

# Fusion Dance



## Costume Measurements

By October 30, all parents should have completed a 2020 Annual Performance and Costume Commitment Form for each student registered at Fusion Dance, indicating if your child will be participating in the Annual Performance in June.

At least one-half of the costume and wig payment should have been paid with the costume commitment form and the remaining balance must be paid by November 26, 2019.

Remaining costume payments made after December 1 will receive an additional charge of \$10.00 per costume for processing.

All students will be measured at the studio between November 1 and December 14. If your student has not been measured, please stop by the front desk or office.



Just to dance –  
just to let the music take you in a way that seems to make you feel suspended every time you leave the floor...

Just to soar –  
in a moment free and aerial to rise magically ethereal, like an angel in a gossamer swirl...

Just to whirl –  
and to nimbly pirouette into a twirling silhouette, high on pointe, with muscles taut down to your toes...

Just to pose –  
with body sculpted, statuesque, to execute an arabesque, and with fragile, artful grace sustain your stance...

Just to prance –  
to step in flawless syncopation with the corps in tight formation, marking time with every heartbeat, every turn...

Just to yearn –  
to be poetry in motion and, with disciplined devotion, to recreate a thing of beauty and romance...

Just to dance!

~Linda Staten

	Nov. 1
Students measured for costumes	Nov. 1- Dec. 14
Wreath and Poinsettia Fundraiser Pickup	Nov. 26 4:00-6:00
Costume and Wig Payments Due	Nov. 26
Studio Closed – Thanksgiving Break	Nov. 27- Dec. 1
December Tuition Due	Dec. 1
Competition Company Team Lockin	Dec. 6
Who Bought the Humbug? Cowles Theatre, Mpls	Dec. 13
NYCDE Convention	Dec. 13-15
Annual Performance costumes orders placed with costume companies	Dec. 15-30
Holiday Parties	Dec. 16-19
The Nutcracker, T.B. Sheldon Theatre	Dec. 20
Studio Closed – Winter Break	Dec. 20 – Jan. 5
Omega Workshop Red Wing, MN	Dec. 30-31

# Benefits of Dancing

By Christopher Pilarchik, Shared by friends at DanceArt

## Physical Benefits

*Cardiovascular:* Dance lessons can raise the heart rate anywhere from 80 to 120 (more for some of us) beats per minute. This is the equivalent of any strength training or aerobic program I have heard of. Sustained in 2 minute bursts over a 45 minutes period will build not only your heart's strength, but it's endurance too.

*Muscle Tone:* Dance lessons, when danced at an intermediate to advanced level of technique, uses the perfect blend of isometric and isotonic resistance (the two key ingredients to muscle building and toning). The blend and use of the muscles is perfect for building beautiful tone in the muscles without building a lot of muscle mass.

*Joints:* According to the American Journal of Medicine, the best way to avoid arthritis, early arthritis and to remedy current joint discomfort is to continue to use the joints in a controlled manner. What could do this more perfectly and gracefully than dance lessons?

*The Spinal Column:* Before dance lessons, I had a chronic back problem and looked like I had curvature of the spine. When I stand as I used to (compared to what my natural posture now looks like thanks to dance lessons), I look at least 3 inches taller. The frame or posture maintained places the spine in a natural and correct position, even more correct than when standing or sitting naturally! Plus, that puts all your organs in alignment, which is now thought by many dancers and chiropractors to fight sickness, disease, fatigue and more. (Technically, I should list the organs as another +).

*Respiratory:* Many track greats know that a strong set of lungs gets plenty of oxygen, which makes the heart work easier, which in turn allows us to dance and have fun longer! That's why sprinters run a lot of "wind" bursts...brief bursts to up the heart-rate quickly, then bringing it down and doing this repeatedly. This is similar to dancing at dance lessons.

*Facial Lines:* Most dancers are so busy smiling all the time that they won't get those nasty worry lines. (OK that's reaching a little, but that's my story and I'm sticking to it.)

## Mental and Emotional Benefits

*Self-Esteem and Confidence:* Many dancers have experienced the thrill (rush) of dancing in front of people. This is one of American's top 10 fears! Overcoming this fear increases confidence in dance, in one's self and in life. Since I started over 14 years ago, I approach every challenge in my life with a solid (but realistic) confidence. Most of the dancers I know are the same!

*Posture, Appearance and Balance:* I've grouped these since they build upon each other. Dance lessons give better posture, which in turn gives one a much more pleasing appearance. If your ego from looking so good throws you off, the improved posture will improve balance! This in turn will help one to move more gracefully, which is explained in the next benefit.

*Grace and Poise:* Through improved balance and self-esteem, one tends to stand and move in a much more polished and pleasant manner. Clumsiness is overcome, which also increases confidence and social ease.

*Psychological Escape:* No matter what you do in life, you've got to take a break sometime! Dance provides a temporary escape from the cares of the world and their pressures and for a few hours a week, gives freedom and enjoyment, invigorating you for your normal responsibilities.

*Emotional Lifeline:* For some people, there is an emptiness, a loneliness, something missing in their life. Dance offers something wonderful to fill that void and offers so many other great benefits too.



*“Every day bring a chance for you to draw in a breath, kick off your shoes, and dance.”*

~ Oprah Winfrey  
O Magazine, February 2003