

Central Midwest Ballet Academy Newsletter

August

Important Dates

- August 11th Big Brothers Big Sisters Backpack Picnic Performance
- August 13th-11th One Week Intensive
- August 17th Ballet Bash Potluck Picnic
- August 18th WI Dance Council Conference Performance
- August 25th Final Open Class
- September 4th First day of 2018-2019 classes

Ballet Term of the Month

Degage Derriere

Degage, which means to disengage, is a movement in which the dancer brushes a pointed foot off the ground. Derriere, which translates to behind, describes when this action is done to the back.



Dancer: Cindy, pre-pro division
Photo Credit: Kat's Photography

About the Editor

My name is Lilly, and I am the new editor. I dance in the pre-professional division, attend Waunakee High School, and am a writing enthusiast. Thank you to my predecessor Cindy, who is now vice president of our brand new National Honor Society of Dance, for helping me with my first newsletter. I am very excited for this challenge and look forward to writing for you.



Dancers of Central Midwest Ballet Academy have been hard at work dancing in summer ballet intensives across the country. Summer intensives are one to six week programs. Students train 5 or more hours daily, refining ballet technique and exploring other styles of dance. Here are three CMBA students' personal experiences.

Peyton For Peyton's first out of state summer intensive, she attended Central Pennsylvania Youth Ballet (CPYB) in Carlisle, PA. Peyton received many helpful corrections, but a correction given by Ted Kivitt resonated with her the most. He instructed Peyton to breath out when she plies (a ballet term meaning to bend) and breath in when she releves (ballet term meaning to rise). This correction helped Peyton achieve stable balances. When she wasn't dancing at CPYB, Peyton enjoyed meeting new people. Between making friends and immersing herself in ballet classes, Peyton had a successful summer.

Nana Nana danced at Pacific Northwest Ballet (PNB) in Seattle, WA. In her five weeks of training, one correction stood out. For cleaner dancing, a teacher taught her to evenly turn out both legs and evenly distribute weight on both feet. While Nana loved her classes, she most enjoyed exploring Seattle with her new friends.

Willow Willow participated in CMBA's summer intensive. Her favorite part about the program was the class variety. The different styles of dance she learned this summer helped her grow as a dancer.



Peyton



Nana



Willow

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