



March 2023

Practice Schedule (No Practice, Sunday, March 12th - Spring Break!!)

Sunday, March 5th, April 16th, April 30th & May 7th

| Studio I | | Studio II | | Studio III | | Studio IV | |
|------------|--------------------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|
| 11:30-1:30 | Teen Groups | 11:30-12:30 | Junior Solos Grp 1 | 11:30-12:30 | Junior Solos Grp 2 | 11:30-12:45 | Senior Solos Grp 1 |
| 1:30-3:30 | Junior Groups | 12:30-1:15 | Int I Technique | 12:30-1:15 | Int II Technique | 12:45-1:30 | Senior Duets |
| 3:30-4:00 | Teen/Senior Groups | | | 3:15-4:00 | Int III Technique | 1:30-3:15 | Senior Groups |
| 4:00-5:00 | Production "School Days" | | | | | 3:15-4:00 | Senior Solos Grp 2 |
| 5:00-5:45 | Teen Solos Grp 2 | 5:00-5:45 | Teen Solos Grp 2 | 5:00-5:45 | Teen Solos Grp 1 | | |
| | | | | | | | |

***SENIORS HAVE MODIFIED SCHEDULE MARCH 5th! Sent in your Group Me!**

MARCH 19th

| Studio I | | Studio II | | Studio III | | Studio IV | |
|-------------|--------------------------|-------------|--------------------|-------------|--------------------|-------------|--------------------|
| 11:45-12:30 | Teen Solos Grp 1 | 11:30-12:30 | Junior Solos Grp 1 | 11:30-12:30 | Junior Solos Grp 2 | 11:30-12:45 | Senior Solos Grp 1 |
| 12:30-1:30 | Teen Solos Grp 2 | 12:30-1:15 | Int I Technique | 12:30-1:15 | Int II Technique | 12:45-1:30 | Senior Duets |
| 1:30-3:30 | Junior Groups | | | 3:15-4:00 | Int III Technique | 1:30-3:15 | Senior Groups |
| 3:30-4:00 | Teen/Senior Groups | | | | | 3:15-4:00 | Senior Solos Grp 2 |
| 4:00-4:45 | Production "School Days" | | | | | | |
| 4:45-6:15 | Teen Groups | | | | | | |
| | | | | | | | |

Friday, March 17th Senior Team 11:00-3:00ish WEAR GREEN

Sunday, March 19th – mandatory team practice *see modified schedule above

Monday, March 20th – 4:15-5:45 Studio I Mini/Junior Groups

Tuesday, March 21st – Teens/Seniors 7:15-9:30 Studio I (Team 3 come over after your Team class and Contemporary)

Big/Lil Sis

At dress rehearsal your dancer found out the *exciting* news of who their Big/Lil Sis is for the season. Being a good role model is a huge part of what we teach our dancers. Carrying themselves with grace and being looked up to, not only a good dancer, but a wonderful person off the floor. We love to see the "Big" sis really connect with the young dancer to help them in dance, encourage them on and off the floor and have the reward of being a great role model. The weekend before each competition sisters will exchange a \$15-\$20 gift with a personalized note. We will exchange gifts during Production practice, if your sister is not in the Production, please bring their gift Thursday night so they can get theirs during Junior Groups.

We will exchange gifts the weekend before an attending competition. With TOP & MWS back to back please "combine" that gift.

Sunday, March 19th

Sunday, April 16th

Sunday, May 7th

Recital is optional

Nationals

Attending Competitions

Competition schedules usually come out 7-10 days prior to the event. In the past we have asked dancers to arrive 90 minutes prior to their scheduled time, but if an attending competition specifies something different, please follow their requests (ex doors opening at 7:15). Dancers are expected to stretch on their own and we always practice as a group prior to going on stage. Dancers should not be watching in the auditorium during their "warm up time", unless instructed to watch as a team...this is their warmup time and should be with the team in practice areas or dressing rooms.

Awards...All dancers are required to be at the awards for their dances, wearing their NSOD uniform jackets. We will assign who gets the award for groups, all awards should be taken by the assigned dancer and brought to the studio the following week to hand out. Please put ribbons/pins in a baggie clearly marked with the dances name. Outside of your performance and awards we LOVE having our studio present to support each other, but it is not required.

Communication

Are you on Facebook? We have a Facebook group that we use to communicate during competitions. If you are not a part of this group send me an email and we will make sure to add you!!

Easter Weekend

We will not practice Sunday, April 9th. We may have a modified practice on April 8th if we feel it is needed! This will be announced at a later time.

We are excited to start our season. The excitement of seeing all the dancers hard work on stage is so rewarding. We encourage each dancer to set personal goals and thrive on their personal progress! Every dancer brings something irreplaceable to our team. We appreciate you sharing your dancer with us, and we are looking forward to another great season! GOOD LUCK!