

Starz Dancer

Denver Dance Starz Competition Team Newsletter

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September 2009

Welcome Back!

Well another dance season is under way! Thanks to everyone for getting dancers to extra rehearsals during the past 2 weeks. Dancers seem to be excited about their new routines and we are excited to see the finished products!

Welcome

Welcome to Amanda McIntire. Amanda will be teaching the Saturday morning 3-4 yr. Combo classes. Please give her a warm DDS welcome.

Costume Preview

MARK YOUR CALENDARS: The Competition Team costume preview and measurement day has been set for **SUNDAY, OCTOBER 18**. It will begin at 1:00 p.m. and end at 4:00 p.m. It will take place at the ANNEX. This will be the **ONLY** day for costume measurement.

Choreography News

The September and October choreography schedule is attached to this newsletter. Please mark your calendars so that you do not miss any extra choreography. For those of you that have your choreography set, you will not be meeting during these two months, as we try to finish setting choreography for other routines.

Payment Reminder

Your third tuition payment is now due. If you have missed a payment, please try and make this up so that you don't get behind. If you forget your payment coupon, please use the TEAL coupons located on top of the drop box. We did not assess late fees for July, due to many of you traveling, however, we will begin assessing a \$25 late fee for payments not received by the 20th of each month. Please stay current with your payments.

Booster Club

The Booster Club is wrapping up its first fundraiser - Little Caesars Pizza Kits. All orders and payments are due to the studio by September 12. Orders will be delivered to Sherry Hammack's house on September 22. Please make arrangements to pick up your order **THAT DAY**, as orders need to be refrigerated and she does not have space to store these orders.

Relay for Life

The Relay is just a week away! Don't forget to stop by Webster Lake and cheer on the DDS team. The Relay begins at 11:00 on Saturday. We will be walking the rest of the day AND night until 8:00 a.m. on Sunday morning. We have 18 dancers participating on the team. Stop by the Survivor Lap and cheer on our DDS survivors: Fran, Sherry and Fred at 11:30, followed by the Opening Ceremonies at Noon. At 1:30, DDS will take to the Relay Stage to present an encore performance of last year's competition routines. The Luminaria Ceremony is scheduled for 8:00 p.m. Finally, don't forget to place your "VOTE" for Mr. Relay - Thom Mestas and Kevin Lasky. Bring a few dollars to place in their vote jars.

If you still need to purchase luminarias, there are bags and forms available at the ANNEX. All checks should be made out to THE AMERICAN CANCER SOCIETY and all donations are tax-deductible. **We must have ALL luminarias and money turned in by Saturday, September 5.**

Recycle

Both studios now have recycling bins. We are encouraging dancers and parents to please put empty water bottles and pop cans in the bins to be recycled. Please do **NOT** put other trash in the bins.

Food Allergies

Please be aware that we do have a dancer with severe peanut allergies. Please do **NOT** send food, treats, etc. with your dancer that contain

Competition Team Lock-In

The annual DDS Competition Team Lock-In will be on Friday, October 30. The theme of this year's Lock-In is "Monster Mash!" The Lock-In is open to all Competition Team dancers. Registration info will be coming out soon. However, the committee is looking for Volunteers for these positions:

Decorations
Crafts
Face Painting
Runway Show
Snacks

Remember, you earn scholarship points for volunteering. If you are interested in helping out with this fun, annual event, please contact Dottie Cowan: chrisdotcow@msn.com

Important Dates

September 12	Relay for Life
October 1	LADM Fees DUE
October 18	Costume Preview 1-4 pm.

LADM

Don't forget: LA Dance Magic Convention registration is DUE by October 1. There is a sign-up sheet for both dancers AND observers at the ANNEX. ALL payments MUST be turned in by October 1. Payment is non-refundable. LADM will be held November 21-22 at the Westin Westminster.

The cost is:

Senior(12 & Up Intermediate/Advanced) - \$195
Junior (7 & Up Beginning/Intermediate) - \$180
Jumpstart (5 & Up Beginning) - \$135, includes observer band
Observer - \$45

Please remember that LADM is OPTIONAL. You are not required to participate.

Health Info

We know that some of our dancers may have health concerns that are important for us to know. We have attached a health info form to fill out ONLY in the event that your dancer has a health concern that you would like us to know about. Please leave this at the front desk and we will make sure that all necessary personnel are informed.

Flu Season

With our new attendance policy and the speculation that this year's flu season will hit hard between the regular flu and the H1N1 Virus, I wanted to pass along some reminders to help keep dancers healthy.

- Please remind your child to practice basic good hygiene including hand washing, covering their mouth and nose with a tissue when they cough or sneeze and using their elbow instead of their hand when a tissue is not available.
- Washing hands with soap and water for at least 20 seconds (the time it takes to sing "Happy Birthday" twice) is the best way to keep your hands from spreading a virus.
- You may also consider cleaning surfaces and items in your home that have frequent hand contact.

In addition, while regular attendance at dance class is important, we do not want dancers coming to the studio for classes if they are sick or exhibiting flu like symptoms:

Fever, cough, runny or stuffy nose, sore throat, body aches or fatigue.

Dancers should not return to dance for **24 hours** after fever symptoms end. A general rule of thumb should also be that IF dancers did not attend school OR were sent home early due to illness, they should NOT attend dance classes that night.

In the event that dancers miss multiple classes in a week or over a period of a few weeks, please submit a doctor's note to get the absence excused and it will NOT count against your dancer's attendance. Illness related absences that do not have a doctor's note WILL count against attendance.

Studio staff Clorox the ballet barres and door handles. We also have antibacterial hand sanitizer available in ALL studios and we encourage all dancers, parents and teachers to use it FREQUENTLY.

Hopefully it will be a HEALTHY dance season for ALL of us! Don't forget the flu shots!