



VICTORIA
ACADEMY
of BALLET

TO THE POINTE - October 2016



Fall for Dance

VAB wishes you a warm and happy Thanksgiving holiday with your family.

There will be no classes on **Monday, October 10.**



Full Dress

We love costumes at VAB (isn't it obvious)?

Those dancers coming to their regularly scheduled class on **Saturday October 29** or **Monday October 31** may wear a Halloween costume to class.

But remember - the costume must allow for a full range of movement!

Level Up

forward by Elise Wren

"I spent my childhood years training in a studio just like VAB. I spent countless hours there, made a whole network of friends, and I lived for dance. After a significant illness hit, the worst thing imaginable happened: I was placed in a lower level. All of my friends moved on as I repeated the same level as the previous year.

It's these devastating moments as a child that you wish you could go back and reassure yourself: **Being "held back" was actually the best thing that could have ever happened to me.** I built my confidence back quickly as my dancing improved rapidly.

You see, I was no longer struggling compared to the rest of the class - I hadn't realized how much of my energy was being put towards trying to keep up. As my confidence grew, I was able to relax into the training and what I saw in the mirror surprised me. I was finally seeing the results in my training that my teacher had promised."

At VAB, our faculty recommends levels specific to each dancer. Here are some points to keep in mind:

- VAB is dedicated to creating strong, technically proficient dancers in a safe environment. If students are being pushed to do movements or exercises that are too far above their developmental level or capacity, an incredible amount of damage can be done to the students body.
- Our highly trained teachers have studied anatomy, physiology, educational psychology and childhood development alongside their ballet and teacher training, thus they are keenly aware of the level at which students should be working to be both safe, developmentally appropriate and engaging for all students.
- The Cecchetti Society of Canada recommends that students entering into a Grade 1 examination be a minimum of 8 years old, and 9 is preferred minimum for this level. If you have come from an establishment where the Royal Academy of Dance syllabi is studied, the levels may appear very different as their recommended age for Grade 1 is much younger. For comparison sake, the Level 2 class at VAB is working at a pre-grade 1 level as they are only 8 years old as the Cecchetti syllabus and requirements for that grade are quite advanced.
- Our students coming through the school are known for their strength and professional quality. As students get older, the artistic and technical demands become greater and, as our most advanced students understand the value of foundation technique, will often request to take lower level classes to continue to strengthen those basic skills.
- The execution and expectation of the steps increases with age in the lower levels. Positions of the feet, of the body, and of the arms, are all learned and repeated each year of a child's training in ballet. It is not the difficulty of the steps that should be important but how each step is being performed which will always have room for growth, development and advancement.

If you have any questions about the level placement for your child, please do not hesitate to contact the office.

Alumni Update

2016 Bridge Program alumna Kei Hirozane has just received a full time contract at Austrian Ballet Company-Tokyo. Congratulations!



Keep us updated: We love hearing what our grads are up to.

Nutcracker Dreams



Over 100 dancers auditioned, and the Royal Winnipeg Ballet cast just 50.

Congratulations to the following VAB dancers on their successful Nutcracker Auditions:

Mice: Ella Beames, Juliet Dickson, Gabriella Salina (understudy)

Party Boys: Beauregard Boehme, Erin Harlan (understudy)

Angels: Robin Butterfield, Kristen Reid, Marijn Butterfield (understudy)

Polar Bears: Mya Salina, Sophia Dickson

Rehearsals will be led by VAB's very own Ms. Turner.

Speaking of Nuts....

VAB is a NUT FREE ZONE.

We have one faculty member and several students with severe anaphylaxis to nuts.

We ask that you refrain from sending nut products as a snack in the dance bag.

If your child has a severe allergy, please take the time to fill out an [Anaphylaxis Emergency Plan Document](#) and return it to the office.



Speaking of snacks...

Dancing takes an incredible amount of mental and physical energy.

Please make sure to pack snacks that are healthy, complex nutrition sources and fuel the brain and body.





The Society Board has been busy planning a number of Fall activities and fund raising events to help boost our Bursary funds. Over \$10,000 was distributed in bursaries and scholarships for the Fall dance season. Thank you to everyone who has contributed in some way for example, the recent dancewear sale.

Our little **Corner Concession** is proving to be popular. Check it out if you need a drink or a snack while you are waiting or if a student needs a quick "pick me up" after class. In the fridge there are water bottles (some small), juice boxes and sometimes yogurt and organic apples. There are fig bars (no dairy) protein bars, coconut protein chips in different flavours and snap peas among other items- even coconut water powder for water bottles to replenish electrolytes. It's quite a challenge finding "no nut" products! Pay by the "honour system" into the tin on top of the fridge.

Upcoming events :

- **VAB clothing sale:** Quality clothing items from Passion Sports with the VAB name and logo will be available to order this month. Samples will be displayed in the VAB lobby and students will receive an order form with details soon.
- **Annual Poinsettia Sale:** By purchasing your holiday plants from VAB you can make a contribution to the Society bursary fund. Order forms will be **due November 2** and the pick up date will be at the studio on Nov 26. This will be very convenient as it's the same day as the Children's Watching Day Demonstration and Gingerbread Tea. [Poinsettia Order Form](#)
- **Gingerbread Tea Sat Nov 26:** As a start to the Christmas season activities, the VABSS with the assistance of VAB staff will be welcoming you to our first ever Gingerbread Tea. This is an opportunity to meet staff and other parents while enjoying tea, coffee and goodies after you watch your child's class in their Fall Demonstration (Foundation and General Program students). As well there will be seasonal items for purchase- jams, teas, stocking stuffers etc. Please mark your calendars for this date!
- **Candy Cane Xmas performance Sat Dec 17 at the Metro Theatre:** This performance will start the Xmas break in grand style! This performance features many of our award winning students from the Professional Training Program, Bridge and VAB Company and is a fundraiser for both the VABSS and Rainbow Kitchen in Esquimalt.

Our hard working Board member **Carol Stringer** is taking a sabbatical to recover from knee surgery she is scheduled to have in November. Many thanks to Carol for her constant and positive assistance over the past couple years and we wish her a speedy and full recovery.

As well we would like to thank **Sue Yeats** who has stepped up to help with the VABSS accounting duties. This is a huge commitment and we are very grateful.

Finally, we would like to acknowledge **Mr. Jake Brumby** and the **CIBC Children's**

Foundation for the support of the BOYS CAN DANCE program. Twenty young boys are enrolled and Mr. Pronger, their teacher reports that the energy is high!

Dance with me

Bring a Friend Week is back: October 17-29 for the following levels:

- Twinkle Tots
 - Kinder
 - Pre-Primary
 - Primary
 - Youth Ballet
 - Teen Ballet
 - Level 1
 - Level 2
-

VAB Important Dates

October 10, 2016	Thanksgiving - No Classes	Whole School
October 23, 2016	Vancouver Cecchetti Workshop	General/PTP/Bridge
November 11, 2016	Remembrance Day - No Classes	Whole School
November 26, 2016	Family and Friends Watch Day	Foundational Program
November 26, 2016	GP Gingerbread Tea	General Program
December 5 - 8, 2016 (TBD)	Cecchetti Examinations	General/PTP/Bridge
December 10, 2016	Last Day of Classes Before Break	Foundational/General
December 12, 2016	Optional Thanksgiving Makeup Class	Foundational/General
December 17, 2016	Last Day of Classes Before Break	PTP/Bridge
December 17, 2016 (TBD)	Christmas Performance	PTP/Bridge

Follow VAB on Social Media

Victoria Academy of Ballet is on Facebook, Instagram and Twitter! Follow [@victoriaacademyofballet](#) and [@vaballet](#) for the latest updates, information and behind the scenes pics!.

