

The Lynden School of Dance

Newsletter April 2011

Pre-School Medal Tests – 18th March

Congratulations to all our pre-school dancers who took their musical mime exams. All of



the children performed beautifully and were extremely well behaved. They achieved excellent results and were all very excited and proud to receive their medals and reports from the examiner. The children will receive their certificates in the next couple of weeks.



Congratulations also to Asmi Gurub for passing her silver rose Modern/Jazz with honours.

A gallery of photos from the pre-school medal tests is available to view on our [website](#).

Just a reminder: Candidates will be penalised if they are not wearing the regulation examination uniform. They must not wear any jewellery, nail polish, or make-up. Hair must be worn in a very neat and secure bun with any loose ends gelled or sprayed back.

Very short hair should be neat and out of the



face. Regulation style pink or black Alice bands may be worn, if necessary, but no other coloured hair accessories or clips may be worn. Underwear should not be worn under leotards. Please

refer to our website for further details.

Ballet Shoe Straps

Children are not permitted to wear ballet shoes without elastic straps for classes; they fall off, often causing a child to trip and it also hinders the progress of good technique when a child has to constantly scrunch their toes in an attempt to keep them on.

Most dance suppliers sell shoes with straps already fitted but if you do need to sew them on yourself, here's how to do it correctly.

Attach one side of the elastic at a 45 degree angle to the inside of the shoe where the fold sits. Put the shoe on the dancer's foot - the elastic should then sit around the **BOTTOM OF THE DANCER'S ANKLE**, not follow straight over the bridge of the foot or instep. It defeats the object of the elastic!

Pull the elastic so it's comfortable for the dancer but holds the shoe to the foot sufficiently. You can use a pin to fasten the elastic to the outside of the vamp on the material so the dancer can move. Do this with care so that the dancer doesn't stab

him/herself. Mark off the elastic where you'd like to sew it, then sew & cut as appropriate.



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Zoom! Musical Theatre Workshop – 11th -15th April

We still have spaces available for our musical theatre workshop this Easter.

The workshop is open to all children aged 5-14 years. (they do not have to be members of the dance school to attend). The workshop runs from 10am-4pm and consists of dance, drama, and singing as well as many other fun activities like themed crafts, making scenery and props, fun on the bouncy castle and even a supervised fun session in the swimming pool!



The week finishes with a free performance to family and friends.

The workshops are a fantastic way for children to gain confidence, have lots of fun and forge new friendships.

Don't miss out of this great opportunity; book your place today either at The Sports Centre reception or online via our [website](#).

Sadler's Wells – 20th April

Our performance at Sadler's Wells is fast approaching. All of our dancers taking part have been rehearsing hard and their two routines are looking great!

Sadly, Katie McGregor-Moore's hopes of performing with us at Sadler's Wells have been dashed due to a stress fracture to her left foot. Katie was devastated by the news, especially as she had already put in so much work towards the show. Katie is one of our most dedicated and hard working students

and those of you who know her will appreciate just how hard it's going to be for her to be out of action for a couple of months! We wish Katie a really speedy recovery and look forward to her return in time for Danceforce 2011 at the Anvil in July.



Tickets for our Sadler's Wells performance are on sale now. We are still taking coach bookings for spectators. Please see [Sadler's Wells pages](#) for details. Over 80 seats have been booked already



Ticket line: 0844 412 4300. The Box Office is open from 10.00hrs - 20.00hrs

Please come along and support our dancers if you can.

Lynden Elite Squads

At Lynden we recognise that most of our dancers are happy to come along to our weekly dance classes to have fun, make new friends, gain confidence, perform with us in our shows and medal tests, and steadily progress through our graded exams, whilst

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keeping fit and pursuing a really great and fulfilling hobby, and we are more than happy to be able to offer this to them.



However, we also acknowledge that for some this is simply not enough. They are passionate and truly dedicated to dance, they rise to the challenges that they are set, they are self motivated and display tremendous determination, they recognise that 'wanting' isn't enough, and are prepared to work really hard, sweat, suffer

aching muscles and do whatever it takes to pursue their ambitions and reach their personal goals. These dancers need far greater challenges to enable them to fully reach their potential and it is for this reason that we have decided to introduce Lynden Elite Squads.

Being on one of our Elite Squads is a privilege and it should be regarded as such. The standard required to be part of the squad is set deliberately high. We want



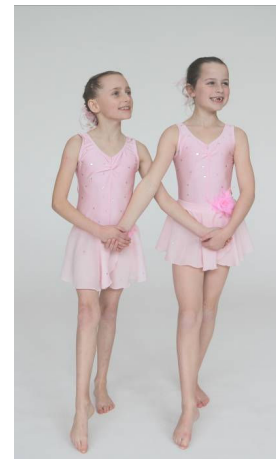
Lynden dancers who are serious and dedicated about their dancing to work hard, raise their technical standard, increase their flexibility, and aspire to be on the Elite Squad. All dancers can achieve good flexibility and technique if they are prepared to work really hard at it!

Elite squads are limited to 10 to ensure greater individual attention and places are strictly by invitation only. (Dancers who are ready for the Elite Squads will stand out and be obvious to their teachers).



It is important that dancers have a positive mental attitude and focus on their personal goals rather than concerning themselves with what others are doing or what may seem to be fair or unfair to them. Lynden does not 'favour' any of its dancers, but aims to set challenges that are appropriate for individuals.

Being part of our Elite Squads brings many advantages and opportunities but it is also a big commitment and responsibility; Are you happy to miss your friend's birthday party because you have a squad training session? Are you willing to sacrifice your school trip because it clashes with a squad performance or competition? Are you determined enough practice every day, even if you did cross country at school yesterday and you're tired and your legs really ache? If the answer to any of these questions is "no", our more recreational dance programme would be much more suited to you.



The Junior Elite Squad has recently been formed and is working towards a performance at Danceforce 2011 but will be making their first appearance together competing

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against other dance schools from around the country at the Guildford Dance Festival in May.

From September onwards we will be looking to form other Lynden Squads, but due to the time constraints of our current timetable and the extra rehearsals for Danceforce 2011, we are unable to form them at the moment.



Easter Holidays

Please note that all studios will be closed 11th – 25th April. However, the rehearsals for our performance at Sadler's Wells will continue as normal on Wednesday 13th April.

The 3 pre-school classes at Basingstoke Sports Centre that fall on Bank Holidays have been rescheduled to Tuesday 26th April and 3rd & 31st May. These classes will be at 2:00 – 2:45pm in Studio 4. All other classes that fall on Bank Holiday Mondays are cancelled.



Classes will continue as normal in Overton on Friday 29th April (Royal Wedding).

Danceforce 2011 Saturday 2nd & Sunday 3rd July – The Anvil, Basingstoke



Rehearsals for Danceforce are going well and all of the children are working very hard at producing some very entertaining and polished routines.

There has been a big improvement in the attendance for the rehearsals and I thank all of the parents for their continuing support and co-operation with this matter.

Invoices for the Danceforce costumes will be sent out soon, so please check your email regularly. As stated in the terms and conditions for Danceforce, costumes will be priced at approximately £30-£35 (older students should expect a slightly higher price because VAT is added to adult sizes) for each routine and your £25 deposit will be deducted from the total.

Because of the volume of costumes that we will be ordering, prompt payment of invoices would be greatly appreciated.

Parents of all the children taking part in Danceforce are asked to provide help with dressing and supervising the children backstage for at least one of the performances or rehearsals at The Anvil. A rota will be organised nearer the time of the show and all parents will be contacted via email and asked to provide the times and days that would be preferable for them to help.

Please encourage as many friends and relations as you can to come along to Danceforce 2011. There is a tremendous amount of work that goes into the show and all of our dancers will appreciate performing to a large and supportive audience. Note also that we are trying to fill the matinee session on Sunday 3rd July with local school children and students – offering a price of only £7 per student for this performance.

Tickets are available now from The Anvil Box Office: 01256 844244 or online via the Anvil Arts website.

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