

CENTRAL MIDWEST BALLET *Academy*

October

Important Dates

Oct. 1 - First day of junior division Saturday rehearsals

Oct. 15 - Chazen performance

Oct. 23 - Donor appreciation dinner

Oct. 31 - Halloween, if you have class, wear a costume!

Ballet Term of the Month

Effacé Derriere

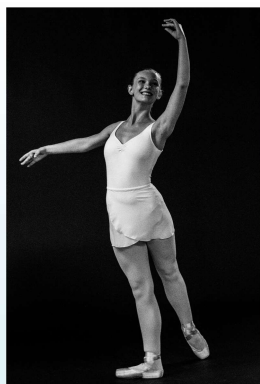


Photo Credit: Kat Steinnon

Dancer: Sophie, Pre-Professional Division

Effacé means shaded, giving this position it's name because of the shadow your arm creates on your face. In effacé derriere the leg closest to the audience is pointed to the back.

Molly's Memo

Thanks to everyone who voted for me at the Hoedown. I love my huge award hat!
-Molly

Standard 1

Standard 1 students have three required technique classes a week and also a pointe or prepointe class. For many of them this is their first time on pointe, which is very exciting. In class these students are working on learning the combinations themselves and not watching others. They are also working on straight legs and holding their arms in pirouettes. Standard 1 has the opportunity to train with guest teachers and can be cast in performances.



Photo credit: Kat Steinnon

Meet Annabel

Annabel started dancing at Storybook Ballet when she was four years old and is now a student in Standard 1. She loves how dedicated the teachers are at CMB and finds it inspiring to get to take some classes with pre-professional dancers. Two of her favorite steps are arabesque and pirouette and outside of dance she likes to play piano and viola.



About the Editor
Sophie is a sophomore at West High School and dances in the Pre-Professional division.

Photo credit: Kat Steinnon