



"WHERE LEARNING HAS BEEN AN ART SINCE 1984"

COMPANY NEWS

September 21st, 2009 Edition

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Director: **Jacob Rodvelt-Gamlieli** + Coordinator: **Anna Vega**

WELCOME

Welcome to the first Company Newsletter of the 2009-2010 season. Newsletters will be published periodically upon need. In the past a newsletter has been published about once every two months. It is important that each newsletter be read in its entirety as this will be your main source of information regarding company events. Newsletters will be emailed home, but we often find that spam filters interrupt delivery therefore the company newsletters will be posted at both studios and available on our website. It is the parents responsibility to remain informed of studio events.

COMPANY UNIFORMS

We'll be placing one order for company uniforms this year. If you need or would like company pants of top please make payment to the studio before September 30. Anna Vega can help you with your order. Payment plans are available.

COMPANY COORDINATOR

Please direct all performing company related questions to Anna Vega. She will be working Monday evenings in Tacoma and can be reached at: AnnaV@actiondance.com

COMPANY PARENT SHIRT

The studio is interested in placing a dancewear order in the next couple months. If the company parents would like to decide on a matching clothing top for the company parent's, the studio would be happy to place the order. You know all the other dance schools do it, don't you want to me cool too?!

PUYALLUP FAIR

The Puyallup Fair performance is on September 26th from 12:30-2:00. Since many of our routines are not in shape to perform at the fair this year, those that are performance ready will be performing multiple times to fill up our scheduled time slot. It is important to fulfill our agreement with the Puyallup Fair and perform for our full 90 minute time slot.

CALL TIME: Noon with stretching from 12:00-12:30

DIRECTIONS: See bulletin board.

FAIR PERFORMANCE ORDER

- 1 Mini Select Tap
- 2 Annie Ballet Solo
- 3 Jr Lyrical
- 4 Good Ship Lollipop
- 5 Annie/Kilee Duet
- 6 Mini Tap (4 people)
- 7 Mikaeyla's Lyrical Solo
- 8 Annie Tap Solo
- 9 Mini Hip Hop
- 10 Petite Tap
- 11 Jr Jazz
- 12 Annie Lyrical Solo
- 13 Pixie Tap
- 14 Jr Hip Hop
- 15 Sr Select Tap
- 16 Mini Select Tap
- 17 Annie Ballet Solo
- 18 Jr Lyrical
- 19 Good Ship Lollipop
- 20 Annie/Kilee Duet
- 21 Mini Tap (4 people)
- 22 Mikaeyla's Lyrical Solo
- 23 Annie Tap Solo
- 24 Mini Hip Hop
- 25 Petite Tap
- 26 Jr Jazz
- 27 Annie Lyrical Solo
- 28 Pixie Tap
- 29 Jr Hip Hop
- 30 Sr Select Tap

MONSTERS OF HIP HOP

The deadline for registering for the Monsters of Hip Hop Convention is Sep 28th. If you'd like to attend this event please make payment to the studio through Anna Vega.

ZOOLIGHTS

We will not be performing at Zoolights this season as they are not having performers due to budget cuts. The director is researching other December events at which to perform. The studio will also be presenting a Winter Concert on Dec 20.

A NOTE FROM THE DIRECTOR

With a full schedule of AP classes, myriad school activities, a part-time job, and hours spent in the studio, I rarely got more than 6 hours of sleep on week nights my senior year of high school. I remember falling asleep in school, which was horrific, because I was a very serious student. If this sounds familiar, you're not alone. I see it happening more and more to students whom are younger and younger each season as they take on more and more activities. According to the National Sleep Foundation's "Sleep in America" poll, 45 percent of teens get an insufficient amount of sleep; less than eight hours on school nights. Other than the obvious (and annoying) side effect of feeling tired, inadequate sleep takes a serious toll on your health including your brain, body, and metabolism. We want our dancers to be healthy and productive. Please get your rest. If you need help and suggestions on how to organize your schedule to maximize productivity you're welcome to come see me.