

MARCH 2025

SOPILKA

UKRAINIAN DANCE SCHOOL

VOLUME 2
ISSUE 7

NEWSLETTER



IMPORTANT DATES:

MARCH 14-16 - MB Ukrainian Dance Festival (Wpg)

MARCH 23 - Photo Day for Spadok, Spadok siblings
Boys Akademiya, Jr & Sr. Akademiya @ Kazka

MARCH 30-APRIL 5 - Spring Break (Closed)

APRIL 18-20 - Easter Weekend (Closed)

APRIL 21 - Easter Monday *Classes as Scheduled*

APRIL 24-27 - PFE Festival Saskatoon, SK

APRIL 30 - Recital dress rehearsal (mandatory)- MBCI

MAY 11 - Annual Recital - MBCI

NEW SCHOOL CALENDAR

We have developed a new school calendar that is now available on our website. This calendar includes information on extra rehearsals for classes, solos, duets, quartets, performances, and so much more!

While we will continue to send emails regarding additional rehearsals, etc., the website link serves as a comprehensive resource for all activities at Sopilka, ensuring that you have easy access to the latest information.

KRISTINA'S KORNER

Happy March!

While festival season is upon us, the flu season continues. Please keep your dancer home if they are sick. It is so important to communicate absences with just a few short weeks until the festival.

For dancers requiring additional costumes for the festival, please send them with a wardrobe bag and headpiece container as well as their cheque this week to class.

Registration for Kazka Summer Dance Camp is now open. Sopilka has the opportunity for early registration until March 15. After that point it will be open to the general public. Please see registration links below.

I wish you all a healthy month!

Kristina Frykas
Artistic Director

VOLUNTEER SIGN UP

With less than four months left of the dance season, now is the ideal time to fulfill your volunteer hours. Below, you will find links to various opportunities available for participation.

RECITAL



NEWSLETTER

COMING
SOON

WINE RAFFLE

Wine raffle booklets are set to come out this month.

Class Reps will be handing out booklets,
one to EACH DANCER to a maximum of three booklets.

We need to sell all 160 booklets in order to make our goal.

Class Reps have extra booklets, so please ask if you need another!

Tickets are only \$2 each, and there are only 25 tickets in each booklet.

***** WE NEED WINE DONATIONS *****

Sorry, no homemade brews allowed!

Please provide one bottle, per family. We're aiming for bottles to have a retail value of \$20.

Prefer to skip the bottle? No problem! Just e-transfer \$20 to sopilkatreasurer@gmail.com and let us know it's for the wine.

These fundraisers are VERY important to our school to pay for our costumes each year. This year, more than ever, with the large growth in our classes, we are having to expand and purchase more costumes. Each year, all our dancers benefit from the wide array we have available to outfit each class.

Please direct any questions to Chantal, sopilkafundraising@gmail.com



NEWSLETTER

Sopilka
**PICTURE
DAY**

Sunday, March 23rd, beginning at 2pm, will be picture day for Spadok and Spadok siblings/family; as well as Jr. Akademiya, Boys Akademiya & Sr. Akademiya. The times for photos will be sent in an email from the school.

Photos will be held at Kazka.

EVERY dancer must have a form printed and completed to hand in on photo day. **EVERY** dancer is photographed. Sibling/Family photos will be done during the eldest dancer's time slot.

Should you have any questions, please contact us
sopilkawinnipeg@gmail.com

SCHEDULE

2:00 pm - Boys Akademiya
2:15 pm - Junior Akademiya
2:30 pm - Senior Akademiya
2:45 pm - Spadok Ensemble
(& Siblings of Spadok)

HOW IT
WORKSORDER
FORMSAMPLE
PHOTOS

NEWSLETTER

MANITOBA UKRAINIAN DANCE FESTIVAL (MUDF)

This festival is held yearly in Winnipeg and is hosted by Troyanda Ukrainian Dance Ensemble. The festival will be held from March 14 - 16, 2025 and **all classes will be expected to perform**. If you know that your dancer will not be available to attend that weekend, you must inform us as soon as possible by email: sopilkawinnipeg@gmail.com.

[SCHEDULE](#)

Kazka DANCE CAMP

DANCE COLLECTIVE

It's that time of the year! **SAVE THE DATE for THREE** exciting dance camps being held at Kazka Dance Collective this summer. Please be advised that there will only be 24 spaces available for each week.

Registration will open on March 1 for Kazka and Sopilka dancers and open to the general public on March 15.

Camp 1

Dancers going into Kindergarten to Grade 4 as of September 2025

July 14-18

9:00-4:00

Mr. Matt of Little Monsters Hip Hop is confirmed as a guest teacher!

[REGISTER](#)

Camp 2

Dancers going into Grade 5 - 8 as of September 2025

July 21-25

9:00-4:00

(Ukrainian dance will be an option for those who are interested)

[REGISTER](#)

Camp 3

Dancers going into Grade 9-12 as of September 2025

August 11-15

9:00-4:00

Mr. Matt of Little Monsters Hip Hop is confirmed as guest teacher!
(This camp is in conjunction with Sopilka Ukrainian Dance School)

[REGISTER](#)

Sopilka is all about making out-of-town travel a breeze for our ensembles without breaking the bank!

This year, Druzi, Radist', and Spadok Ensembles are teaming up to sell Bear Tracks Ice Melt.

Each dancer in these ensembles have a "travel account" that they can add to by selling products through the school fundraisers that are dedicated to travel. These funds can be cashed out if you have travelled with Sopilka to our out of town festivals or tours and can be carried over to the next dance year.

If you're part of these ensembles, don't forget to peek in your inbox as all the details on how to partake have been sent.

Please help support a dancer!

Funds raised will help offset the costs for dancers to travel to out of town performances and festivals!

SOPILKA
UKRAINIAN DANCE SCHOOL
WINNIPEG, MANITOBA
FUNDRAISER



BEAR TRACKS
ICE MELTER / DEGLAÇANT

Bear Tracks Ice Melt provides a safe and efficient way to melt ice and compacted snow on sidewalks & driveways. It is a useful product for both residential & commercial areas to ensure that traffic areas are kept ice free and safe for pedestrians.

16kg pail
(35 lbs)
only
\$30

- ✓ Fast Acting
- ✓ Long Lasting
- ✓ Safe on Concrete & Vegetation
- ✓ Pet Friendly
- ✓ High Visibility (blue marker)

A fundraiser that everyone needs for our Manitoba winters

NEWSLETTER

**PLEASE LOG IN TO YOUR STUDIO DIRECTOR ACCOUNT AND PAY
YOUR FESTIVAL FEES AND/OR SHOES!**

Dress Code for Classes

Please visit our website for all the information on what your dancer is required to wear for class.

[Link to Dress Code](#)

VOLUNTEER OPPORTUNITIES

As the year progresses, we are asking all families to please sign up for volunteer opportunities. If you are unsure how many hours are remaining for your family, please email Chantal at sopilkafundraising@gmail.com.

Sign up for the year end recital is now open, see links on page 1.

If we note that you have not signed up for any volunteer shifts, we will be assigning spots to ensure we have all shifts filled.

Thank you for your support in ensuring these events are a great success!

2024/2025 SOPILKA FAMILY VOLUNTEER REQUIREMENTS

With a growing school and various events throughout the year, we require the help of volunteers from our community. As outlined during registration, each family needs **6 hours per registered dancer** (to a maximum of 15 hours per family) to help out at Sopilka events and activities. As dancers get older, they can volunteer and help as well. We also welcome aunts, uncles and grandparents to assist.

There are many events that will require support this year (ie: fundraisers, zabava, recitals, etc.)

To assist, we will track volunteer hours and we hope to not have to assign volunteer roles to ensure fair and equitable distribution amongst all families. We request that each family please manage their volunteer time throughout the year.

When there is an event that requires a volunteer(s), we will put out the call for help along with a SignUp.com email. If there is a specific event you would like to help with or have any questions, please email Chantal at sopilkafundraising@gmail.com

CLASS ATTENDANCE

If your child is unable to attend a lesson, please notify Kristina in accordance with the guidelines provided at the beginning of the season.

Consistent attendance at dance practice is highly encouraged, as it demonstrates respect for the instructor's preparation and the commitment to fellow students.

Attendance issues can significantly affect the group dynamics and the overall performance of the class. Should a dancer miss a class prior to a performance, this may result in their inability to participate in that performance.

Such decisions are made with the best interests of the group in mind and are at the discretion of the Artistic Director.

Spadok Ensemble: If you do not attend the rehearsal prior to a performance or festival, it will result in your inability to participate. Please speak with Kristina, should you have any questions.

NEWSLETTER

We require many volunteers for this epic celebration and planning is well underway, with a confirmed venue and date for February 7, 2026.

Please visit this link to review some of the many volunteer opportunities available.....

CLICK HERE

Do you have an idea or suggestion of something special that we may consider for Sopilka's 55th Anniversary Year?

We welcome all ideas. Please email your suggestions to;
sopilkadance55@gmail.com

Artistic Director:

Kristina Frykas
 204-996-4420

sopilkadirector@gmail.com

Board of Directors:

President

Venessa Schreyer

sopilkawinnipeg@gmail.com

Vice-President & Treasurer

Jayne Drul

sopilkatreasurer@gmail.com

Administrative Officer

Chantal Criggar

sopilkafundraising@gmail.com

651 Stafford Street, Unit 4
 Winnipeg, MB R3M 3Y7



55th Anniversary Gala

Save the Date!

SATURDAY | 7 | FEBRUARY 2026

GRAND BALLROOM CANAD INNS POLO PARK

Performances by Sopilka Dance Ensembles
 with Special Guests

Dinner and Zabava
 featuring music by SLOOHAI

Scan the QR code or email us to be added to our mailing list for event information!



Are you a Sopilka Alumni?
 Email us: sopilkadance55@gmail.com

www.sopilkadance.com

SOPILKA HANDBOOK

With all the new and exciting things happening at Sopilka and the growth of the school, we have developed a School Handbook for students and parents. Please take a moment to review it's content, it includes items such as Code of Conduct to Volunteering!

[Link to Handbook](#)

PARENT LIASON

Sopilka has created a new role this year and welcomes Lawrence Grzenda to this role! Lawrence can be contacted at: sopilkapl@gmail.com

The Parent Liaison is a communication contact to bring collective concerns to the teaching staff and the Board and in reverse to collect the opinions of the parents.

All information gathered and discuss with the Parent Liaison will be kept confidential.