

FUSION DANCE



November 2011

Costume Measurements

By November 1, all parents should have completed a *2012 Annual Performance and Costume Commitment Form* for each student registered at Fusion Dance. Indicate if your child will be participating in the Annual Performance in June.

At least one-half of the costume and wig payment should have been paid with the costume commitment form and the remaining balance must be paid by December 1, 2011. Costumes paid after December 1 will receive an additional charge of \$10.00 per costume for processing.

All students will be measured at the studio between November 7–30. If your student has not been measured by the end of November, please stop by the front desk or office.



Just to dance—
just to let the music take you
in a way that seems to make you
feel suspended every time you leave the floor . . .

Just to soar—
in a moment free and aerial
to rise magically ethereal,
like an angel in a gossamer swirl . . .

Just to whirl—
and to nimbly pirouette
into a twirling silhouette,
high on pointe, with muscles taut down to your toes . . .

Just to pose—
with body sculpted, statuesque,
to execute an arabesque,
and with fragile, artful grace sustain your stance . . .

Just to prance—
to step in flawless syncopation
with the corps in tight formation,
marking time with every heartbeat, every turn . . .

Just to yearn—
to be poetry in motion, and,
with disciplined devotion,
to create a thing of beauty and romance . . .

Just to dance!

~ Linda Staten

Upcoming Events:

November Payments Due	Nov. 1
2012 Annual Performance and Costume Commitment Form Due	Nov. 1
1/2 Costume Down Payment Due	Nov. 1
Students measured for costumes	Nov. 7-30
JUMP Workshop—Minneapolis, MN	Nov. 18-20
Pickup of Gerten fundraising items	Nov. 22 4:00-6:00
Studio Closed—Thanksgiving Break	Nov. 23-27
Final costume payment due	Dec. 1
December Payments Due	Dec. 1
Annual Performance costume orders placed with costume companies	Dec. 5-19
Holiday Parties	Dec. 12-15
WCDE Workshop—Registration Due	Dec. 13
Showcase and Competition Dancer Lock-In	Dec. 16
Studio Closed—Winter Break	Dec. 16 - Jan. 1
Showcase and Competition Team Rehearsal	Dec. 20
Omega Workshop Red Wing, MN	Dec. 29-30



Hangers Needed

Wire hangers are needed for the costume room! Fusion Dance goes through a lot of hangers each year, and we have been blessed with many donations. However, our supply is running low. Please bring in your old wire hangers. Turn them into the front desk. We really appreciate your kindness!!

Benefits of Dancing

By Christopher Pilarchik, Shared by friends at DanceArt

Physical Benefits

Cardiovascular: Dance Lessons can raise the heart rate anywhere from 80 to 120 (more for some of us) beats per minute. That is the equivalent of any strength training or aerobic program I have heard of. Sustained in 2 minute bursts over a 45 minute period will build not only your heart's strength, but it's endurance too.

Muscle Tone: Dance Lessons, when danced at an intermediate to advanced level of technique, uses the perfect blend of isometric and isotonic resistance (the two key ingredients to muscle building and toning). The blend and use of the muscles is perfect for building beautiful tone in the muscles without building a lot of muscle mass (a big concern for women).

Joints: According to the American Journal of Medicine, the best way to avoid arthritis, early arthritis and to remedy current joint discomfort is to continue to use the joints in a controlled manner. What could do this more perfectly and gracefully than Dance Lessons?

The Spinal Column: Before Dance Lessons, I had a chronic back problem and looked like I had curvature of the spine. When I stand as I used to (compared to what my natural posture now looks like thanks to dance lessons) I look at least 3 inches taller. The frame or posture maintained places the spine in a natural and correct position, even more correct than when standing or sitting naturally! Plus that puts all your organs in alignment, which is now thought by many doctors and chiropractors to fight sickness, disease, fatigue and more. (Technically, I should list the organs as another +).

Respiratory: Many track greats know that a strong set of lungs gets plenty of oxygen, which makes the heart work easier, which in turn allows us to dance and have fun longer! That's why sprinters run a lot of "wind" bursts. Brief bursts to up the heart-rate quickly, then bringing it down and doing this repeatedly. This is similar to dancing at a party, club or Dance Lessons.



Facial Lines: Most dancers are so busy smiling all the time that they won't get those nasty worry lines. (OK, that's reaching a little but that's my story and I'm sticking' to it).

Mental and Emotional Benefits

Self-Esteem and Confidence: Many dancers have experienced the thrill (rush) of dancing in front of people. This is one of American's top 10 fears! Overcoming this fear increases confidence in dance, in one's self and in life. Since I started over 14 years ago, I approach every challenge in my life with a solid (but realistic) confidence. Most of the dancers I know are the same!

Posture, Appearance and Balance: I've grouped these since they build upon each other. DANCE LESSONS gives better posture, which in turn gives one a much more attractive appearance. If your ego from looking so good throws you off, the improved posture will improve balance! This in turn will help one to move more gracefully, which is explained in the next benefit.



Grace and Poise: Through improved balance and self esteem, one tends to stand and move in a much more polished and pleasant manner. Clumsiness is overcome, which also increases confidence and social ease.

Psychological Escape: No matter what you do in life, you've got to take a break sometime! Dance provides a temporary escape from the cares of the world and their pressures and for a few hours a week gives freedom and enjoyment, invigorating you for your normal responsibilities.

Emotional Lifeline: For many people, there is an emptiness, a loneliness, something missing in their life. Dance offers something wonderful to fill that void and offers so many great benefits to

“Everyday brings a chance for you to draw in a breath, kick off your shoes, and dance.”

~ Oprah Winfrey
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