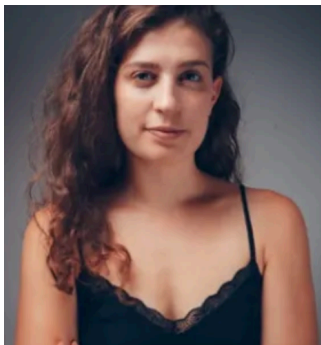
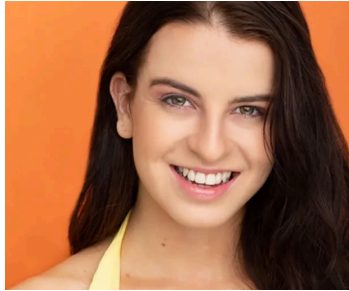


2022 Nutcracker Excerpts & Holiday Showcase delights audience while supporting the Blythedale Children's Hospital.



Welcome to our staff
Emma & Christina!



Emma Morris (Top), Christina Morrison (Bottom)

Registration deadline for Student Choreography Showcase is Sat, Jan 7th! A portion of proceeds benefits The Valerie fund, for kids with cancer & Blood disorders.

Would your child or dance student like to grow and expand his/her dance vocabulary, artistic voice and knowledge? The Dance Works 2022 Student Choreographer's Showcase will give them an opportunity to express their creativity into a dance piece preformed in a showcase. This experience will reveal what it takes to become a choreographer and decisions that are made throughout the creative process.

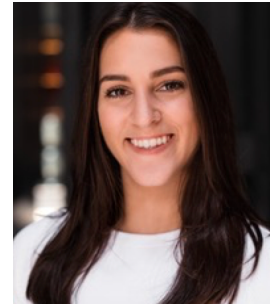
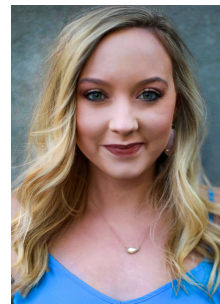
Each student choreographer will receive a formal composition evaluation within 30

Two more students promoted to pointe this season. Congratulations to Eva & Lexi!

How do we decide who is ready for pointe?

Eva and Lexi are two students recently promoted en pointe, enriching their classical ballet experience. Many are interested to know when and why students are selected to go en pointe. This is a great question and one that we do not take lightly. We treat this with a great deal of caution to ensure it is done safely. It is best to wait until at least 11 years old. The bones of the feet do not fully develop and harden until approximately 13-15 years old. Dancers must be strong enough to protect the bones before they fully develop. Beginning pointe too early can damage immature bones. Students must have a minimum 3 years of consistent training and take class a minimum of 2-3 classes per week. Dancers must be able to hold their turn out when transitioning from flat to demi-pointe. Correct turn out is achieved from the hips and not from the knees or feet. Must have a strong core and capable of dancing without a tilt of the pelvis that can throw off a student's balance. Students must be able to properly demi-plie in all positions without the heels lifting, and must be able to properly pointe fully without "sickling" and pique passe must be done with a straight leg and student must be strong enough to hold a passe balance and do 16 relieves in center without stopping. In addition we must see consistency in our dancers and commitment as we'll as in good health. We also believe it isn't for everyone and students must have enough arch in their instep to support standing en pointe. So if you have read this article you are now better informed. Who will be next?

2022 Fall Guest Instructors!



We are so fortunate to have had these three incredible artists/instructors guest teach for us this fall. Torre Randel (Center), was meant to be on staff this season but was hired to perform in a musical in South Carolina. We were certainly fortunate to have her join us for our first month of classes. Malerie Dempster (Left), lives a distance away unfortunately otherwise you would see her more often. Malerie came to us to teach for several classes in October and Jamie Kleinschnitz also joined us for some classes. These three incredible young women shared their knowledge and our students enjoyed the experiences and we look forward to having them back at our studios one day!

Our 2022 Accomplishments

During the pandemic, through loss, grief, discomfort and stress, we moved through and provided a place for our students, youngest (2) and oldest (74) to continue to move to music, learn, grow and feel alive. To supplement classes that were in the studio we continued our work too with private pods and online instruction.

Here are some of our 2022 highlights and accomplishments:

- **We raised nearly \$10,000 for charity including:**
 - ✦ over \$7,400 in March at the Dance Works Fundraiser Showcase for The Foundation of Women's Cancer and the Joe Torre Safe at Home Foundation
 - ✦ Over \$1,000 for the Blythedale Children's Hospital during the annual Nutcracker Excerpts & Holiday Showcase in December
 - ✦ Nearly \$500 for the Valerie Fund at the Student Choreography Showcase in January
 - ✦ Nearly \$500 for the March of Dimes in May
 - ✦ Other funds raised at pop up classes for causes such as Move 2 Empower, the American Heart Association, The American Red Cross We raised nearly \$10,000 for charity including:
- **We provided:**
 - ✦ Over 600 classes of instruction to 200 students
 - ✦ 20 instructors
 - ✦ 6 National Honor Society for Dance Arts (NHSDA) inductees
 - ✦ Dance & Craft Camps when school was out
 - ✦ Birthday Parties & Bar Mitzvah Motivational Dance
 - ✦ Adult instruction

Our 2023 goals are simple. We will:

- ✦ **continue our mission to deliver high quality dance education in a fun, nurturing, yet disciplined and challenging atmosphere affordably.**
- ✦ **carry on to welcome and inspire dancers at every level of interest, from recreational to professional track, to reach their fullest potential.**
- ✦ **support dancers development holistically, technically, artistically, athletically, and emotionally while promoting dedication, hard work, fostering friendships and encouraging creativity.**
- ✦ **offer a safe, inclusive and non-competitive environment with experiences that build confidence and benefits that last a lifetime.**
- ✦ **do what we love**
- ✦ **provide enrichment opportunities for our dancers**
- ✦ **continue to evolve while giving back to the community with many outreach efforts and philanthropy.**
- ✦ **continue to develop our staff and student leaders to lay the foundation for a bright future.**