

Table of Contents

Costume Info | Page 2

Friendly Reminders | Page 3

Studio Calendar | Page 4

Article of the Month | Page 5

Studio Policies | Page 6



Reminders!

Please check the
Lost & Found located in the
waiting room cubbies.

The studio will be closed:
Monday, January 15th in
observance of Martin Luther King
Jr Day

If you are happy with our
studio, please share your
thoughts with your friends!
We love referrals and your
account will too! This is a
great way to earn FREE tuition!

Spirit Day

First Class in January for
Kinderdance & Combo Class is
is Favorite Hat Day!

Dear Parents and Dancers,

My staff and I hope 2018 brings you both health and happiness! Now that we are settled into a new year, recital preparations are well underway. Time is going to fly for the remainder of the dance season...here is some important information for you. Ready, set, read!

Thank you to all students and parents for your generous gifts and delicious treats that were given to us throughout the holidays. Your thoughtfulness was very much appreciated by all of the Perfect Pointe staff! We thank you so much for thinking of us! Also, many thanks to families and students that donated for Toys For Tots!

Sincerely,
Miss Jessica

Please Mark your Calendars!

**Our 13th Annual Recital
"Happy Holiday" will be on Saturday, June
16th, 2018 at the Jefferson High School!**

Dress rehearsal will be Thursday, June 14th.

**Not all students will have to attend both
performances. More recital requirements and
details will be available at a later time. This is
simply a reminder!**

Snow/Inclement Weather Closings

Please note that our studio snow cancellation policy is as follows:

Safety is our number one concern! Our decision is made in the morning or early afternoon. We recommend that you check our Facebook page or our website for weather related information.

If classes are cancelled, you have the option to make up a class in any style of dance that best fits your schedule. You can see a listing of makeup class options on the homepage of our website.



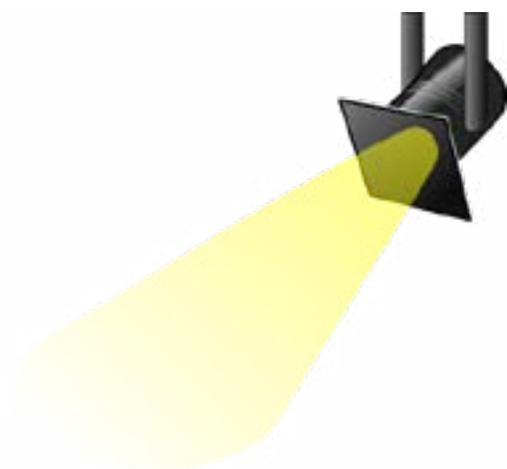
Recital Costumes

At this time, all costume balances should be paid in full.

Costumes are arriving daily! If you haven't already, check out our costume selections that are posted in the back hallway.

Although dancers will be trying on their costumes once they arrive, the costumes will not be sent home until April. Also, they will only be sent home if they have been paid for in full.

(please note: costumes are non-refundable and non-returnable)



Looking for New Perfect Pointe Dancewear?

If you do not see your size or style of something specific in our dance boutique, visit our online store at thedancebag.com. Online, you have LOTS of options to choose from including rhinestoned jackets, sweats, tanks, t's, blankets, mom shirts, dad shirts, and much more! Go to the above site, search custom gear shop, find Perfect Pointe. Our password is perfectpointe17. Happy Shopping!

Thinking about adding another dance class?

We will continue to enroll students in our classes throughout the month. Dancers are welcome to take a trial class to experience a different style of dance that they feel might interest them. Check out our class schedule on our website at perfectpointestudio.com or call the studio for additional information!

Share the gift of Dance! Gift certificates available in the studio office.

Friendly Reminders

Help Keep Our Studio Clean

Absolutely no FOOD or DRINK is allowed in the waiting room or studio. The only place in the studio that food is permitted is in the break/study room located near studio 2. My staff & I work very hard to keep Perfect Pointe clean and beautiful and we take much pride in our "home away from home!" Please encourage your children to pick up after themselves as well. Thank you for your cooperation and understanding. We are lucky enough to get the studio professionally cleaned by outside services once a week. Help to maintain its cleanliness throughout the week.

Please check out LOST and FOUND ! This is located in the cubbies of the waiting room.

Looking to Rent Space?

Know someone interested in renting space? Perfect Pointe has open studio availability weekday mornings and evenings to hold fitness classes, yoga, personal training session and more in a beautiful and clean atmosphere. Spread the word! Please contact Jessica for pricing and scheduling options.



Perfect Pointe is always looking for dance shoe donations to add to our loaner shoe collection. If you have any tap, jazz or ballet shoes that you have no use for, please help by donating them. Thank you in advance!

Let's Get Social!

Like our Facebook Page for Studio News and Updates!



Marie Moretti Dance Scholarship

Each year Perfect Pointe will award two hardworking and dedicated students a scholarship towards their dance tuition in honor of Miss Jessica's late grandmother Marie. One recreational student and one competitive student will be chosen and announced at the conclusion of the recital.

All students are encouraged to strive and excel as they study dance this year! Please check out our scholarship plaque in the front waiting room to view past winners.

Studio Calendar

Tuition is due the 1st of each month. Please remit by the 7th to avoid a \$10 late fee.

January

Tuesday, Jan 2
Monday, Jan 15

Studio Reopens
Studio Closed for MLK Day

February

Mon, Feb 19-20

Studio Closed for Winter Break

March

Fri, Mar 30-Apr 7

Studio Closed for Spring Break

April

Monday, April 9

Studio Reopens

May

Saturday, May 12
Sunday, May ?
Friday, May 25-28

Sparta Day
Tentative Picture Day
Studio Closed for Memorial Day

June

Thursday, June 14
Saturday, June 16

Dress Rehearsal
Dance Recital at Jefferson High School



Article of the Month

Foot Strengthening Exercises

It probably won't surprise you that chiropractor Rachel Loeb often sees dancers make unsafe choices in the name of beautiful feet. While treating professionals in St. Louis, Missouri, she has seen stress fractures from forcing too-high relevés and preventable bunions from squeezing into poorly fitting shoes. "Dancers want to look good," she says, and they don't always care about the consequences.

But as dancers, we should. We need our feet. They connect us to the floor; we push off them to move through space. We use them to relevé, roll through, land, stomp and tap. Yet we don't treat them well. And sometimes, we flat-out abuse them.

As with most things in dance, healthy feet begin and end with proper technique. "The whole kinetic chain has to work together," says Loeb. With a few foot-specific exercises, you can make sure you're laying a strong foundation for movement.

Work the flex, not just the point.

In the quest for bendy banana feet, dancers constantly work their pointe muscles, contracting the calves and the muscles along the bottom of the feet. If you don't reverse that motion enough, you may develop Achilles tendonitis or plantar fasciitis from overuse.

When it comes to lengthening calves, don't overlook the power of the common standing lunge stretch you learned in PE class, says Loeb. Hold the barre with your hands for balance, and try it with a straight and bent back leg. Rock the hips slowly from side to side to stretch all planes of the muscle.

For a strengthening exercise, use a TheraBand as resistance as you point and flex your feet. Make sure you resist the flex and don't just let feet spring back toward you. You should move as slowly to a flexed position as you do to a point. Wrap the band around your four smallest toes to target weaker muscles.

Strengthen ankles instead of forcing a superficial position.

Over-winging the feet in relevé may look beautiful, but it puts excessive weight on the big metatarsal, which can contribute to bunions. And forcing the heel forward in tendus stresses the tendons on the inside of the foot. Instead, to make beautiful lines safely, focus on building strength and stability in the ankles. Standing in parallel, hold a tennis ball between your feet, just below the inside ankle bone. Move slowly through pliés and relevés while trying to keep the ball in place.

Loeb also recommends young dancers balance on one foot while they brush their teeth, to work through the wobbles.

Feel the floor.

You've seen it before: dancers gripping the floor, tensing their toes as they move or try to find balance. Pamela Pietro of NYU's Tisch School of the Arts recommends this visualization to help the feet relax: While standing, imagine the space between the ball of the big toe, the ball of the little toe and the inside and outside edges of the heel widening as the fascia on the underside of the foot spreads. Try to elongate the toes and create space between the metatarsals. "Think of big, spongy feet—what I call 'platypus feet'—pressing into the floor," she says.

Are you doming yet?

Doming is the holy grail of foot exercises. It strengthens, beautifies and increases agility; every dancer should be doing it daily. It can be performed sitting or standing with feet flat on the floor or on a towel for a more tactile experience. Keeping the toes long and flat on the floor, pull the ball of the foot toward the heel, creating a dome-shaped space under the arch. Hold for 10 seconds and relax. Repeat five times to start, adding more reps as strength increases.

Friendly Footwear

Dance shoes are confining, especially when a snug fit creates a cleaner line along the arch. Make sure you can feel the floor without the toes knuckling. Outside of class, choose supportive footwear. Avoid high heels, which keep your calves working. Completely flat shoes aren't ideal, either. Those with high arches should try a very low heel for extra support under the arch. For flat feet, find flat shoes with arch support. Many dancers swear by Clarks or Dansco clogs. Skip backless styles, though, which require you to scrunch your toes to keep them on.

Perfect Pointe Policies

Tuition: Due the 1st of every month. There will be no reminders sent home. There will be a seven day grace period after which a \$10.00 late fee will be applied to your account. If an account becomes past due for 2 months, the student will not be able to take classes until the tuition is paid. Automatic payment is available. Please leave your desired credit card information with the office. You can pay cash, check or any major credit card except American Express! If you paid with installment plans your next payment will be due November 1st then last payment for the year is due December 1st. Please mark your calendars for payment due dates!

Pick Up: We ask kindly that all parents or guardians are at the studio on-time to pick up their child from class; most importantly during the last classes of the evening. Please avoid loitering on the premises after your child has been dismissed from class. If you are going to be running late, please notify the office by phone and advise your child to wait in the front lobby. Thank you.

Dress Code: All enrolled Perfect Pointe students must follow our dress code policy from September through June. We feel if one is dressed professionally for dance class along with their fellow classmates, one will dance professionally in class. Remember ALL HAIR MUST BE PULLED BACK and out of the dancer's face while in the classroom. NO T-SHIRTS or BAGGY clothing will be tolerated in any class besides hip hop. All Creative Movement, Kinderdance and combo classes need to be in black or pink leotard, pink tights and proper shoes. Any questions can be directed toward the studio. You can also find the dress code on our website under policies.

Makeup Classes: Classes are available to make up up to one month after your child is absent from their regularly scheduled class. Please call the studio if your child is not going to make it to class. You can check online or call the studio to find out more about finding appropriate make up classes.

Cubbies and Locker Room: We ask that no dancers leave their bags, shoes and other personal belongings on the floor. This is an easy way to forget things and mix up items. Please make use of the cubbies in either the front or bck of the studio. Please label all dance shoes, especially the younger children, with the child's name on the inside in permanent marker. Always clean up after yourself and others. No locker room messes will be tolerated! Please remember to use inside voices while other classes are in session. Keep in mind that students use this space to do homework and study, be respectful of eachother.

Arrive Early to Class: Arriving to the studio at the exact time class starts is not considered being on time. All students should try to arrive 10 minutes early to get shoes on and make sure they are ready for class. Please call the studio if your child will be late. We understand that there may be traffic or other incidences that cause delay. If your child enters class late, advise them to do so in a quiet manner so there are minimal class distractions. Thank you.

Questions or Comments?

Please email Miss Jessica at jessica@perfectpointestudio.com. My staff and I look forward to continuing a great year of dance, for both you and your child.

Please do not hesitate to contact us via email or at the studio office with any questions or concern!



WIFI Available

For your convenience, the studio does provide WIFI.

Password: 9733835274