

PLAID NEWSLETTER

New Layout!

By JJ Larson

The holiday newsletter was a new experience for me as I have never written a newsletter before. Also since PLAID did not have a previous newsletter that I could use as a template, I had to make up the format as I went. The holiday newsletter was also started and finished in one night!

In the short time between the holiday and January Issues I have come up with a layout that I feel will work best. There will be four pages per issue: Overview, News and Updates, Articles, and Health and Fitness.

I know that this issue is being released very close to the holiday issue, but I wanted to release it in early January. The plan is to release each month's issue a week early, just in case some of the material pertains to the first week of the month. This will begin with the next issue.

Enjoy!

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(<http://balletskills.com/2009/09/30/5-healthy-tips-for-dancers/>)



News and Updates

Holiday Party!!

By JJ Larson

The holidays are over and I hope everyone enjoyed themselves over the past few weeks. Fortunately for PLAID, the festivities aren't over!

On Saturday, January 7th, PLAID will be holding its annual holiday party (albeit a tad late). Everyone in PLAID should have gotten an email containing a link to an E-vite with details regarding the party as well as a way to RSVP, so be sure to check your e-mails!

The party is from 4pm-8pm and will be hosted by Jennifer Holmes at her house. The address is 1271 Sao Paulo Avenue Placentia, CA 92870.

There will be a potluck held at the party and it is asked that when you RSVP online, you also list what item you will be bringing. PLAID will also be providing drinks as well as two kinds of chili: meat and veggie.

If you have any further questions or have not received an invitation e-mail, please feel free to call Mrs. Holmes at (714) 262-5618.

Say Cheese!

By JJ Larson

Portrait day is coming up! On January 21st from 9am to 5pm, the Fullerton Studio will be transformed into a photography studio! Dan Straszewski will be graciously donating his time and energy to take photos for families, dancers, or anything you desire. Portrait packages are \$35.

This is a fundraiser being put on by the

IDBC. All proceeds will be donated to the senior 8-hand team for their trip to Ireland for the World Championships. So keep an eye out for sign-up sheets in the studios starting January 3rd.

Be sure to start planning out your new family photo and choosing poses with your friends! Also, feel free to invite your friends and their families – the more the merrier!

Thanks from IDBC

By JJ Larson

The IDBC would like to thank everyone who participated in the dessert fundraiser. Thanks to your efforts, we managed to raise \$1,100! The proceeds will go towards the senior 8-hand team's trip to Ireland for the World Championships.

I would also like to personally thank everyone for their efforts. If it weren't for your participation, a great deal of PLAID's events and activities would not be possible.

Recital Sign-Ups

By JJ Larson

The PLAID recital is quickly approaching! Three months may seem like a long way off, but March 10th is closer than we think. Sign-up sheets can be found in both studios, so be sure to sign up as soon as possible!

Dancers that have already begun recital practices are still required to fill out a sign-up sheet. **A participation fee of \$\$\$ will be included as well.**

Also be sure to spread the word about our recital and make sure the whole family marks their calendars for March 10th!

Articles

We Need Your Articles!

By JJ Larson

Last newsletter we sent out a request for articles from anyone who would like to write one. Sadly, I have received no e-mails regarding articles so this page will have more photos than articles. Also there wasn't much time between the last newsletter and this one, and the holidays are still going on so I wasn't exactly expecting my inbox to be bursting at the seams!

If you would like to write an article, submit it via e-mail to jedlarsonjr@gmail.com. If anyone is unsure of their topic, feel free to run that by me as well. We will accept any and all articles submitted and have no set topics, but we are more than happy to help you find a topic so feel free to ask!

Help PLAID Advertise

By JJ Larson

As the new head of advertising, I feel I should suggest ways the PLAID community can help out our fabulous academy! I recently received an e-mail from Cheryl Walker with a few suggestions for the newsletter. I have added her ideas into either this issue, or have planned to put them in future issues.

One of Mrs. Walker's ideas was for advertising and boy is it a good one! She suggested that PLAID members attempt to post an advertisement for the academy at their churches on the community bulletin board. She herself learned of PLAID this way, and I know a few other members of PLAID that have learned of us the same way.

If you would like to help out the

academy, please feel free to ask Michelle, any teacher at PLAID, or myself for some flyers, business cards, or promotional postcards.

I personally love this idea and have already placed advertisements at my church and even have had some of my friends do the same! Every little bit helps, and with our amazing PLAID community anything is possible. Thanks for all your support, members of PLAID!

First Place Poem!

By JJ Larson

It has come to my attention that Veronica, Theresa and Christina Perry had written a poem about Irish Dance for the Christmas Feis and WON! Congratulations girls! The poem is posted in the Fullerton Studio, but I will also display it here:

My Irish Dance Things
By Veronica, Theresa & Christina Perry

Dresses on dancers and wigs with hair pins;
Bright sparkly head bands and the joy of my wins;
Soft shoes and hard shoes polished all black;
These are a few of my Irish Dance things!

White poodle socks and sticky sock glue;
Judges and Feis cards and Irish Dancers, too;
Treble jigs and slip jigs, and light jigs and reels;
These are a few of my Irish Dance things!

Girls in solo dresses with crystals galore;
Trophies that stand three feet from the floor;
Dedicated dancers that turn into champs;
These are a few of my Irish Dance things!

When the nerves strike;
When the shoes fly;
When I do not place
I simply remember my Irish Dance things,
And then I don't feel so sad!

Health and Fitness

5 Tips for Dancers

By JJ Larson

Hello all! I was reading about fitness and exercise online and ran across a few blogs about fitness for dancers and thought it would be great to share. These 5 tips were written for Ballet dancers, but will apply to Irish Dancers as well.

The first tip is: **Don't skip breakfast!** This is very important! I cannot stress this enough. After sleeping for 6-8 hours, your body NEEDS fuel. Without the proper amount, your body will not be able to perform at its peak ability.

Tip two is: **Stay hydrated!** It sounds obvious, but we dancers forget to drink water quite often. It is very easy for us to focus on our dancing for the entire class and at the end we realize there is an unopened water bottle sitting in our dance bag. Drink that water! Your body will thank you, as well as be much stronger.

The third tip is: **Eat!** I will quote word for word what the blog says because it is AMAZING! "The skinny, emaciated look is so 1970." It's true. And guys don't like it either, trust me. Having a normal Body Mass Index (BMI) is very important both for your health and for your dancing. Too high, and your stamina will suffer. Too low and your body can be injured quite easily.

Tip number four is: **Soak and stroke!** Although oddly worded, it means we should remember to let our bodies relax. A hot bath after practice will relax your muscles and allow them to heal more efficiently when you sleep that night. And massaging always helps.



Finally, Tip five is: **Take a day off!** So many dancers I know eat, sleep, live, and breathe dance and never take a day off. These dancers are also the ones that constantly have an ankle brace or a knee bandage. Your body can take a lot of abuse, but also needs some time to relax, heal itself, and recharge. Take at least one day off per week from dancing or anything else involving intense use of your legs.

Take these tips to heart and your body will thank you. You will also see an improvement in your dancing!

Source: <http://balletskills.com/2009/09/30/5-healthy-tips-for-dancers/>