



CBTB Dance Academy

FOOTNOTES

Information to keep you on your toes

NOVEMBER 2011

CALENDAR

BALLET 1A STUDENTS MUST HAVE CINDERELLA FORMS RETURNED BY NOVEMBER 12

Country Line Dance Party
Saturday, November 19

Thanksgiving—STUDIO CLOSED
Thursday, November 24 &
Friday, November 25

Regular Class Schedule
Saturday, November 26

PERFORMANCE FEES DUE
DECEMBER 20th

COUNTRY LINE DANCING LESSONS & DANCE PARTY

Get out your ten gallon hats and polish up those boots for a night of line dancing lessons and a dance party at CBTB Dance Academy.

DATE: Saturday, November 19
TIME: 6:00 - 8:00pm: Dance lessons
8:00 - 9:00pm: Dance party
COST: \$20 per person

Call 718-891-6199 to reserve your spot. Proceeds from this event will help to offset the costs of our March performance of "Cinderella".



2009 Fall Festival Fundraiser

CINDERELLA

If you have not yet returned your performance release forms, please do so as quickly as possible. The sooner we get all the forms, the sooner we can order all the costumes to be sure we get them in the needed time frame.

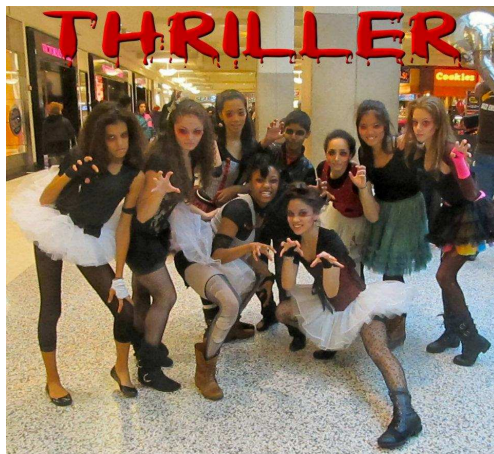


ALL BALLET 1A STUDENTS WHO ARE PERFORMING MUST HAVE THESE FORMS TURNED IN NO LATER THAN NOVEMBER 12.

If you need more forms, please see us in the office.

CBTB-2 PERFORMS "THRILLER" AT KINGS PLAZA

On Saturday, October 29, the members of the junior company performed "Thriller" at Kings Plaza Mall. After the performance, our students taught the dance to over 100 children, most who never had dance training. The event ended with all of these children performing with CBTB2 members, accompanied by In-Performance Music Workshop.



One watcher stated "It speaks volumes of Covenant Ballet's instruction that your students can teach all of these kids this dance in such a short time. I am amazed".

Look for CBTB-2 to be performing once again at Kings Plaza on Saturday, December 17. Time to be announced soon.

CLASS CHANGES AND ADDITIONS

Added

Creative Movement: Saturday, 11:30am - 12:15pm

Changed

Modern/Jazz 2/3 on Thursday will be closed as of November 6. Students in this class will be moved to Modern 1/2 on Tuesday from 4-5pm.



*If we missed your birthday,
Happy Birthday to you too!
Please let Miss Dawn know so
we may update our calendar.*

Mariya S.	11/11
Misheel M.	11/14
Christopher M.	11/16
Natalie K.	11/18
Thalia S.	11/20
Calista W.	11/29

INSTRUCTOR OF THE MONTH

Each month Footnotes will feature a different instructor from CBTB Academy so you can learn a little more about each one.



Photo by: Oberons Grove

Matthew Westerby trained at Laban (UK), and performed with Transitions Dance Company, Smallpetitklein, NMO, Celia Grannum and Influx. After relocating to New York in 2005, Matthew has worked with Nai-Ni Chen, Dusan Tynek, Risa Jaroslow, Sue Hogan, Tze Chun, was a member of Roland Gebhardt's The Only Tribe, and currently works with Peter Kyle and Bronwen MacArthur. His choreography has been presented in both the UK, Poland and in the US, in both professional and community settings. In 2009, he founded Matthew Westerby Company with the support of Litchfield Performing Arts (Connecticut). Mr. Matthew is a principal dancer with CBTB since 2005, and in September 2008 joined CBTB Dance Academy faculty and CBTB's AIE programs as a teaching artist.

Three Reasons Dancers Should Stretch

1. Stretching improves flexibility.
2. Stretching reduces risk of injury.
3. Stretching reduces soreness.



Lets look at these ideas more deeply.

1. **More flexibility.** A few dancers are "noodles". They can twist themselves into pretzels. They don't need more flexibility. Most of us are not like that. Most of us need to stretch to get the freedom of good turnout. We need to stretch to get the soaring arabesques and the effortless extensions that are so beautiful.
2. **Fewer injuries.** Have you ever kicked your leg up with too much force and pulled your hamstring muscle? Or maybe you fell and pulled something. Dancers who are flexible are less likely to get these types of injuries because their muscles can handle the unexpected stretch.
3. **Less sore.** When you work a muscle hard or in a new way, it will often be sore for a couple of days. For example, if you lift your leg to the front and hold it until it trembles, your thigh muscles (quadriceps) are probably going to be sore. If you stretch them out right away, you increase the flow of blood to the overworked muscle and it will not be as sore.

Stretch gently. Stretch safely. But stretch!

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