



SPRING ISSUE 2014

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

WWW.INMOTIONSCHOOL.COM

MESSAGE FROM THE DIRECTOR - Lisa Collins



Hello Everyone!

Spring is on it's way and what a busy winter season it has been! We've been busy at the studio preparing for the year end show and our competition season. All our dancers and faculty have been hard at work creating routines, practicing and completing costuming. Both the recital and all our competition routines are coming along GREAT! Thank you to all who are helping out with costumes and props! Your help is greatly appreciated. I think we are headed into our strongest competitive season yet! Good luck to all competitors!

We have also completed all of our summer programming and information. Please visit our website or the front desk for all our information. We hope you all find the place to take advantage of our summer program!

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THE IMPORTANCE OF WARM-UP AND STRETCHING - Keri Vrbanac

"Health practitioners that work with dancers are a dedicated tribe"! We love the art, and its athletes and we share common goals: the hope of lengthy careers, minimal injury and many years of dancing without pain. As a mother of 2 dancers, I embrace these goals from two perspectives and injury prevention, particularly in young, developing dancers, is crucial. The physical demands of dance today are much greater than they were 50 years ago. The artist and the athlete push their bodies harder and faster and are not concerned about the potential for injury. This is where we come in! Dancers themselves need to better understand their bodies, to reduce injury risk while enhancing their performance. It starts the minute they walk into the studio. Most dancers will plop down on the floor and begin stretching using static stretching instead of dynamic stretching. A **static stretch** is one where you assume a position and with the help of another body part,

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SPRING IN.MOTION: SHOWS AND COMPETITIONS

COMPETITIONS

Terpsichore - River Run Centre, Guelph, ON	April 10-13, 2014
Terpsichore - Sanderson Centre, Brantford, ON	April 24-27, 2014
Bedazzled - Richmond Hill Centre, Richmond Hill, ON	May 1-4, 2014
Fever - Blue Mountain Inn, Collingwood, ON	May 8-11, 2014

YEAR END SHOWS

Dress Run (Show 1, 2 and 3)	Sunday, June 15, 2014
Dress Run (Show 1 and 2)	Wednesday, June 18, 2014
Dress Run (Show 3)	Thursday, June 19, 2014
Students may not be needed for all rehearsals. Time TBA.	
Year End Show Dress Run	Friday, June 20, 2014
Year End Show 1	Saturday, June 21, 2014 at 1:00pm
Year End Show 2	Saturday, June 21, 2014 at 6:00pm
Year End Show 3	Sunday, June 22, 2014 at 1:00pm



MESSAGE continued

Information for Fall 2014 is in the works and will be available shortly. Registration for Fall 2014 will begin in April. I encourage you to secure your Fall 2014 registration early.

A huge thank you to those who were involved in nominating me for the KW Arts Award! This was a huge surprise and I was extremely overwhelmed and honoured. Results for this award will be announced in June.

With Love, Miss Lisa x

**FUNDRAISING**

Please check the front desk for information and dates on our last two fundraisers of the year.

ELMIRA POULTRY

Order Deadline: Monday March 3 by 9:00pm
(Please hand-in to the front desk)

Delivery Date: Monday March 17th OR
Tuesday March 18th (Between 4:00pm-5:00pm)

KERNELS POPCORN

More information to follow
Please see the Front Desk

**NOISEMAKERS -
IN WHAT?...IN.MOTION!!**

Watch for our new **IN.MOTION Hand-Held Fan Clappers** with our cheer on them! We encourage you to use these to support our dancers at the Showcases, Competitions and the Year End Shows.

Only \$4.00!

Look for them soon!

**STUDIO CLOSURES**

Mon., March 10, 2014 to Sun., March 16, 2014
- March Break

Fri., April 18, 2014 to Mon., April 21, 2014
- Easter Weekend

Mon., May 19, 2014 - Victoria Day

Warm-up and Stretching continued

or a partner, you hold that stretch for a long period of time. The problem is "static stretching before an activity decreases strength and power". This is not to say static stretching is not beneficial, but timing is everything! Injury prevention is more likely when a dancer begins a warm-up with dynamic stretching. Warming-up gets the blood flowing to all the parts of the body. **Dynamic stretches** involve movements that are low intensity and use a broad range of motion. This prepares the body for muscle stretching and exertion. Hopping, leaps, chasses, arm circles, leg brushes, trunk rotations, jogging, skipping...the body needs movement to get ready to dance! It is better to save the long, static stretches for after dance! This will slow down the information that the nerves are taking to the muscles and bring them back to their resting state. This stretching is extremely important so don't run off to the change room without a final stretch! This is how we safely keep "A Body In Motion"!

ENSEMBLE TEAM REHEARSAL DATES

Dress Run: Full Costume and hair, no make-up
Sun., March 23 at 1:00pm, IN.MOTION Studio
Dress Run: Full Costume and hair, no make-up
Sat., March 29 at 1:00pm, IN.MOTION Studio
Dress Run: Full Costume and hair, no make-up
Sat., April 5 at 1:00pm, IN.MOTION Studio

Tickets go on sales on March 3, 2014
at the Humanities Theatre Box Office
University of Waterloo

ENSEMBLE SHOWCASE DATES

Friday, March 28 at 5:00pm - Join IN.MOTION Competitive Solo Dancers for an adjudicated showcase of 2014 Competition Dances

Sunday, March 30 at 6:00pm - Enjoy a special presentation of dance, talent and entertainment with the Ensemble Team Competitive Showcase

Buzz Media DVD for \$45 includes the full showcase + your solo/solos. Photos of the full show by Ursula Tidmand for \$20.

All payments should be made in cash at the front desk prior to the show.

IN.MOTION SUMMER PROGRAMS



July 7-August 25, 2014

Summer Intensive Dance Program

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

7 WEEKS, 7 AMAZING TEACHERS

July 7 - Alvin Collantes / Contemporary

July 14 - Andrew Dragert / Contemporary

July 21 - Hollywood / Hip Hop

July 28 - Jeff Dimitriou / Jazz

August 11 - Julie Tumaino / "Rockette" Style

August 18 - Steph Rutherford / Contemporary

August 25 - Linda Garneau / Contemporary

This is an "EXCLUSIVE SUMMER PROGRAM"
25 students per class admitted into 1 of 3 levels

Every Monday of July & August
(except Aug. 4)

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

Recommended for dancers age 8+

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

Recommended for dancers age 11+

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

Recommended for dancers age 15+

7 week program \$175, per class \$30 (+ HST)

Payment can be made via cash or cheque at our studio front desk Monday-Friday, 5pm-9pm or by mail:

For more information and to secure your spot, email Lisa at Lisa@LMCProductions.ca or call 519-404-0673 or 519-744-2600 www.inmotionschool.com

Please visit our website or see the front desk for all of our 2014 summer information including our summer class schedule.

**Kids IN.MOTION Summer Dance Camp
for Ages 5-12
July 21-25, 2014 and
August 18-22, 2014**

This Summer we will be offering two dance camps! Come enjoy a week of dance, acro and circus style flying with Aerial Silks; create costumes and play games!

Disney MAGIC DANCE CAMP

July 21-25, 2014 9:00AM - 4:30PM

CANDY LAND Dance Camp

August 18-22, 2014 9:00AM - 4:30PM

Drop off: 8:30-9:00am; Pick up: 4:30-5:00pm
Presentation show on last day!

\$200 + HST / Camp and receive a 25% discount if: you bring a non IN.MOTION friend to register; you attend both camps

To register, email

**Lisa@inmotionschool.com or call
519.744.2600/519.404.0673**



IN.MOTION SUCCESS STORIES

Congratulations to our students **Michael Carvalho, Brianna McDonald** and **Kyra Beggs** who performed in Ballet Jorgen's 'Nutcracker' this past Holiday season. We are very proud of you!



IN.MOTION performed at The Bay in Conestoga Mall as part of "THE BEAUTY EXPRESS GALA" which helps raise awareness for breast cancer. We were thrilled to have been asked to participate in this important event as part of our **"IN.MOTION CARES PROGRAM"**!

Our **Musical Theatre 1 Program** runs Monday nights from 5:00pm-6:30pm. The program includes 30-minute classes of Drama, Acting and Dance. Please see the front desk for more information.



This past February IN.MOTION was shown on Rogers TV in the Grand River Living Segment. Thanks to all who watched, recorded and supported us!

A huge congratulations to all 115 students involved in this year's two performances of **"Twas The Night"**! This was a GIANT step (or leap) forward for our **MUSICAL THEATRE PROGRAM** and we are so thrilled with everyone's efforts and accomplishments! Congratulations to all our students who participated, sang, danced and acted their way through TWO AWESOME SOLD OUT shows. WOW!! Next year's show is already booked at the Humanities Theatre. Thanks to this year's Holiday Show success, we have continued our musical theatre program on Monday nights.

IN.MOTION GRADUATE - KOREEN WIRSCHKE

This year, I began my first year in the Ryerson University Performance Dance program. This is a four-year dance program to receive my Bachelor of Fine Arts. There are 35 people in my program and we dance 4-5 hours every day. I am still not use to the 8am ballet classes every morning, but I am loving every second of the experience so far.

I am continually grateful for the opportunity to train and grow as a dancer every day. I would like to thank all the teachers at IN.MOTION for giving me the training to receive this amazing opportunity. I am so excited to be coming back to my IN.MOTION home this summer! Wishing you all the best of luck in competitions and the year end shows!

Koreen xo

