

## Important Dates

**February 3rd:** Frozen Assets Performance at 11am and 2:15pm

**February 26th & 28:** First week of Beginner & Junior Division Rehearsals for Spring Showcase

**February 5th and 19th:** Character Classes 7:30pm to 8:30pm

## Ballet Term of the Month



Photo Credit: Kat Steinnon  
Dancer: Grace, Pre-Pro Division

### Cambré Forward

Cambré means arched. It is achieved by the dancer reaching forward, backward, or sideways. In a cambré forward, the dancer bends at the waist, ending with their arms in a fifth position and their body over their legs. To come back up, dancers can either roll up or stretch out with a flat back.



#### Meet the Editor

Cindy is a sophomore at Middleton High School and dances in the Pre-Pro Division

Frozen Assets  
2017



## Tom's Memo

We are excited to be part of the Frozen Assets Festival again. It will give our students another opportunity to perform to our local community  
-Tom

## Standard 3

Standard 3 is the highest of our Standard Divisions. In this level, students take at least 6.5 hours of ballet a week, with technique classes and rehearsals. They can be working towards the Pre-Professional Division, busy with other dance activities, such as dance team, or they just simply love to dance but want time to do other things as well. This makes Standard 3 our most diverse level.

Sometimes, our classes are combined, and when they are I love dancing and laughing with all the girls in this level. They make the day more interesting, and we have some great memories and inside jokes together!

## Meet Some Standard 3's

I took some time to interview a few of our Standard 3's. I asked them what their favorite part about Standard 3 is, and what they are most excited about for the second half of the year. Here's what they all said:

### Ellie, age 12

She loves how the choreography is more fun this year and how there is more technique needed which allows her to improve faster.

She is really excited for the Spring Showcase because she's worked really hard and loves the costumes as well. She's also excited for the summer intensives because there is more than just ballet.

### Julia, age 13

Her favorite part about Standard 3 is the girls in the level and how they have all become such great friends.

Julia is really excited for the new choreography in the Spring Showcase because it's more advanced and challenging.

### Kendra, age 17

For Kendra, the best part about Standard 3 is the focused, fun, and crazy fellow dancers that support each other. She's especially thankful for this support since she is returning from an injury and almost back at full strength.

She loves that the piece she's in this year is the classical ballet, *Paquita*, which is energetic.