



March 2024

Practice Schedule (No Practice, Sunday, March 10th - Spring Break!!)

Sunday, March 17th, April 7th, April 21st

March/April Practice Schedule							
Studio I		Studio II		Studio III		Studio IV	
11:30-1:15	Teen Groups	11:30-12:30	Junior Solos Grp 1	11:30-12:30	Junior Solos Grp 2	11:30-12:15	Senior Solo Grp 1
1:15-2:15	Mini Groups	1:15-2:00	Teen Solos Grp 1	12:30-1:15	Team 1/2 Technique	12:15-1:00	Team 6/7 Technique
1:15-3:00	Junior Groups	2:00-2:45	Teen Solos Grp 2	1:15-2:00	Team 5 Technique	1:00-2:00	Senior Finished Groups
3:00-4:15	Teen/Senior Mixed Groups	2:45-3:30	Teen Solo Grp 3	2:00-2:45	Team 4 Technique	2:00-2:45	Senior Duets
4:15-5:00	Production			3:00-3:45	Team 3 Technique	2:45-3:30	Senior Solos Grp 2
5:00-6:00	Team Send OFF/Sister Gift Exchange						
6:00-6:45	Teen Solos Grp 4						

*With our first competition being right after Spring Break we may have some extra practices on Monday and Tuesday the week of March 18th. We will make this decision following our Sunday, March 17th practice. Thank you!

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 as 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 our sendoff party!

Here is the gift exchange/sendoff dates.

Sunday, March 17th

Sunday, April 7th

Sunday, April 21st

Saturday, May 11th

Recital is optional

Nationals-TBA

Attending Competitions

Competition final schedules usually come out 7-10 days prior to the event. Dancers need to arrive 90 minutes prior to their scheduled time, but not before "doors open", please follow their requests. 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 they are expected to be with their 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, do not hand out awards on stage! 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, March 31st.

Mother's Day Weekend

We will have a required practice on Saturday, May 11th rather than Sunday, May 12th.

We are excited to start our season. The excitement of seeing all the dancers hard work on stage is so rewarding. We encourage each dancers to set personal goals and thrive on their personal progress! Positive self-talk has been a focus of our season. Dwelling in what we did right and keeping positive energy throughout our long competition weekends is where we want to be. Every dancer brings something irreplaceable to our team. We appreciate you and thank you for sharing your dancer with us. We look forward to another great season!

GOOD LUCK!