

SEPTEMBER 2023 SOPILKA NEWLETTER

KRISTINA'S "KORNER":

Welcome! Bitamo!

Welcome to Sopilka's 54th year of demonstrating our love and pride of our culture through dance! I hope that you all had a wonderful summer and a smooth start to your school year. Our new school year officially kicked off on September 10th and we look forward to welcoming all our dancers to classes this week.

Our School continues to grow, and we have 140 dancers registered this year with 32 NEW students and almost all of our classes at full capacity!

I am happy to welcome our instructors this season:

Megan Hnatiuk (*Pershyy Krok, Dusha Ensemble*)
Ben Chapman (*Koneky, Druzi Kalyna, Dusha Ensemble*)
Jillian Teterenko (*Krasa Ensemble*)
Rhea Sotas (*Sonechky, Druzi and Radist' Ensemble*)
Shanaya McMillan (*Kvitky, Druzi, Radist' Ensemble and Akademiya II*)
Morgan Sawchyn (*Soloveyky, Kalyna, Akademiya I*)

Our instructors will be joined by a great team of assistant instructors:

MacKenzie Drul (*Soloveyky and Sokoly*)
Shayanna Brown (*Sonechky*)

We will also have class helpers joining our school this year:

Oksana Gerelus
Lealya Kukura
Isabella Lavergne
Natalia Volkmar

Our Artistic Team has developed our theme for the dance year- "The Four Seasons". As we start the new year, please know that "I love my students. I love my culture. I love dance. It's an honour to be Director of such a special community of Ukrainian Dance. I am so excited for what this season of dance will be!"

KristinaFrykas, Sopilka Artistic Director

HELPFUL HINTS:

- Construction is still happening around Kazka Dance Studio where all the Sopilka classes are held. Please take this into consideration when choosing your route.
- While parents are permitted to stay in the lobby (a monitor and camera has been installed so you are able to view classes that happen in the basement), we request that families allow their dancers time to spend alone with their dance friends and teachers

once the initial new year "jitters" have worn off. The lobby is cozy and can get very loud, causing a distraction to the dancers.

- There are 10 minutes between each class to allow for changeover. Please do your best to come no more than 10 minutes early.
- No street shoes are permitted in the studio OR on the mat directly outside the studio door. A great deal of time is spent keeping the studio clean for all of our dancers. Please help to do your part to keep it clean.
- In the event your child is sick or can't attend a class for any reason, we love to know. Please email: sopilkawinnipeg@gmail.com. If you will be late picking up your child, please text Kristina at 204-996-4420.
- Please watch for our Monthly Newsletters to keep you current and up to date with everything you need to know about Sopilka throughout the year.
- Our website is updated regularly with important information: [Sopilka Ukrainian Dance School - Ukrainian - Winnipeg, Manitoba \(sopilkadance.com\)](http://Sopilka Ukrainian Dance School - Ukrainian - Winnipeg, Manitoba (sopilkadance.com))
- Follow us on Instagram @sopilkawpg or Facebook @Sopilka Ukrainian Dance School

DRESS CODE:

Please come dressed for your class. Dancers may be asked to sit out if the dress code is not followed. You can view a video on "How to Make a Ballet Bun", [here](#).

Dress Code Girls/Ladies Classes:

Pershyy Krok, Kvitky, Sonechky, Soloveyky, Druzi

- Black bodysuit (tank, short or long-sleeves)
- Light pink tights
- Black, fitted, dance shorts or dance skirt (optional)
- Hair pulled off the face and securely fastened to the head (bun or braids)
- **No jewelry is to be worn in class.**
- **Athletic wear (cropped tops or leggings) is not appropriate dance class attire.**

Radist' Ensemble, Dusha Ensemble, Krasa Ensemble, Spadok Ensemble, Adult Ensemble, Akademiya I & Akademiya II:

- Black bodysuit (tank, short or long-sleeves)
- Light pink, beige or black tights. * *Beige dance tights are required for ALL stage performances**
- Black, fitted, dance shorts or dance skirt (optional)
- Hair pulled off the face and securely fastened to the head (bun or braids)
- **No jewelry is to be worn in class.**
- **Athletic wear (cropped tops or leggings) is not appropriate dance class attire.**

Dress Code All Boys and Men Classes:

- Black or white Sopilka t-shirt **or** Plain white or black fitted cotton t-shirt
- Black fitted cotton pants or shorts, without pockets
- If dancer has longer hair, it must be pulled off the face (ie: ponytail)
- **No jewelry is to be worn in class.**

Dress Code: Footwear

Ballet Slippers & Jazz Shoes, for boys & girls, can be purchased at [Harlequin Dance Store](#) or [Dance Plus](#)

Pershyy Krok, Koneky, Sonechky, Sokoly, Soloveyky, Kvitky & Kalyna (Boys & Girls) – Black Leather Ballet Slippers with Black Elastics.

Druzi Girls - Beige Jazz Shoes & Red Ballet Character shoes (to be ordered through the school).

Druzi Boys - Black Jazz Shoes

Radist' Ensemble Girls – Beige Jazz Shoes and Red Ballet-Style character shoes (with elastics sewn on).

Radist' & Dusha Ensembles Boys – Black Jazz Shoes, Red Boots for *Dusha Boys* **ONLY** (to be purchased through the school).

Dusha Ensemble Girls - Beige Jazz Shoes and Red Character Shoes (to be ordered through the school).

Krasa Ensemble Girls - Beige Jazz Shoes, Red Character Shoes & Red Boots (to be ordered through the school).

Spadok Ensemble Ladies – Beige Jazz or Pedini Shoes; Red Boots and Black Boots (to be ordered through the school).

Spadok Ensemble Men – Black Jazz Shoes, Red Boots (to be ordered through the school).

Adult Ensemble Ladies – Ballet Slippers, Red Boots (to be ordered through the school, if you don't already have).

Adult Ensemble Men – Black Jazz Shoes, Red Boots (to be ordered through the school, if you don't already have).

Sopilka is pleased to partner with [Postmark Ukraine](#) for dancers to purchase Ukrainian red & black character and red & black Ukrainian boots. The shoes and boots will be fitted and ordered through the school.

Shoe Exchange:

"If you need a pair, take a pair; if you have a pair, leave a pair!" is the bin's motto!

You are more than welcome to look through the shoe bin and see if there's a pair in there for your dancer. Also, if you have a pair (that are gently used) and would like to exchange them or leave them for someone else to love, we would welcome that too!
The bin will be at the studio, just ask your class teacher!

COMING SOON:

Kozak Boys/Mens Workshop with Eric Schimnnowski – More details to follow
International Dance Tour- Summer 2024-Tour Itinerary and Information to be released soon

FUNdraising:

Wine Raffle

We are ready to kick off the dance season with our first fundraiser of the year. During the first weeks of classes, your dancer will be given a package of **Wine Raffle** tickets.

We ask that each family sell at minimum 1 bundle of 25 tickets at \$2 each. Please return \$50 and tickets stubs into the studio – NO later than October 13th.

During this time, we ask each family to donate 1 bottle of (store purchased wine) at a \$15-20 value, also to be left at the studio. More tickets will always be available, and we encourage all families to sell more than the 1 bundle originally provided.

Email Sopilkafundraising@gmail.com to request additional tickets, or if you have questions. The draw will be held on October 18th at the studio should you wish to attend.

Sopilka Clothing/Gear

A selection of Sopilka clothing/gear has been chosen and the online store (facilitated by Baltic Athletics) will be open Sept 18-29th. A shopping link will be provided when the store is open; with an expected arrival in November. A few new items have been added, including tank tops, dance shorts, and leggings!

A 2023 exclusive Hoodie has been added to the Sopilka clothing line! The ladies style features a fitted cut with scuba hood/neck, and thumb hole cuffs (*think Lululemon*); or a traditional super comfy baggy style. Both styles are available in adult sizing in a Heathered Black colour.

A portion of these sales will come back to the school, so while sporting your new Sopilka hoodie, you can also support our fundraising efforts!

Sample styles and sizes available for viewing at the studio if you missed them at the Kickoff.

IMPORTANT DATES TO NOTE:

Sloohai Anniversary Event - Sopilka has been invited to perform - October 27, 2023

Sopilka Annual Family Zabava - February 10, 2024

Tavria Ukrainian Dance Festival- March 15, 16, 17, 2024 - Regina, SK

Manitoba Ukrainian Dance Festival- April 5, 6, 7, 2024 - Winnipeg, MB

End of Year Dance Recital - St. Mary's Academy- TBA

Summer 2024 - International Dance Tour - Croatia- More Details to Come

WHO'S WHO AT SOPILKA:

Sopilka Ukrainian Dance School Inc. is governed by a very dedicated, volunteer, Board of Directors who, together with Kristina, run the day-to-day activities and planning for the school year.

2023-2024 Board of Directors/Corporation Officers:

Venessa Schreyer, President

Jayne Drul, Vice President & Treasurer

Chantal Criggar, Administrative Officer

Sopilka also has an amazing Parent Advisory Committee, which meets monthly, and they assist the Board of Directors in organizing social functions, fundraising and various activities throughout the year.

2023-2024 Sopilka Parent Advisory Committee Members:

Venessa Schreyer, Chair
Jayne Drul, Co-Chair
Denise George, Secretary
Tracy Thiele, Zabava Committee
Chantal Crigger, Fundraising Committee
Natasha Humeny, Social Planning Committee
Kathy VanderZalm, Social Planning Committee
Rachelle Potoski-Lavergne, Costume Coordinator
Lawrence Grzenda, Member at Large

We are always looking for volunteers to assist in various roles, provide fresh perspectives and different ideas.

NEW this year we are looking for a Class Rep for each class.

Duties would include:

- Assembling the class prize basket for the Zabava
- Recital Volunteer (for Beginner to Level 4 classes)
- Assisting with class communications (on an as needed basis)
- Supporting a possible student and/or parent get together at the start of the dance year to welcome new families

If you are interested in volunteering in any role, please email sopilkawinnipeg@gmail.com.

Administrative and general questions/inquiries can be directed to Venessa Schreyer at sopilkawinnipeg@gmail.com.

Questions related to tuition, fees and any other Sopilka related finances can be directed to Jayne Drul at sopilkatreasurer@gmail.com.

Fundraising related questions can be directed to Chantal Crigger at sopilkafundraising@gmail.com.

Dancer, instructor, rehearsal and costume inquiries can be directed to Kristina Frykas at director@sopilkadance.com. The best way to reach Kristina is by phone or text to 204-996-4420.

#BEST YEAR EVER
We look forward to a great year ahead and
welcome all new members to our Sopilka community.