

PLAID NEWSLETTER

Crazy March!

Boy howdy! This month has been crazy already, and it's only been 12 days! I would like to apologize for the late newsletter. The PLAID show took up a lot of time and my mom and I have been running around like crazy people for the past few weeks! But now that it's over, things can return to a slower pace.

But it's not over yet! St. Patrick's Day is just around the corner and that means LOTS of shows! (Details on the shows are listed below) We also have some new features on the website coming out soon! They are under construction, but are very cool and are explained on page 2!

And now that the show is over, the marketing team can now focus on studio advertising! That means lots more fun events such as Celtic camps, events, shows, and possibly new classes (all of these are ideas at this point, but hopefully all will be used!).

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Becky Sanders and Anna Hsieh. "Memories" A Celtic Dream 2012 and Rhythm and Dance of the Celts 2001 (I think that was the year, could be really wrong though)



A Celtic Dream Advanced Dancer Cast

News and Updates

PLAID Show a Success!

The PLAID Show on March 10th was a huge success! The 2pm show had a sizeable turnout, and the 6:30pm show was almost sold out! We sold a total of 618 tickets! Also, the raffle held in the front lobby sold out! Details on where the profits are going, as well as exact figures, will be released by the IDBC on March 12.

Thanks to everyone who helped make this show a success. This includes all the dancers and parents. Without you, this show would never have come together!

I, JJ, would also like to personally thank all the parents who helped in the background – during the preparation, production, and cleanup – of the show. There would be no way to handle those kids backstage without the help of the “call moms,” or to get the props on and off stage without all the dads. Thank you!

PLAID Gear for Sale!

As you may or may not know, the academy holds many dancer's old shoes and costumes and all are for sale (all money goes to the seller, of course). But for a long time, the shoes and dresses themselves have been spread across both studios, or held by the owners. In short, they were not neatly consolidated into one easily accessible spot.

Well I'm proud to inform you that we have done just that! Not only has all the shoes for sale been consolidated into the Fullerton studio, but they are all recorded in two pretty little folders each with a complete list.

As for the solo dresses for sale we do have a folder system for that as well, but it is slightly more complicated. First, **the studio will no longer be holding solo dresses for sale.** This means that if you have a solo dress hanging in the studio with a for sale sign on it, you need to pick it up.

Second, there is a form for listing a dress. Visit <http://larsonirishdance.com/how-to-list-your-dress/> for instructions on how to list it.

Both the dresses and shoes for sale will also be listed on the website under “Dancers and Members/PLAID Store.” This is currently under construction.

St. Pat's Shows

St. Patrick's Day is just around the corner and that means LOTS of shows! We need your support to fill the spaces for the shows. Currently, we have show's on the following days and within the listed times: Thursday, the 15th, in the morning and evening, Friday morning and evening, and Saturday (St. Pat's Day) from 9am-8pm. Exact times will be posted on signup sheets in both studios.

On Saturday we will need a large number of dancers. Since there will be a great deal of shows, we will be splitting into two to three groups and performing in different locations.

Saturday will certainly be hectic, but with your support everything will run smoothly, more or less!

Thanks in advance to all who participate in the St. Patrick's Day week shows! Think of it as one final push after our fantastic PLAID show. We're almost stress-free!!!

Health and Fitness

Injury Prevention

I recently had a little tussle with a minor injury to my calves. Nothing serious, just some strong achy pains that flared up when dancing. But I do know of some dancers in our school who are currently struggling with more serious injuries, and I'm sure all of us have had a serious injury at one time.

By serious injury I mean an injury that either effects your dancing, or prevents it altogether. We all know how annoying that is, right? So the best way to avoid this is to, well, avoid getting injured! Here are some tips how:

Be sure to warm up! Before you dance, be sure to stretch and warm up. If you ever watch anyone in the prizewinner and championship classes before they get on the dance floor, you will see them warming up. And they're not just stretching, jumping up and down, and kicking their legs up to just to look silly! Warming up those muscles will greatly reduce your risk of injury.

Perform leg exercises regularly. Most injuries in Irish dance happen to the ankles and shins. There are many ankle strengthening exercises out there, and a quick Google search got me several of them. Strong ankles will help with everything in your dancing! It also helps prevent rolled ankles and straining your foot while "rocking."

Shin exercises are a little harder to come by, but we were all taught them whether we know it or not. The beginner warm up routine includes an exercise where we stand with feet together and crossed (5th position for you ballet savvy individuals), and then we lift the front foot's toe and draw a rainbow with it.

This continues several times and is repeated on the other foot. Well, this exercise is for the shins! The other big one for shins is lifting your foot slightly off the ground and making circles with your feet. Our shins are our "shock absorbers" and are needed for jumping and landing, as well as for all hard shoe steps. All those bangs and stomps are rough on our legs!

Always dance well. We should always dance our best, but that isn't what I'm talking about here. When dancing, be sure to dance with energy and don't be sloppy or lazy. Not only does this not look good, but it can easily lead to injury.

I'll give an example: I was at class and had been dancing very hard. There was only 5 minutes left in class and I had to do one last soft shoe dance. About $\frac{3}{4}$ of the way through, I was feeling tired and began to dance a little sloppily. Big mistake. I allowed my feet to flop a little bit and when stepping on my right foot, stepped on the TOP of my foot! Needless to say I fell and also strained my leg muscles quite badly.

Moral of the story is: dance your best and always finish strong!

Cool down! We dancers often remember to warm up, or at least are reminded to, but very rarely do we cool down. Stretching after exercise is very important. Stretching muscles that have recently been used leads to long-term flexibility, as well as reduced stiffness and soreness later on. Think of it as helping your muscles relax after using them for an hour of dance class.

Follow these steps and you risk of injury will plummet! Dance safe!