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Reminders!

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

Please note the studio will be
closed:

Monday, February 19th and
Tuesday, February 20th in
observance of Presidents' Day

Friday, March 30th - Saturday, April
7th for Spring Break

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

Kinder & Combo Classes

First class in February is
"Show Your Love" day! Let's
celebrate Valentine's Day!

Dear Parents and Dancers,

Presenting our February/March newsletter. Spring is in sight! This month is all about recital preparations in class. Students are continuing to work on technique and recital choreography, which has my staff as well as our students excited! Our 13th recital, "Happy Holidance" will be held on Saturday, June 16th at Jefferson High School. Attendance for the remainder of the year is important for all students. Always remember makeup classes are encouraged no matter what time of season. Dancers can walk away learning something from each class and teacher.

February brings our Perfect Pointe PAC to the stage at competitions! Look for our schedule in this newsletter. We would love to have your support. Our hard work that has been invested since August will leave a lasting impression on any dance fan. Come see for yourself. Maybe this is the route your dancer wants to take in the future? Check us out!

Dancing with friends is fun! Remember, we are always accepting new students. Referrals are always appreciated and incentives are still being given. Anyone who is pleased with Perfect Pointe is encouraged to "Rate & Review" us on our studio Facebook page, Google, and Yahoo. The best way for parents to find out about a program is through others who have experienced it! Thank you in advance for your testimonial. Make sure you "Like" our page on Facebook too for lots more studio information!

Looking forward to the rest of the dance season with our amazing kids! Happy Dancing All!

Sincerely,
Miss Jessica

Please Mark your Calendars!

**Our 13th Annual Recital
"Happy Holidance" 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!**





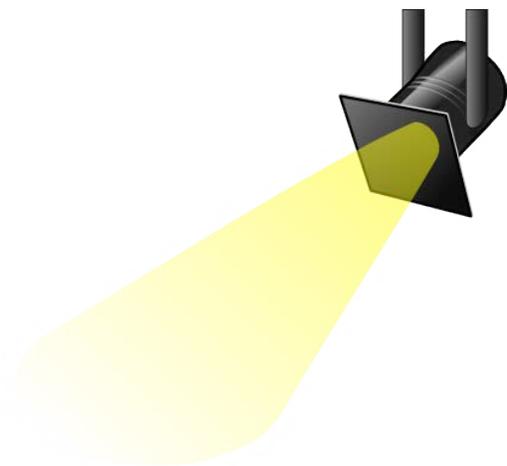
Recital Costumes

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!

Recital Fee

A Recital Fee of \$25.00 per family will be collected to help cover recital facility costs. This fee will be charged to each account and will be due by April 15th. Payment options are cash, check payable to Perfect Pointe or any major credit card. If you are on Autopay, we will charge your credit card on file on April 15, unless otherwise instructed.

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

Sunday, May ?
Friday, May 25-28

Tentative Picture Day
Studio Closed for Memorial Day

June

Saturday, June 2
Thursday, June 14
Saturday, June 16

Sparta Day
Dress Rehearsal
Dance Recital at Jefferson High School

Our Perfect Pointe Performing Arts Company members have been training multiple times a week since September to prepare for this season's competitions. Below is our schedule of local competitions. We would love to have your support!

Encore February 23-15 Paramus, NJ

Groove March 23-15 Chester, NJ

Imagine April 13-15 Sparta

Beyond The Stars May 4-6 Mt. Olive, NJ

Article of the Month



Prep Your Mind for the Stage

You're standing in the wings, moments from entering the stage. You've done your planks to warm up your core, pliés to feel centered and dynamic stretches to loosen up. But your mind won't stop racing through all the ways your performance could go wrong.

Ideally, a warm-up should be more than just a physical preparation to dance. Because if you want to unlock your full potential, you need to get in the right headspace. "Your mentality is going to dictate which version of you comes out on any given day," says performance psychologist Dr. Jonathan Fader, who serves as director of mental conditioning for the New York Giants football team. These top strategies from the sports world can help you reach the state of mind that will serve you best.

Find Your Energy

The vibe you want before stepping onstage is a calm, relaxed confidence, says Olympic running and performance coach Steve Magness, co-author of *Peak Performance: Elevate Your Game, Avoid Burnout, and Thrive with the New Science of Success*. Figure out what will help you get there. If you're feeling sluggish, you might need to jump up and down or talk to a friend to amp up your energy, says Fader. Or maybe you need to quietly focus inward and think about how grateful you are for the opportunity in front of you.

"It can be any variety of things that say, 'This activity I'm about to engage in is something I love,'" says sports and performance psychologist Dr. Kate Hays, who works with both athletes and dancers in Toronto. Experiment in rehearsal to find out how different approaches affect you.

Minimize Decisions

Just like our legs grow tired after petit allégo, our minds get fatigued after making too many decisions. Make the hours before curtain as rote as possible. "What you tend to see before major performances are these freak-out moments, like 'Do I wear this?' 'How do I get ready?' All you're doing is mentally fatiguing yourself beforehand, and then when it comes time to go on, there's nothing left," says Magness.

Develop a pre-performance routine that becomes automatic: For example, you might always put on the same lipstick, then warm up with the same set of exercises, then sip the same sports drink. Having a ritual will relax your mind with the comfort of predictability.

"You can be on the biggest stage of your life," says Dr. Alan Goldberg, sports performance consultant and author of many books on mental toughness, "but your pre-performance ritual is always the same."

Magness adds that developing a go-to routine also primes your body by teaching it that after you follow steps X, Y and Z, it's time to be physically alert and psychologically zoned in.

Choose Your Companions Wisely

Surround yourself with people who put you in the right mind-set. "Emotions, nerves, anxiety—all of that is contagious," says Magness. That might mean needing to tell your overly anxious stage parent you'll need to wait until after the performance to see them, or walking away from your unmotivated dressing room partner when she starts complaining yet again.

"Think about who is going to give you the vibes you want," says Magness. Even looking at or hearing nervous dancers could rattle you, warns Goldberg. "Control your environment," he says. Close your eyes, put on headphones or socialize with more confident colleagues.

Don't Freak Out Over Nerves—Use Them

Over the past couple of years, research has shown that how we perceive stress can actually change our biological response to it. "If you see anxiety as a sign that 'Hey, this means I'm excited, it means I'm prepping to go to battle,' you get positive stress hormones that prepare your muscles to work better and your mind to be more clear," says Magness. But if you see nerves as something negative, the body will send stress hormones that make you even more anxious.

Magness coaches his athletes to look at pre-performance nerves as your body preparing you for what you need to do. "Try to harness it," he says, pointing out, "The reason that certain people take their game to the next level in performance is because of all the good stress that you can't get when you're just at practice."

Practice Mental Reps

Backstage, visualize each sequence of your choreography with as much detail as you can. Fader calls these "mental reps," as in the mental version of repetitions athletes do in workouts.

"If done vividly enough, our brain doesn't know the difference between a physical rehearsal and a mental rehearsal," he says. "You are actually connecting neuromotor behaviors, creating a closer bond between what your mind wants and what your body does." And, he adds, you're inoculating yourself against stress because once you're onstage, you'll feel like you've already performed the choreography once that day.

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