

MUST'S FOR A SUCCESSFUL DANCE YEAR

DEVELOP NEW HABBITs & ROUTINES!



Make your Drop off easy & FUN by:

1. Adults/grandparents- handle the stress & feelings of being nervous or anxious of how your dancer will do in class, do not project your emotions on to your dancer. Don't assume they feel what you're feeling as they start something new- they don't, unless you tell them. If you have worries email me for helpful hints.

The feelings of Excitement & Fear feel the same way inside our bodies. It just depends on how we label it. I deal with this every year backstage. Label it "you're happy and excited" verses projecting anxiety, being scared or fear.

Let your dancer know that they are going to have lots of fun in dance. Avoid Bribes & reprimands of what not to do. If someone new is dropping off –give them your schedule & how you do it to avoid a grandma melt down because they want to make sure the dancer is going to be okay if they leave. Don't linger at drop off.

Drop off on a good note--put a big SMILE on your ☺ & tell your dancer to "SMILE" & turn to your car - it is hard to let go, I know, I did it as well. Breathe & ☺.



Practice getting ready for dance

- a- Show dancer how to put on tights by bunching them from the top of 1 leg all the way down to the toe & insert clean foot into tight. Then Flat Palm it (thumb on inside of tights and flat fingers all together side by side on outside) draw the tights up the leg above knee & repeat process on other leg. Then you will need to bring up the tights by doing Alternate side flat palming it up to crotch and pulling up to waist, the leotard on.
- b- Underwear is a No under pink tights.
- c-Incorrect pulling on tights can cause holes in them due to fingernails (trim your finger & toe nails and smooth rough/sharp edges). Clean Nail polish for any tight holes.
- d- Dressing someplace other than home can make the drop off easier on the child.
- e- Practice putting hair in bun (student or adult) till this can be done neatly and securely (buns should never flop on head or move. Ask me if you need help ☺).



Do a Practice Run or 2 or 3 to establish a new Routine.

- a- Drive to dance from (school/daycare/home /Library etc.) *Time the drive. Talk about the route what you will pass on way to dance. Park at the church & show them how to exit car w/o getting tights dirty or dusty. Then walk to the doors of the gym at RCC—have them look in to see where they will be
- c-Swinging into the lot randomly & walk across the lot to the door, to get them used to the location. I used to grab my kids hands & skip, swinging hands to the even if we were starting something new to get happy feelings growing inside. Don't worry about looking silly, don't worry about what other's think, it's about your dancer "Feeling" secure & happy. ☺



Hair Time

Any hair that is long enough should be in a small neat & tidy bun at nape of the head or at ponytail height. No large buns. Dance needs a small compact bun flat to head which make turns easier & less hassle to lay on the floor in. A Bun is not an accessory and should not be noticed.

Short hair should be in barrettes clipping it back with a headband to secure them & hair off of the face. Get used to doing hair & products now.

Have a hair bag in your dance bag with all the necessities. I love a secure Hair Bow. Seasonal ones are fun, colored and sparkly is all okay, make sure it is secure on the head and won't fall off.

Make your Bows or scrunchy fun.



DO NOT BRING TOYS OR LOVED ITEMS TO DANCE.



Healthy Snacks

If your dancer needs a snack before dance. Try to avoid granola bars or the like as they are usually packed full of sugar.

Think instead of protein, complex carbohydrates and fruits /berries not jam packed with sugar as the dancers are sweet enough. Walnuts, pecans, grapes, celery sticks, apples and the like. Single ingredient foods are best.

Be sure to have wet ones or a damp wash cloth to wipe off the face and hands.

Water only in class. Name on Bottles. No Sharing. Make sure they can open it on their own without having to ask for help or use their teeth.



When picking up dancer's from class.

It is always good to end on a good note.

Positive reinforcement. A Compliment. Appreciation of their hard work.



Roseau Dance Tuition is due on: The 1st Tuesday of every month.

Plan & Prepare for dance- By Timing out how long it takes you & your dancer to: **dress** for dance, do hair, **eat a snack** & to **drive to dance**. You can plan better.

Have a Dance Bag that can store everything.

Teach child how to put on ballet shoes & buckle tap shoes by themselves.

I ♥
DANCE

We laugh a lot my classes. When I was earning my degrees at NSU . I had a favorite teacher who taught us how to get students to remember more & pay attention better in class. This teaching technique works. So we do a lot of fun things in class, but that doesn't mean that we forget about proper technique. Dancers at EDS always use proper technique. Without it, the dancer can't grow.



FREE Trial Class

Enrolled dancers can bring a friend to a FREE trial dance class. In September & October.



What to do while waiting for your dancer.

Read, Shop, Take walk, Watch a video on your tablet or listen to a podcast etc. Date night is also an option.





**Your Child's Entire Life Can Be Impacted
by Participation in Dance.**

*Dancing to music & its different
rhythms stimulate the dancer's brain
& aid cognitive abilities.*

∞

Dance is proven to improve moods.

∞

*Dance encourages fitness with muscle development &
strength, flexibility & cardio all in 1 class.*

∞

Dance is Fun.

∞

*Dance builds self-esteem & confidence while improving
memory by remembering routines.*

∞

*Join Dance today & let's have some FUN at
EngerDance.com 463-3366
Engerdancestudio@yahoo.com*



Private Lessons

I have the potential for 2-3 private lessons
opening up for this fall for dancers in L3 – L5.
If your dancer is interested contact
Engerdancestudio@yahoo.com



Referrals for Dance

If you know of anyone who would be interested in learning how to dance, I would appreciate the sincere referral to the Studio. They can contact us at Engerdancestudio@yahoo.com

Watching While Learning

The studio takes the comfort and well-being of the students first. Therefore all parents & siblings & etc. are asked to wait in their cars while their dancer learns.

Dancer learn better when they are not being watched.

Dancers must be able to focus on the steps & the instructor rather than worrying about who's watching them. Most parents don't realize that their presence is intimidating to others and I know you don't want that. It doesn't matter if you know them or not, the dancers still worry about messing up. Some of the teens are getting used to new bodies. Dancing in tights & leotards in front of people they don't know or they don't want them watching them is not appealing to them and will be respected. It is better to dream about the beautiful performance to come. If we have a parents participation day you will be notified in advance of what to wear while you actively dance with your dancer for the full experience. 😊



Leotard & Tights for Class

Female dancers are required to wear a black leotard (studio leotard has stretch in all directions & you can't see through it), pink tights (color specified so they match on stage & in pictures, they also resist most runs* file ur nails), Capezio ballet shoes full sole (designed to strength the foot) & Bloch caramel tap shoes (better sound), Caramel Jazz shoes (ask me for which brand that will best fit ur foot). Contact studio to see where to purchase items from.

Boys are to wear plain sweatpants in a dark color and a plain t-shirt with no designs to no distract from seeing body position. Black shoes (will have to order in) and socks. Males with Long hair must be secured back off face in pony tail or bun.





No Food in Allowed in the studio's.

Eat in your vehicle or at home. No food in the studio or the garbage in the church as smells can linger & smell bad.



Leave expensive Jewelry or Electronics & any \$\$ Money locked safely in your car out of site or leave it safely secured back in your home. The studio & the premises are not responsible for any of your items if they are lost, misplaced or stolen.



MAKE-UP

Hello, Indulge me. The face was just to cute not to do a play on words. Soooooo.....If you have to be gone from dance for whatever the reason. Do a make-up lesson as soon as you can. That is all that I ask. Be sure to set a good example by being prepared for class. Consider it a free lesson if you don't use it.

The closer we get to the recital you can play with make up to see what runs and what stay's put on the dancer's face. Especially eye liner, as smearing and streaking down the face is not wanted.



Enger Dance Studio welcomes you to Dance.



First Aid/Medical

All dancers should have some sort of container “pencil bag” to hold any medical needs: your inhaler, allergy meds, headache meds, band aids, clear nail polish, nail file, nail clippers, stuff for blisters/ointment or Ess. Oil, their sanitary products, K tape & Midol, ben gay and etc.



Cell Phones in Dance

- 1- Cell phones on Silent. Not Vibrate—Silent.
2. You may set alarm if you need to leave early.
3. Parent’s do not call while they are learning.
4. Teacher your dancer to not use the phone while in dance.



PDF Files

On the studio website: Engerdance.com you will soon see a variety of PDF's that are there for your use. Please take the time to look over them. They may change over time.



RECITAL

The Recital date is either the 2nd or 3rd week of April. Usually on a Thursday or Friday evening. The recital is held at RHS Theater. The schedule for the recital will be posted early winter.

Engerdancestudio@yahoo.com



Enger Dance Studio Welcomes Everyone to a Wonderful New Year in Dance.

EDS welcomes you to invite interested parents to a FREE TRIAL CLASS.

For Free Trial Class information email Engerdancestudio@yahoo.com