

Central Midwest Ballet Academy Newsletter

November

Important Dates

Buy your tickets today for The Little Matchstick Girl at Bartelltheatre.org!

- November 5th Ballet Tales performance at Sequoia Library
- November 13th restaurant night at Café Zupas
- November 23rd-25th Thanksgiving Break
- November 23rd The Edgewater Holiday Tree Lighting performance
- November 17th Heritage Senior Living performance
- December 1st Madison Children's Museum Tea and Trains performance

Ballet Term of the Month

Second Position

In second position, the dancer stands with their legs and feet equally turned out and facing away from each other.



Dancer: Ella, pre-pro division
Photo credit: Kat's Photography

Boys in Ballet



Ballet for boys is different than ballet for girls. While girls and boys perform some of the same steps, the technical demands are different than that of a girl. Boys work to perform higher jumps and build upper body strength for partnering, since they are expected to lift girls. To cater to men's physical demands in ballet, Men's Classes are offered.

The class is taught by an experienced male instructor who understands male technique. The class focuses on strength, jumps, and specialty moves that only men perform. CMBA offers a Men's Class weekly, taught by Mr. Tom. Currently, CMBA trains Eric and Ben. Hear what they have to say about ballet!

Ben **Q:** What level are you in? **A:** Standard 3.

Q: What are your favorite ballet steps?

A: Jumps, specifically tours (a jump where the dancer turns in the air before landing).

Q: What do you struggle with most in ballet?

A: Adagio, (a slow, controlled movement) since it is so slow and requires a great deal of strength and balance.

Q: What is your greatest challenge in partnering?

A: Not dropping the girl.

Erik **Q:** What level are you in? **A:** Pre-professional.

Q: What are your favorite ballet steps?

A: I love jumps, especially cabrioles, a jump where you beat your legs in the air before landing.

Q: What do you struggle with most in ballet?

A: Turning.

Q: What is your greatest challenge in partnering?

A: My greatest challenge is building a foundation of trust with my partner and learning her rhythm. Every girl dances differently so I must partner every girl differently.



Ben



Eric

Boys ages 8+ can sign up by the month for Men's Class without registering for the rest of the school!

Know Your Pro

Tom danced with Texas Ballet Theatre. His favorite role was Mercutio in Ben Stevenson's Romeo and Juliet.

About the Editor

Lilly is a sophomore at Waunakee High School and dances in the pre-professional division.

