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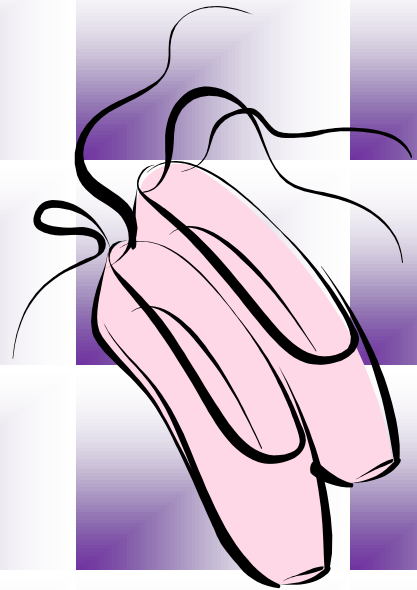
DANCE LIKE NO ONE IS WATCHING



Letters to the Editor

Dear Editor,
I enjoyed reading your last magazine with the article dancing shoes. I have always heard about dancers shoes but I never understood what it meant. Thank you for telling me what it meant and how to fix it. I will be sure to tell my best friend (who loves to dance) how to fix the problem. The other thing that struck out to me was how they do in school. It told me that if you are a dancer it shows you are a high worker, get along with people, and is very friendly.

A girl in a small town, Hortonville.



Dear Editor,
I recently read one of your articles about how lyrical is the most popular dance type; I agree it is a popular dance but... I think Jazz and Ballet are more popular being that the type have been around longer, But that's just my opinion.

Sincerely,
Mady Haak

Dear Editor,
I love all your stories in your magazine. They truly inspire me. I get everyone of your magazines and I am so excited when they come in the mail. I think it is awesome that you love dance that much. I loved the article in your last magazine that was about the girl named Kara and her dance story. That was my favorite story of all. You truly inspire me.

Love,
Laken Schmidt



Letter From the Editor

Dear Readers~

I hope you have enjoyed my past magazines on dance. The reason I have made my magazines about dance is because I have been dancing for eleven years. So, I've been dancing since I was two years old. I have such an inspiration from the types of dances that I do to help me write my magazines. The types of dance that I do are; tap, jazz, hip-hop, ballet, modern, and pre-pointe. My favorite types of dance are tap and modern. I am a thirteen year old who is the editor of her own magazine. Is that crazy or what!? I live with my mom, dad, brother, and dog. Even though I am the editor of my magazine, I still had to create items for my magazine. Such as; the cover, table of contents, and even the word search that you will be seeing later on in the magazine. If you don't care for dancing, try yoga. Yoga has similarities to dance but is more about stretching and relaxing you.



I believe my love of dance carried over to my love of music. While playing my piano, flute and harp; I find myself moving to the music! My music teachers have had to tell me to stop "dancing" while I am playing! I hope my feet will continue to feel the beat and my mind to hear the counts! I have been very blessed with great dance teachers!! Thank you to all of them!! My favorite article that I hope you

love is all about "Dance Moms. Dance Moms is a show about these amazing dancers and their mothers. The article tells you the good sides and the bad sides of the mom. It was written by Payton Brennan. I can see Payton being a professional writer when she gets older

I hope I have been an inspiration for you guys to start dancing. Or, to try yoga. I know you will love it..

Thank you Readers!
Sincerely,
Lauren Stae
Editor and Chief, **Dance Insider**

LEOTARDS

By: Alyssa Stillman

Most people do not know what a leotard is; a leotard is a type of clothing that will

be used in Dance, gymnastics, and tumbling. Leotards can be in all sorts of sizes and colors. The leotards are a tight fitting top that goes from the shoulders to under the crotch. The best brand of

leotards is Bloch. Bloch is best because it's cheaper, more durable, and has more styles.

Meanwhile, the best leotard in gymnastics and tumbling is GK. If you ever watched the gymnastics in the Olympics then you might recognize the name Gabby Douglas; Gabby wears GK leotards along with others

on her team. GK is more expensive than most brands of leotards in gymnastics and tumbling. GK is also more fitted than most types of leotards, which is good for some people, but not good for others.



Gabby By: Laken Schmidt

There once was a girl named Gabby. She loved to dance. She had posters of dancers all over her room. She even had a bedspread that had dancers on it. Dancing was her life and she was really good at it too. She couldn't believe it was almost gone.

At school, Gabby was really shy and quiet, but she had some friends. Her best friend was Kiley. They will do everything together. Kiley is also in dance so they always carpool. Gabby loved school her favorite subject was science. She loves doing experiments in class.

Tonight Gabby has dance. She always has dance on Mondays, Wednesdays, and Thursdays for 2 hours at 6:00pm. When Gabby got home from school, she was hungry so she started eating some animal crackers. She always has animal crackers after school. She called Kiley to make sure that Kiley's mom was coming to pick her up tonight. Gabby's parents didn't get home until 5:30pm. So when they got home, Gabby already had her homework done and was sitting on the couch watching TV. Gabby's mom came in and started talking to Gabby.

"How was your day today?" she asked.

"Good. We had science today and it was so much fun. We got to do an experiment." she said excitedly.

"Cool!" Gabby's mom said.

Gabby and her mom have a great relationship. Gabby will tell her mom anything. Gabby's mom has always been there for Gabby. Gabby always get excited when she gets to do something with her mom.

Gabby was getting ready for dance. Her mom called that supper was ready. Gabby quickly finished getting dressed and hurried downstairs. Her mom made ravioli, Gabby's favorite. Right when

Gabby put her bowl in the sink, Kiley pulled in her driveway.

When Kiley and Gabby got to the dance studio they got on their dance shoes. When they finished getting on their dance shoes they walked into the dance room and started stretching.

Their teacher walked in and said to start warming up with some partner flips. Kiley and Gabby partnered up together and started doing partner flips. It was Kiley's turn first. Once she did 10 they switched. It was Gabby's turn and she was on her 6th flip when she landed on her ankle wrong and just collapsed. Once her dance teacher got Gabby to the Emergency Room, the dance teacher called Gabby's parents. They came right away. Gabby's father had just come home so he still had his nice clothes on. The doctor told them that Gabby had broken her ankle and had to get a cast. He also said that depending on how good it heals she may not be able to dance anymore because of the pressure that would be on the ankle.

Gabby got a pink cast that on her foot and part of her leg. Gabby was so careful with it because of the fact that she could not dance anymore if it didn't heal good enough. In the car she would lay it on the middle console to make sure she wouldn't hit it on the seat in front of her. Once the 8 months were over she got the cast off and the doctor had to take an x-ray on her ankle to see if she was good enough to dance again. It was the longest 4 minutes of her life. When the doctor finally came out he said that it healed better that what he expected and that she could dance again. Gabby was so happy. When she got to school the next day she told all of her friends and they were so happy for her.

Gabby started dance again and because of what happened she didn't take

dancing for granted. Gabby was so thrilled and went back to her normal life.



Dance Wordsearch

NOTE: words can be horizontal, vertical, diagonal, or backwards.

Answers are on page 18



A J K L S H O E M W Q O P H J A Z Z P D M T U T U J M L
 Z Z J A T T I T U D E J I T B N U P O I N T E J Y L N Q
 L A C I R Y L J E F P P A T N R E D O M S M L N D O V C
 J E J H V K F K L K H G K N M V F J B P F J X D A Q G L
 C E P N G B N A C O Z V C F S A D H P E T J A S A Q A Z
 M U S D C T I H P I H B G Q B D C Z P A J X L D N D G P
 A Q D E Q G J K R O F D A H J P L I É T H B Z D C P A T
 S S B Z C Y O P I R O U E T T E A H E V M E A B C F Q P
 W E G D A E T E L L A B Q C X I N J K L J F A D E S Z L
 Y B G H T H G N W Q A Z D S O P Y R V I U B H D R X L H
 Z A G K T O I P Y Z Q J V N U B D E A D G B U N K V T U
 I R L E A S D C H J C T B L V O N X I C Q W E S T R Y B
 F A B A R R E D F C N B S D H B I N L O P M V J L J G R
 B C J K J K O H L J K M L K N O H V J L I Y G F A W F Q

Word Bank

Shoe

Ballet

Tap

Hip-Hop

Jazz

Lyrical

Modern

Tutu

Bun

Pointe

Barre

Dance

Attitude

Arabesque

Plié

Pirouette



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Dance Moms By: Payton Brennan

Have you ever been flipping through the channels looking for your sport to be showcased on a reality T.V. show? Well you've come to the right expert! I will be telling you about my latest favorite phenomenon Lifetimes hit series "*Dance Moms*." The show is set in Pittsburgh, Pennsylvania, at the Abby Lee Dance Company, showing young children's dance careers, and their mothers. They travel week-to-week to various competitions to hopefully at the end of the season gain a national title. Abby Lee Miller is the director of Reign Dance Productions (formally her mother's) which houses the Abby Lee Dance Company. Abby found her love for dance from her mother Maryen Lorrain where she took classes at her studio since childhood before starting her own studio in 1980 at age 14. Every week there is a pyramid. Abby uses a pyramid to show the moms and the dancers who she feels did the best in her eyes, and who needs to improve. The pyramid changes every week, and it has been seen that the moms' behavior often affects the girls' placement on the pyramid. Abby has a reputation of being a villain, even though that's what makes *Dance Moms* so popular. In an interview she explains that her methods may seem harsh, but there's a reason behind them. She states "When I tell a child something the first time, I'm nice. The 15th time, I start to get aggravated. By the 30th time, they're doing 100 push-ups and I'm screaming at them, and of course that's what they put on TV". No matter what, she said she doesn't plan to

ease up, no matter if the cameras are running or not.

Now there wouldn't be a show without our wonderful young dancer's mothers. Now over the 4 seasons the show has been airing, there have many girls and mothers who have tried out the ALDC but decided it wasn't for them, maybe because of Abby, or the moms "drove them out" like Abby thinks. Whatever it is, I will be telling you all about these wonderful young ladies and their mothers. Meet Holly's daughter Nia! Nia is a 12 year old who has danced at the ALDC since she was 3 years old. In the first few seasons, Abby has Nia portray many ethnic dances being that she is African American, but Holly doesn't like that. Abby though has given Nia more mature dances and has gone away from her ethnic ways. Abby doesn't give Nia lots of attention being that she is not the strongest dancer, but has a real hardworking attitude. Nia is very talented at her acrobatics.

Meet Christi's daughter Chloe! Chloe is a 12 year old girl who has danced at Abby's since she was 2 years and 3 months old. Chloe is very strong in lyrical and contemporary. Chloe is Maddie's biggest competition at the ALDC. She is often compared to Maddie which Christi is not fond of. Chloe usually places high and wins, but not as much as Maddie. By Abby comparing the two, it often makes Chloe second guess herself. Chloe and Paige are "twinnies" because they are the best of friends on and off the show and they look a lot alike. In season 1, the girls all got the opportunity to dance in Lux's

new songs music video “It’s like summer.” Only one girl could play a mini Lux. Chloe ended up being the star of the show in the music video. Also just days before Nationals, in season 2, all of the girls were invited to try out for the Jeffrey Ballet School. Chloe was the only one to get a full scholarship on the show. Then during Nationals a few days later Chloe and Maddie both had solos. Maddie froze on stage forgetting her solo while Chloe gained the top spot and won Nationals with her solo “Red Queen.”

Meet Kelly’s daughters Brooke and Paige! Brooke is 15 years old (the oldest on the team) who has danced at Abby’s since she was 2. Brooke and Paige are sisters. Brooke used to be Abby’s favorite until she began to lose interest in dance. In season 2, Brooke was at the top of the pyramid but she wanted to try out for cheerleading which was on the same day as the competition. Brooke ends up trying out for cheerleading and makes it, but decides it’s really not for her and tries to get back on the team, so Abby gets even tougher on her. Brooke is very talented at acrobatics. Brooke is also a singer and has her first album out called Brooke Hyland including songs like “Summer Love Song” and “I Hurt” to name a few. Paige is a 13 year old who has been dancing at Abby’s since she was 2 just like Brooke. Like Brooke, Paige is very talented in her acrobatics. Abby always tells Paige how tall and beautiful she is, but also criticizes her for being an underachiever because of her work-ethic and focus on dance. Paige’s greatest accomplishment was in Season 1 when

she won her solo “Make Some Noise” beating Brooke and Chloe. Abby says she’s the toughest on all the kids, but yells at the Hyland’s kids like there her own children. It’s probably because Kelly was one of Abby’s students but quit at 14 for cheerleading is what Abby thinks will happen to Brooke.

Meet Jill’s daughter Kendall! Kendall is 11 years old. Kendall gets a spot on the ALDC competition team after Abby holds an open audition for a replacement for Vivi-Anne. Before Kendall becomes an official member she has to be on probation, which Jill does not like. After a few weeks Kendall gets off probation and is an official member, but after blowups with Jill, Abby puts Kendall back on probation. Jill thinks it’s ridiculous so she and Kendall leave the ALDC and go to Abby’s rival Candy Apples Dance Center. Thankfully Jill realized that the ALDC was meant for Kendall, and we’ve had Kendall back ever since then! I think Kendall’s biggest accomplishments were in Season 3. Dance Track Magazine was having a photo-shoot with the ALDC, and one lucky girl would be selected to be the cover, Kendall won and her picture was stunning! Also at Nationals, Kendall had a solo Voodoo Dolls and took 2nd right behind Maddie.

Meet Melissa’s daughters Maddie and Mackenzie! Maddie is 11 years old and has danced at Abby’s since she was 2 1/2. Maddie and Mackenzie are sisters. Maddie is shown as Abby’s favorite even Abby says so herself. Maddie is very confident in her dancing abilities and is

strongest in either tap or lyrical. Maddie's biggest competition is Chloe. We viewers also think Abby's favoritism comes from Maddie winning more than any other of the girls. Maddie is usually and most definitely in the middle for group dances because in Abby's eyes she stands out the most. Mackenzie is 9 years old and has danced at Abby's since she was 2 1/2. Mackenzie is the youngest in the group. Mackenzie excels at acro. She also has quite the sense of humor shown in her brief interviews. In Season 3, Mackenzie had a new rival Asia from Season 1 Abby's Ultimate Dance Competition. During this time, Abby was being tough on Mackenzie only to make her better. During the earlier seasons Mackenzie wasn't in many group dances because she was too young at the time. Abby compares Mackenzie's dancing abilities to when Maddie was her age.

Now basically I've informed you on the 7 fantastic little girls and their mothers, but I'll just tell you a brief description of these other dancers to keep an eye on. Leslie has been at Abby's long before the show and has been trying to get her daughter Payton on the elite competition team for some time now. The reason you need to know this is that Payton is a replacement for whenever Brooke isn't here. Leslie though thinks Payton should be a permanent replacement. They aren't on often but when they are the sure come in with a bang! Also as I mentioned Mackenzie's rival in season 3 is Asia from AUDC. Asia became undefeated during all of Season 3 beating Mackenzie. At Nationals Kristie explained to the

mothers that this was Asia's very last competition of her life. But after a confrontation between Leslie and Christi, Kristie Ray couldn't handle it and left just a day before Nationals. Also a very important piece to the puzzle is Cathy and her daughter Vivi-Anne. They are very important to where the rival began between the Candy Apple's Dance Center and the Abby Lee Dance Company. Cathy brought Vivi-Anne to Abby's so she got teaching from someone that wasn't her mother. But after weeks of not playing by the rules tactics, Cathy took Vivi-Anne back to the CADC and the rival began continuing ever since. From purse whacking, to water throwing, to moms fighting, we've seen it all and heard it all.

You think you've got all that info? I threw a lot at you! If Dance Moms interests you tune into Tuesday nights at 9.8 central, and embark on this crazy journey through an Abby Lee Dance Company dancer!



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Have you ever heard or attended a dance competition before? If you haven't there's an upcoming one in southern Wisconsin that you might want to attend. Here are how the competitions work. There are a lot of different kinds of dances all over the world, but when you go to some dance competitions they perform all sorts of dances.

The Competitions

Some of the more popular dances that the dancers perform at competitions include: Jazz, Lyrical, Hip-Hop, Tap, etc. If you're looking for some competitions to go watch or compete in, check these out. Symposium in When you walk into a competition they could either be in a gym or a auditorium. When there in gyms they are probably going to be really noisy from the music and all of the other dancers getting ready because in gyms that don't necessarily have a backstage. When you go to auditoriums to watch dances they are probably less chaotic because they actually have a backstage and or a different place for the dance competitors to get ready.

The Dances

There are not only solo dances but sometimes there can even be group dances, which are when most or the whole group that you dance with come together and perform with each other. Sometimes there is also duet dances which is when two people dance with each other and most of the time it's the same exact dance.

The Judges

After the dance perform the judges come together and choose which dancers should get either High Gold, Gold, High Silver, Silver, and Bronze. The judges decide the awards based on 50% Technique, 20% Performance, 20% Choreography and 10% Appearance.

After the judges decide who gets each award they usually call all of the dancers out by group and tell everyone who got each award. If your group gets the award they receive a trophy and either \$100, \$200, or \$300 in cash for there group they are in. Sometimes at competitions if you get an award for you dance invidiously you could get money for a future dance school that you would want to go to, and even when you get a lot older in competitions you might even be able to get a scholarship based on how good you where.

The Outfits

The outfits at the competitions are mostly based on either what type of dance they are doing or the music that they are performing to. For example if you are dancing to a hip-hop your most likely not going to be wearing a long pretty dress, the same goes for if you are dancing to a lyrical or contemporary. Outfits are sometimes very expensive and they range from 80 to 100 dollars.

The Age Groups

The age divisions in competitions go from mini division can go all the way from 3 to 10 and then there is the 11 to 13 which is the junior division after that comes the teen division which go from ages 14 to 16 and then usually comes the senior division which are from ages 16 to 18 and lastly there are sometimes age groups that are called an open division which are ages 19+. Even though these are the age groups that are recommended for your division there is a way that you might be able to go higher if you are at a different level if your criteria is at a higher rate.

The Music

The music in dance competition are compared to the dance that you are doing there might be mashups which are made of 2 or more songs put together or there can just be one song that you dance to.



New! Dance Moon Shoes!

Dance on the Moon!

These new dance shoes will allow you to dance anywhere! Astronaut Dave Flan wore these into space and said, "These are the most comfortable shoes I ever wore! I danced, jumped, and even golfed in these shoes... On the Moon! I wear them everywhere now."



Dave Flan is not a real astronaut. It was entirely made up and he was paid and told what to say.

Types of Dance by: Kennedy Schreiter

In dance, there are a variety of styles that are performed. Some types are very graceful while others are not. These are some of the most common dance styles and their history. Any dancer should take ballet. Ballet helps with all styles of dance and is necessary in many studios. This graceful dance is much more than tutus and a bun. The language of ballet is most commonly in French, or based off of the French language. These terms are used in all ballet classes and are helpful to memorize. Ballet can be performed on flat ballet shoes, or on pointe shoes. Pointe is very difficult and requires strong feet and ankles. It requires dancers to perform on the tip of their toes. The history of ballet is carried on to modern ballet. In the 15th century, during the Italian Renaissance, many people danced at weddings and ceremonies. In the 16th century, Catherine de Medici, wife of King Henry II, started to establish ballet. She created a program called *ballet de cour*, which included dancing with costumes, music, songs, and decorations. The next century, King Louis XIV started to promote the art, making it popular. He was a dancer himself, who trained professionally and performed in many ballets. In 1661, a dance academy in Paris opened. In the late 1600s, ballet was performed during operas, until the mid-1700s when a ballet master demanded that ballet could be performed on its own. Ballets are used to show the audience technique and dance skills. In the 19th century ballet became extremely popular in Russia. Ballets such as the *Nutcracker*, *Swan Lake*, and *The Sleeping Beauty*, were performed and quickly spread through the rest of the world. Today, ballet is very well-known and performed all over the world by all ages. Opposite of ballet, is a unique style known as hip-hop.

Hip-hop started with street dancers and dance crews in the 1970's. The beginning hip-hop terms started with break-dancing, locking, and popping. Many movies and TV shows showcase hip-hop. Hip-hop is a style that many choreographers and dancers altar to make them unique. Hip-hop has a lot of moves based off of a popular dance style, jazz. Jazz uses elements from all styles of dance. The name "jazz" refers to the music style, which was danced to in World War I. Jazz can be danced to many different styles of music. Leaps, turns, kicks, and more are used in jazz dances. Jazz requires great technique, just like ballet. In the beginning, jazz moves came from Africans brought over to America. Jazz can be performed gracefully, or sharp, depending on how the dance is choreographed. Another popular style is tap. There are two kinds of tap: rhythm tap and Broadway tap. Broadway tap is more musical theatre tap. Rhythm tap focuses on more of the jazz moves and skills in the dances. Tap requires timing and rhythm. The tap sound is made from metal on the toe and heel of the shoe. Tap can be compared to Irish dancing and clogging. A very graceful dance style is lyrical. Lyrical involves being fluent and expressing emotion. Lyrical is similar to ballet, graceful and difficult. Many people would describe lyrical as a mixture of ballet and jazz. Lyrical dances and movements relate to the lyrics and emotions of the song the dancer is performing to. These styles are performed throughout the world and will continue to grow and evolve in the dance world.

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Dance Conventions

Dance, everyone knows what that is, it's an activity where you express your emotions through a choreographed dance. It's pretty cool, sometimes people don't really think of it as a sport but it is! How do you prepare for these competitions? Where do the teams learn new dances and choreography? Well the place to go is something called a Dance Convention. There are lots of different kinds of dance like Ballroom, Hip Hop, Jazz, Tap, Modern, Salsa, Tango, Jive, Break Dancing, Jigging, Ukrainian, Ballet, and much more. There are lots of dance conventions like the NUVO convention. NUVO is going to places like Dallas TX., Chicago IL., Kansas City, and Orlando FL. and a lot more places! Dance Conventions are very important to go to if you want to get better at dance. You may think all the big conventions happen in bigger places like Texas, New York, and places like that, but there are a couple big events here in Wisconsin like the Dance Masters of Wisconsin Dance convention. The DMW has been around since 1933. The conventions at the DMW building are quite large, every year they also hold a DMW pageant, this last year the winner of the pageants name is Abby Skowronski who is a student of Marilyn's School of Dance. Sometimes people think dance is all about dance and only dance, but really you need costumes, makeup, a certain hair do, and there's lots of rules and guidelines. There are lots and lots of websites to get costumes and everything, for example there is a website called www.dance.net that can give you

costumes, information, photos, music and more. There are tons of great reviews for websites like this like one costumer on the site said "Curtain Call, Costume Gallery, Cicci- all were great this year. I received all costumes on time, even early. They also helped me find in stock costumes..fina/Dansco problem) Weismann's was good. They shipped on time, but there costumes tend to run a little small, but I knew ahead of time." Its always helpful to have back up things to, what if you have a last minute tear in the costume, or a makeup emergency, words of advice you always want two of everything maybe not your costume but carry extra bobby pins, hair spray shoes, makeup and so on. As you can see, Dance conventions are very important to go to so always consider it if you want to get better and better at dance. Remember follow your dreams, and keep moving forward!



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Dance Wordsearch

Answers

A J K L S H O E M W Q O P H J A Z Z P D M T U T U J M L
 Z Z J A T T I T U D E J I T B N U P O I N T E J Y L N Q
 L A C I R Y L J E F P P A T N R E D O M S M L N D O V C
 J E J H V K F K L K H G K N M V F J B P F J X D A Q G L
 C E P N G B N A C O Z V C F S A D H P E T J A S A Q A Z
 M U S D C T I H P I H B G Q B D C Z P A J X L D N D G P
 A Q D E Q G J K R O F D A H J P L I É T H B Z D C P A T
 S S B Z C Y O P I R O U E T T E A H E V M E A B E F Q P
 W E G D A E T E L L A B Q C X I N J K L J F A D C S Z L
 Y B G H T H G N W Q A Z D S O P Y R V I U B H D R X L H
 Z A G K T O I P Y Z Q J V N U B D E A D G B U N K V T U
 I R L E A S D C H J C T B L V O N X I C Q W E S T R Y B
 F A B A R R E D F C N B S D H B I N L O P M V J L J G R
 B C J K J K O H L J K M L K N O H V J L I Y G F A W F Q

Word Bank

- Shoe
- Ballet
- Tap
- Hip-Hop
- Jazz
- Lyrical
- Modern
- Tutu
- Bun
- Pointe
- Barre
- Dance
- Attitude
- Arabesque
- Plié



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By: Madelyn Schuetz

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There are many different views on competition. One person's is different from their friend. The differences may not be large, but there still there. This article is not to point out goods and not goods from every perspective of dance competition. This article is about my view of dance competition. If you don't like my thoughts on dance competition, send me yours. Now let's get back to the topic of dance competition.

Competition is good and bad. The reasons though for that are many. I'm sorry if I miss reasons or if you have a different opinion, but as I said before, please email us or mail us a letter about what you think about competition. We'll try as hard as we can to get it in the next magazine.

Good- First we're going to talk about the good first. In my opinion, good is better first because it helps soften the bad; in most cases at least. Now we're going back on track.

These are some of the reasons that competition is good for you:

- o When you're in other sports you compete against others
 - o You can see what you can do better by watching other groups dance
 - o It feels good to compete and have fun with friends
 - o It's nice to go to competition before your recital so you can improve from what went against you at the competition
- Now it's time for those not so good things about competition when you get serious you were just dying (ha-ha) to hear:
- o When you go to several competitions it costs lots of money to go.
 - o You get stressed
 - o You travel a lot

- o Your parents go kind of crazy trying to get you to be amazing even if your future won't be in dance
 - o You have to spend a ton of money on dance class when you get serious
 - o You have to dedicate all your after school activities to dance.
 - o You have to go to dance several times a week and several hours a night
- Those were the not so goods. So now tell me what you think you. I may sound like I sound like I hate dance, but I don't. This is quote by Hans Bos that describes dance for me.

While I dance
I Cannot Judge
I Cannot Hate
I Cannot Separate Myself From Life

That's something we need to remember about dance. Dance is not about winning, or getting a trophy. Dance is about having fun and forgetting about all the hatred of the world and just be your true self for once. That is something we should never forget.

-Hannah Ramshak

The Big Competition By: Masin Kettner

Hi I'm Crystal Lukaski. I was so scared for my first dance competition and this is the story of my first competition.

I was at my first dance competition team practice for dance. They didn't waste any time to get to work either the second everyone was there they started our first competition dance. Our first group dance was a lyrical ballet combo that was to the song Open Waters. Then our instructor said who would be getting solos for this competition and I just crossed my fingers it wasn't me since this was first competition. The first solo was a jazz dance to Bring on the Boys and the second was a hip hop solo to Beautiful. And Bring On the Boys goes to Crystal Lukaski!!! My heart was beating out of my chest I was so scared. The Beautiful solo goes to Chloe Brookside!

I was so scared I had never performed in front of twenty people let alone six hundred people and judges. I mean I loved dancing just not performing it and all the hard work to go and mess up was so much pressure. And then competition day came...

By the time the day came I was so amazing at the dance and so confident. But then we got there and the nerves set in and the fear of messing up. I went into the back room where all the dancers waited to go on stage and perform. Then I felt this tingling in my stomach and then I ran for the bathroom and threw up.

They called my name and I sashayed on to the stage. I went out and was doing amazing until the leap, I leaped to the front of the stage and then it was time for the triple turn. I started my turn nice and firm but on the second turn I got really wobbly and fell off the stage I blacked out when I hit the ground since I

fell so hard. When I woke up I was in the hospital with a big purple cast on my leg. I broke my ankle and got a concussion from the hard hit.

I now have the cast off and I only dance for fun and I am no longer on the competition team.

