMS - Felicity Jones**

There were 33 ballet students who completed their exam this year. Congratulations to all the students who completed their RAD Ballet Exam this spring! It was wonderful to see the enthusiasm the kids had when entering the exam, and the positive reflection when they came out! We look forward to receiving their results in June.

**Year End Show Rehearsals**

Dancers age 4 and under will rehearse in class.

June 3rd & 10th at 11am - Dress Run at In.Motion (**for dancers age 5+**).

June 15th at 5:30pm - Dress Run at Humanities Theatre (**for all dancers including age 4 and under**). Please check schedule for your start and finish times.

**Photos - We need all dancers to attend**

June 8th at 5pm - Ensemble Team Competition and Year End Show number photos

June 9th at 9:45am - All IN.MOTION Youth and Exclusive Program Dancers.

*Please check schedule for your start times.*

**BBQ/Breakfast**

June 10th from 10:30am to 3pm - Join us for a studio BBQ/Breakfast and celebrate a fantastic year! (Coincide with our show run).

**! ADULTS THIS SUMMER !**

**FLIRTY GIRL FITNESS** joins IN.MOTION this SUMMER! Every Monday 5:30-6:30PM (July & August).

"Flirty Girl Fitness™ is Toronto's hottest, women's only, fitness work out. Our approach to fitness is to make exercise so outrageously unique and entertaining it will inspire you to get fit and feel fabulous. Our goal is to ensure that you love working out so much you'll make it a regular part of your daily routine. Not because you have to, but because you LOVE to! Bad day at work? Need to de-stress? Feeling Sexy?? Get up and dance it out Coyote Ugly-style!"

**BOOT CAMP** on Mondays 6:30-7:30PM. This work out is for men and women looking for a traditional workout concentrating on your heart and muscles. This class involves circuit workout training where you work, sweat and best of all burn calories like crazy!

**STRETCH & STRENGTH PILATES** with Miss Felicity on Wednesdays 6:00-7:00PM.

Exercise through **DANCE** and give your kids a run for their money! Classes offered: Hip Hop, Tap, Ballet (Beg & Inter) & Jazz (Beg & Inter).

**GROWING TO MEET YOUR NEEDS**

In January, the unit next door became available and I swept it up in order to accommodate the "Singer's Theatre" joining us in September 2012. We developed one studio to help with competition time but this summer we finish developing the other two. One of which is a full SOUND PROOF room for voice lessons! Changes over the summer to our current facility include:

- Studio 4 will be converted into boys and girls LARGER change rooms
- Our lobby is expanding and will include additional seating
- Addition of shoe racks
- We add 2 new beautiful, large dance studios (sprung floors across the board!)
- NEW loft storage for costumes
- Addition of one bathroom in new unit

You'll enter the new unit from our current facility. I look forward to you all seeing our NEW LOOK in July!

**SINGER'S THEATRE**

September 2012 we welcome The Singer's Theater to IN.MOTION! This merge expands options for growth to students of IN.MOTION & The Singer's Theatre! Voice instructor Amanda Brunk and I (Lisa) couldn't be more excited about housing both companies under one roof! WELCOME!

Of course not all IN.MOTION or SINGERS THEATRE students aspire to be professional performers, but for those that do...being able to ACT, SING & DANCE is an absolute MUST these days.

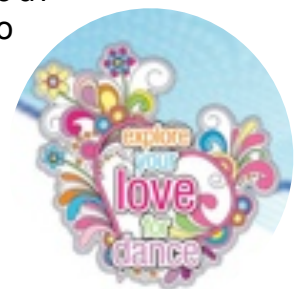
For a full list of "The Singers Theatre" programs, please see our website, materials at the front desk or contact Lisa.

**ABOUT THE SINGER'S THEATRE:**

"The Singer's Theatre is a theatre company in Kitchener-Waterloo offering singing, acting and musical theatre dance classes with the aim of creating performance opportunities for aspiring entertainers. We value safe and healthy singing and all of our programs are designed for training a musical theatre performer. All of our teachers and directors are experienced in the field of musical theatre and are committed to the high quality standards of The Singer's Theatre & IN.MOTION."

**2012 - 2013 THURSDAY IS ADULT NIGHT AT IN.MOTION**

Starting Fall 2012, IN.MOTION will feature a majority of it's adult classes on Thursdays. "JUST FOR ADULTS"! Enjoy working out in a warm, supportive and mature atmosphere. Meet new friends, learn something new and stay in shape with our ADULT dance classes. Ballroom is a fun "couples" night out! NEW....Ladies get your groove on with LATIN! No partner required. Also enjoy ..... ADULT Tap, Jazz (Beg and Inter), Ballet (Beg and Inter), Hip Hop and even Pointe!



## **Nutrition and the Athlete** - by Dr. Erika Holenski, ND, Naturopath, Acupuncture Provider, Clinic Director, KW Health Connection

A recent study shows that parents of youth athletes feel unhealthy food and beverages are consumed during athletic events. This same study reports that little time and low availability of nutritious foods are the key factors preventing their children's consumption of healthy foodstuffs. I probably didn't need to read a study to find this out. I could have just asked one of you!

### **What is happening in the body during the performance?**

Muscles are made of protein. Muscles are used to their maximum capacity during competition. They are stretched, pulled, strained and sprained on a low level with each performance. Therefore they need food to repair themselves to be able to have a repeat performance, commonly in the form of easily digestible amino acids.

The cardiovascular system is working overtime during a routine. It needs to stay clear to maximize air transfer with each breath. It is best to avoid phlegm producing foods, such as dairy, and food sensitivities during the competition.

Free radicals are produced in large volumes during rigorous activity. Free radicals in these large amounts not only damage every cell in the body but also create damage to the DNA itself. Free radical scavengers, commonly known as antioxidants, are high in vitamins, E, C, Bs, certain amino acids (protein) and Co Q10.

Inflammation is the key biological component that is activated during times of acute physical stress. Believe it or not good fat is the best way to moderate this process. Good fat is classified as omega 3's, 6 and 9. Fish oil, Olive oil, flax seed oil, avocados, coconut oils are great sources of these food fats.

Carbohydrates are not lost on the athlete. They

provide a great quick energy source. In fact, high glycemic index carbohydrates are best in these times of biological stress. However, in daily life we should look for low glycemic index carbohydrates.

Water is a **MUST!** It helps to flush out lactic acid buildup and carry these nutrients to the cells. This is plain H<sub>2</sub>O, nothing added. If buying bottled water make sure it is full of minerals, not distilled! Distilled water is dead water and does not help the body.

### **What to eat**

An easy mix of chickpeas, black beans, and lentils is a great base. Adding dried fruit for the fast acting carbohydrate is also delicious. A dressing with a liberal amount of either flaxseed oil or cold pressed olive oil and lemon juice or a light vinegar will not assault the stomach. These foods not only mix well but can be left out for several hours without spoiling.

In these situations protein shakes cannot be ignored. It is highly recommended to have a professional line product that has the proper amino acid profile with healthy mix of vitamins and minerals. These are not meal replacements, rather nutritional enhancements. I highly advise gathering information from a licensed alternative health care professional before purchasing a protein powder.

For a quick grab and go snack try the following:

Keep a **mix of nuts and seeds** (in the car) or the commonly found **Sesame Snap bars**.

**Hemp hearts**, found readily in a reputable health food store, provide essential fatty acids.

**Savi Seed** is a relatively new product. They are a seed that tastes like a nut in several flavours.

**Bija Chocolate bars** are dark organic chocolate in several flavours with an oil centre. Believe me they are much better to eat than to describe!

## **BENEFIT CONCERT FOR AFRICA** - by Koreen Wirschke

On April 26th 2012, Rachel Clark (former LMC Production member/IN.MOTION substitute teacher), held a benefit concert in Elmira to help further the work she does in Kenya, Africa with needing families and children. Some of our Senior dancers were invited to perform in the benefit and had a blast doing so. Not only were they able to bring the art of dance to the benefit, they were also inspired by all the other talented acts that performed in the show. Rachel's benefit raised over \$3000 for her work in Kenya. From singing to speeches, drums and dancing, the IN.MOTION dancers were happy to be able to perform among so many other talented performers and were excited to help Rachel by doing what they love, Dancing! If you would like to make a donation to Rachel's work, please email her directly: [existingbynature@gmail.com](mailto:existingbynature@gmail.com).



# IN.MOTION IN COMPETITIONS



"Footloose, Then and Now" (Production), 1st overall award at Just Dance. →



← "Hachi" (Pre-Senior jazz group), 2nd overall award at Terpsichore Starz and 2 costume awards.



← "Never Stop" (Senior tap group), 1st overall awards at Just Dance & Terpsichore Starz and an Outstanding Performance award.



← "Swing with Me" (Avery and Michael's jazz duo), 1st overall awards at every competition.

"He Lives in You" (Junior Advanced jazz group), 1st overall at 3 competitions. →



← "7 Senoritas" (Junior Advanced jazz group), 1st overall award at Terpsichore Starz.



"Coming Home" → (Senior lyrical group), 1st overall award at Terpsichore Starz and 2 Choreography Awards.



← "Prince of My Dream" (Mini jazz group), 1st overall awards at Fever & Terpsichore Starz.



Congratulations to all competitors this year!



**July 9-August 27, 2012**

**Summer Intensive Dance Program**

Train with Canada's top choreographers, performers, teachers and casting directors!

**8 WEEKS, 8 AMAZING TEACHERS**

- Jul. 9 - Leon Blackwood, Hip Hop
- Jul. 16 - Geisha Chin, Contemporary
- Jul. 23 - Ashley Pividor, Contemporary
- Jul. 30 - Eryn Waltman, Contemporary
- Aug. 6 - Jordan Clark, Contemporary
- Aug. 13 - Stephanie Rutherford, Contemporary
- Aug. 20 - Shavar Blackwood, Hip Hop
- Aug. 27 - Linda Garneau, Contemporary

"Contemporary" is a style unique to each individual teacher. It can be a mix of jazz, lyrical and/or modern.

This is an "EXCLUSIVE SUMMER PROGRAM" 25 students per class admitted into 1 of 3 levels  
**Every Monday of July & August**

**Intermediate Level**, 5:15-6:30PM:

Recommended for dancers age 9+

**Senior Level**, 6:30-7:45PM:

Recommended for dancers age 13+

**Pro Level**, 7:45-9:00PM:

Recommended for dancers age 16+

8 week program \$210, per class \$30  
 viewing fee \$5 (plus HST)

**Withdrawal Policy:** There are no refunds except when due to injury or illness.

Payment due on/before **June 16th**. Payment can be made via cash or cheque at our studio front desk Monday-Friday, 5PM-9PM or by mail  
 543 Mill Street, Suite 4  
 Kitchener, ON N2G 2W9

For more information, email Lisa at [Lisa@LMCProductions.ca](mailto:Lisa@LMCProductions.ca)  
 or call 519-404-0673 or 519-744-2600  
[www.inmotionschool.com](http://www.inmotionschool.com)

**Kids IN.MOTION Summer Dance Camp**

**July 23-27, 2012 and August 13-17, 2012**

**CIRQUE DU DANCE**

July 23-27, 2012 9:00AM - 4:30PM

- Lessons daily in Aerial Silks!
- Acro routines on mats
- Dance lessons and choreography
- Costume & Makeup
- Music & Games



**CLIMBING HIGHER**

August 13-17, 2012 9:00AM - 4:30PM

- Excursion to Grand River Rocks, climbing wall
- Acro routines on mats
- Dance lessons and choreography
- Costume & Makeup
- Music & Games



**COST:** \$200+HST; receive a 25% discount if you bring a non IN.MOTION friend or if you register for both camps.

**AGES 5-12;** students will be split into their age groups for classes.

**DROP OFF:** 8:30-9:00AM

**PICK UP:** 4:30-5:00PM

Presentation Show for family and friends on last day of Camp!

