

978-975-0289
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New England Civic Ballet

April 2011

School Calendar at a Glance

Technical Rehearsal...May 2

(Mandatory for ALL students)

Dress Rehearsal...May 3

(Mandatory for ALL students)

Recital Photo Shoot...Friday

May 6

Recital...Sunday May 8

Spring Break...May 10-14

Monday May 30...

No Class Memorial Day

Thursday June 25...Last day of

School Year

July 11-28 Summer Session

August 8-11 summer workshops

August 15-25 2 week summer

intensive

RECITAL NOTEWORTHY

- ⇒ Recital packets will be distributed and reviewed April 4-10. Please be present at your child's class to review all information. Roshni will be at the studio Saturday April 2nd and Saturday April 9th at 1:15-2:00 to review packets with any parent that can not be present during class time.
- ⇒ Recital tickets go on sale Saturday April 30th 10:30 AM-1:30 PM. Recital tickets can not be sold unless **ALL** tuition, costume, late fees etc. has been paid. We urge you to double check your account with Pat prior to ticket sales .
- ⇒ Recital Photo shoot will be held on Friday May 6. If you know you are unable to make it please let your child's teacher know. Photo shoot forms are available on the desk. **You may write 1 check but you will need 1 envelope per individual picture.**
- ⇒ Students **should NOT** arrive to the following in costume: Photo shoot, technical rehearsal (costumes not needed) Dress Rehearsal, Recital
- ⇒ Please make sure all costumes are altered appropriately for the photo shoot. Double check the color of your child's shoes as well. All information can be found in the recital binder located in the front waiting area. Please do not remove the binder from the table.
- ⇒ Students performing in only 1 act receive a ticket to the show. This is ticket is for them, **NO STUDENT dancing in only 1 act should remain backstage for the entire show.**
- ⇒ We ask that everyone attending the show stay for the entire show. Each student (just like your own) has worked very hard all year. All students deserve equal recognition. It is very disappointing when a large portion of the audience leaves after the first act.
- ⇒ All students dancing in the 2nd Act will participate in the "finale" at the end of the show.

PAC SCHOLARSHIP CALENDAR FUNDRAISER

Don't forget to return your PAC calendar fundraisers by April 4th. Thanks to everyone for supporting this endeavor. Each student will receive a scholarship application in their May tuition envelopes.

YOUR ENVELOPE THIS MONTH

In your envelope this month you will find a highlighted schedule. The school will run on this schedule May 16-June 25. Please speak with Roshni with any questions or concerns.

EMAILS

If you would like to receive information throughout the summer please make sure we have your email address in the office. I have been emailing reminders over the last few months, if you have not received any emails most likely we do not have your address. You can give your email address to Pat in the office, put it in my mailbox or the easiest way email me at

RECOGNITION

Summer Programs Students & Seniors: Congratulations to all of our students who not only auditioned but were accepted into summer dance programs throughout the country and seniors who will be starting a new chapter next year. You should be extremely proud of yourself. Please make sure you email Roshni of these announcements ASAP.

Roshni was **1 of 15** Dean College Alumni invited to participate in restaging an original work of Martha Graham's This special dance event is being held in honor of Joan Paladino, Founding Dean of the School of Dance as she transitions to her next life adventure at the end of this year. She has been Dean's Dance Department head for 47 years. What an honor!

NECB IS OPEN AND HOLDING CLASSES DURING APRIL SCHOOL VACATION!

APRIL BIRTHDAYS

Allison Barstow, Lily Chartrain, Alexia Daviduk, Krystel Estrella, Alyssa Foden, Jane Hannon, Hannah Jordan, Alyssa Levine, Emma Ventre, Alexandra Weber



SMUG MUG ORDER DEADLINE

As most of you have heard by now, photos from the NECB Recitals and Nutcracker Productions for 2009 and 2010 have been available for purchase via the website www.necb.smugmug.com using a password. It turns out that this idea was not as successful as hoped, and the number of orders to date does not justify continuing this program. If anyone is interested in ordering photos that are currently available, the orders must be placed on or before May 8th, 2011. If you have questions or need more information about how to purchase these photos prior to the deadline, please feel free to contact Janet Nork at norks@comcast.net

SUMMER SESSION REGISTRATION FORMS NOW AVAILABLE AT THE INFORMATION TABLE IN FRONT RECEPTION AREA

2 WEEK SUMMER INTENSIVE AUGUST 15-25

I am so excited to announce NECB's 2 week summer intensive being held August 15-25th. For many years I have been wanting to be able to bring such an experience to our students. The 2 week intensive encompasses classes for students at various levels of Ballet and Jazz ages 7 and up. Designed for students committed to pushing themselves toward improvement, I strongly recommend this program to any NECB student who is planning on auditioning for NECB's 2011/2012 productions and/or any student interested in becoming involved in NECB's Performance Ensemble. Registration will begin during the month of April for NECB students and will open to all students during the month of May. Register early to ensure your spot. Registration will be limited to 20 students. Schedule and pricing information available shortly. **Summer Intensive Staff will include: Jill Silverman** (Joffrey Ballet, ABT, Boston Ballet) **Adrienne Hawkins** (Impulse Dance Company) **Corie Mae Callaluca** (Patriots/Dolphins Cheerleader) **Rebecca Shelton** (Orlando Ballet)

2011/2012 SCHOOL YEAR

- ⇒ Be on the look out for better organization of class titles and programs
- ⇒ The 2011/2012 school schedule will be available in your May envelope. As always your child's class schedule will be highlighted.
- ⇒ Beginning this month we will be accepting Class Demonstrator applications. Applications are available in the office.
- ⇒ Beginning this month I will be accepting requests for private lessons for the 2011/2012 school year. Please email your request to me including the discipline and teacher you wish to receive instruction with; Roshni6326@yahoo.com Please keep in mind that private time is extremely limited. Students who receive private/semi private instruction this year will be considered first.

OPEN HOUSES AND BRING A FRIEND COMING UP IN MAY AND JUNE SPREAD THE WORD ABOUT NECB

We will be holding open houses on May 18, 19 and 21. During these days we ask students to pay particular attention to the hallways and waiting areas, please keep these areas clear and clutter free. Please spread the word to all your friends/family and neighbors! Also during the end of the school year we will be having "bring a friend" to class days. This is a great way for a new friend/family member to try a class before registering. It is also great fun for the students to share their love of dance and NECB with someone. Your voice is our best form of advertising. Please share your wonderful NECB experiences with your community.



DID YOU KNOW???



The name "Contemporary Dance" describes a range of techniques and styles used in classes, workshops and dance choreography. Contemporary dance was developed in the early 20th century as a reaction against the rigid techniques of ballet. Pioneers such as Isadora Duncan and Martha Graham searched for ease of movement using the body's natural lines and energy, allowing a greater range and fluidity of movement than conventional dance techniques.

Contemporary dance is characterized by its versatility: contemporary can be danced to almost any style of music, or united with other dance forms to create new styles of movement. Contemporary seeks to work with the natural alignment of the body, and is therefore safe and accessible for beginners. At the same time, the ease of movement promoted by contemporary dance technique allows experienced dancers to push new boundaries of body movement.

The four main techniques used in contemporary dance are:

Cunningham(named after teacher and choreographer Merce Cunningham, focusing on the architecture of the body in space, rhythm and articulation.)

What does that mean? Cunningham uses the idea of the body's own "line of energy" to promote easy, natural movement. Richard Alston uses Cunningham technique in his graceful choreography.

Graham (named after Martha Graham) - focusing on the use of contraction, release, fall and recovery. What does that mean? Graham technique is characterized by floor work and the use of abdominal and pelvic contractions. The style is very grounded and the technique visibly contrary to the sylphlike, airborne ideals of ballet.

Limon (named after Jose Limon) - exploring use of energy in relation to gravity and working with weight in terms of fall, rebound, recovery and suspension.

What does that mean? Limon technique uses the feeling of weight and "heavy

NATIONAL DANCE WEEK APRIL 22-MAY 1

April 22 through May 1st is National Dance Week. Celebrate the week by attending an additional technique or stretch class, watch a dance related video or research a dancer or company. If you are looking for interesting dance books or dvds ask Roshni for some suggestions!

COMMUNITY BOARD

Don't forget to take advantage of our community board in the back hallway. Please forward ANY information that our community should know about. If you are not in the studio often you can email flyers to Roshni at Roshni6326@yahoo.com

RECIPE OF THE MONTH

NO BAKE PROTEIN BARS

Ingredients:

1/2 cup All Natural Peanut Butter
2 cups Quick Oats
116 g Protein Powder
1 tbsp Ground Flax Seed
1/2 cup Water

Directions:

Knead all ingredients together in large bowl. Place in square baking dish lined with wax paper and freeze for 30 minutes. Cut into bars.

Note: you can also use Almond Butter, Cashew Butter or Sunflower Butter.