

FIRST CITY SCHOOL OF DANCE

FOUNDATION | ARTISTRY | COMMUNITY



Vol. 2 Issue 2

BACK TO THE BARRE!

September 2022

We've started off the year with some excitement for our Level 1 Ballet students. Many are in their second year of Level 1 and are ready to begin work at the barre. Barre work typically starts around age 8. We want to ensure their early years are spent on developing their internal stability, building balance and coordination, giving more opportunities to move and play and allowing for better visibility and engagement. When they are ready, they are very excited and focused to learn! So why do we use the barre? Barre is used to gradually warm up the body, train the muscles for turnout and proper alignment and build stability on the standing leg. Ballet barre is used to get the body strong enough for center work and to support dancers during partnering.



FCSD Young Company

FCSD Performance Groups

This year we have two performance groups. Along with our pre-professional Young Company we've started FCSD Ensemble for dancers aged 11 - 15 years. Both performance groups have already started work on new choreography and are looking forward to workshops with visiting dance artists. We focus on our dancers' performance goals by building their skills through their multiple technique classes, choreography lab and other special interest classes. There is a lot of effort that goes into our high caliber performances. We want our dancers to experience a well rounded education where their success is derived from internal success. This builds confidence and community spirit.

Photo Contest Winners!

Thank you for sharing your photos and tagging us during our "Back to Dance" photo contest. We decided to pick two dancers! Congratulations to Clara Bishop (Pre-Ballet) and Zoey Katz Nadon (Pre-Contemporary/Jazz). Your names were drawn and you will both receive these new, **I'd rather be at dance**, t-shirts! T-shirts can be purchased through our store. \$25. Youth sizes XS,S,M,L,XL.



First monthly improvisation workshop in collaboration with CDW.

Gold for Best Dance Studio!

WOW! We are humbled by the showing of support from our greater community. Thank you to all who voted. This award was unexpected. Little did we know that after only one year of opening we'd have grown this much. We know our families have graciously spread the word of our vision. The artform of dance is supported by an education that includes both foundation and artistry. Our community is based on the values of collaboration and inclusivity. Dance is for everyone! Everyone receives the same education and support.

WHY A UNIFORM?

The uniform is an important aspect of training young dancers properly. As dance educators we are knowledgeable of how to assess dancers' alignment and placement to ensure they are utilizing their range of motion in a safe way. A teacher needs to assess if the dancer has proper hip alignment, which will then indicate whether everything else the student is doing is correct. If we can't see the alignment, there is a high chance the student will end up over-tucking, forcing rotation and hurting themselves. Teachers won't be able to assess the student properly if they are not wearing correct tights and leotard. Shorts and skirts also hinder our view. It's also important that we can see the full leg. Pants or leg warmers can hide if a student is gripping or if the knee isn't over the toes or if it's straight or bent. Our dancers from 5 - 14 years are most vulnerable to injury. Growth spurts are happening and we want to ensure they understand the mechanics of their anatomy early in their education to avoid injury.

Photo: Ballet Level 2 dancers

