

Central Midwest Ballet Academy Newsletter

September

Important Dates

- September 4th classes begin
- September 8th life of a professional dancer Q&A
- September 12th Rosy Cheeks popup shop
- September 15th line dancing class @3:30
- October 27th Toedown Hoedown

Ballet Term of the Month

A changement is a jump meaning to change. The dancer jumps from fifth position plie, subsequently pointing their feet and changing their legs in the air. The dancer lands in fifth position plie with the opposite foot in front.



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

Central Midwest Ballet Academy's fourth school year has dancers in all levels excited. Hear what four CMBA students look forward to, and the improvements they hope to make.

Vika Joins standard 2 this year. As a new standard 2, she is most excited to learn new dances and aims to refine her port de bras (movement of the arms).



Marishka will join standard 3 this year with a goal to gain flexibility by stretching consistently. Improvement aside, she is thrilled to dance with her friends again.



Remy, a standard 2, is excited for performing this year and taking more classes. She hopes to improve her pointe work. She also wants to try different brands of pointe shoes and find the pair that work best for her.



Photo Credit: Kat's Photography

Grace, a pre-professional student looks forward to another year of helpful corrections and performances. She is excited for the variety of teachers, and hopes they help her fine tune her technique while she continues to grow her artistry.



To our graduating senior...



Congratulations Chandler, a former CMBA student and founding president of our National Honor Society for Dance Arts (NHSDA), for graduating with NHSDA honors. Thank you for your hard work not only as a dancer but a student artisan. The artwork you created for our studio will be cherished forever. Good luck on your first year at Boulder College. Your leadership, positivity, and contagious energy will be missed!

Know Your Pro

When in a crunch, Ms. Molly's favorite go to snack is almonds with cranberries or a kind bar.

About the Editor

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

