

## **COMPETITIVE GROUP UP-DATE #2 SEPT. 14<sup>TH</sup>**

**WOW! What a great start to the year. I can feel the enthusiasm from all the dancers, not only in my classes but also in seeing the dancers going to and from all their other classes.**

**I hope everyone is getting to know and starting to feel settled in his or her schedules. Going from a very laid-back summer schedule it is easy to get quickly run down.**

**DANCER HEALTH TIPS: water and sleep are your best friends, but extra help from vitamins will give you the extra boost.**

**Calcium/Magnesium with vitamin D will help restore hard worked muscles and alleviate cramping. Also excellent during those huge growth spurts when bones are growing. Take at bedtime.**

**B Vitamins are going to really help your nervous system, which will assist in coping with a busy schedule. A good multi vitamin with a full range of B's is best to take in the morning with breakfast.**

**COLDS: I have found a great product called Umcka. It comes in a liquid (dropper) and when taken at the first signs of cold systems will shorten the duration of a cold. Can be found at the health food store on Johnston near Thrift. I just have it a home al all times.**

**Always check dosage, especially for young children and if unsure ask your pharmacist or doctor.**

**REMINDER: last call for getting registration in for the COASTAL RAGE DANCE CONVENTION. We need to send these out no later than Wed. so Tues Sept 16<sup>th</sup> is the deadline. See Jen.**

## **COASTAL DANCE RAGE CONVENTION**

**On November 8<sup>th</sup> & 9<sup>th</sup>, at the Hyatt Regency in Vancouver, Coastal Dance Rage is hosting a 2-day Dance Convention. FACULTY: Mia Michaels, Blake McGrath, Brain Friedman, Cris Judd, Benji and Lacey Schimmer just to name a few.**

**Senior Dancers: 16 years up \$205.00 USD**

**Teen Dancers 12-15 years \$190.00 USD**

**Junior Dancers 7-11 years \$180.00 USD**

**NOTE: convention organizers just have told us that Mia will not be at this particular venue, however the faculty line up is still awesome!!**

**>>>>>COMPETITION TENTATIVE DATES>>>>>**

**WAK INVITATIONAL; March 1-7 2009 Bell  
performing Arts Center**

**SURREY FESTIVAL OF DANCE; Surrey Arts  
center**

**Jazz March 27 - April 3**

**Ballet April 4 - April 9**

**Modern Contemporary April 14 - 16**

**D. DANCE CONVENTION IN TACOMA:** the dates this season conflict with Surrey Festival of Dance during the Jazz category. There are just too many groups, solos, duos, and trios that would be needed; therefore we decided to forgo this event for this year. Those students who received scholarships, we will let you know once we get a response from organizers as to whether you can use it the following year. I do know you can use it for any of their Conventions.

**SHOW SHOW SHOW!!**

We have been asked to return to “Evergreen Heights Senior Center” this fall. Date and time TBA. The residents loved the show we did last June!! It will most likely be the end of Sept. or early Oct. If you have a solo duo or trio that is costumed and you feel it is time to showcase let me know. We will also use a few group members from last season (Junior I thru Pre Co II), so keep your costumes handy.

**AT THE END OF THIS WEEK I WILL ANNOUNCE THE SHOW ORDER.** Thank you to those dancers who are performing in our new solo's/duo's. There is still room for more, so take the opportunity to just put it out there.

**RECYCLE;** parents can you remind your children to make sure they empty their empty water and or juice bottles in the recycling bins we have at the studio. I take at least 6-10 bottles out of the garbage every day.

**TRIAL SAMPLE CLOTHING IS HERE!!!**

**Order forms are now available and our new line is in our office. Deadline for orders to get back to us is October 1<sup>st</sup>.**