



Happy New Year!

Wishing you and your family the very best in 2021! As I was gathering my thoughts about what a ride this year has been, my first thought was to make a giant list of all we've endured and the many ways we've added value to our programs with every challenge thrown at us. Instead, I'd like to speak honestly straight from the heart...

This year has been the hardest year I have ever walked through as a leader. This year bent us, stretched us, and sometimes pinned us to the ground by the throat it seemed. But it did not break us. Instead, it did what all trials do: It made us stronger and shine brighter. After all, the same geologic pressure that makes dust also makes diamonds.

I truly feel like we have been able to shine in this time- a light in a darkness that gave our students and families hope in a tumultuous time. And, although I never would've chosen the journey that 2020 took us on, neither would I trade it. Because THIS....this is what we were made for. Learning to solve problems and survive the challenges of life is what we prepare our students for. Helping others out is what we were made for as a community.

Thank you to each of you for believing in us, I am EAGER to enter 2021 with you all. See you back next week!

Amy



PAJAMA SUCCESS! Thank you to everyone that participated in our annual pajama drive and Benefit Concert, what a success!! All the participating studios did an amazing job of turning a few heads by collecting a total of **1701 pajamas and 1479 books...WOW!** What a great experience we shared. We were able to donate to Safe Harbor in Kaysville, Utah Foster Care Foundation from Ogden to Southern Utah, and Secretly Santas in Bountiful, UT. Great job!

Congratulations to the following students for meeting the requirements to join our Service Society! *Zoey Johnson, Stella Lum, Ruby VanDyke, Aspen Wagner, Aliyah Brunisholz, Sophia Brunisholz, Elexis Grass, Ruby Hurst, Olivia Jensen, Madison Kennedy, Lilly Moore, Emma Nelson, Jessi Nelson, Alyssa Oshiro, Alysia Shaffer, Aubrey Stillman, Lillie Swenson, Lillian VanDyke, Tahlula Warner, Dakota Olsen, Adilynn Short, Carina Brown, Marlie Castagno, Kalli Grayson, Hazel Sirois*



AVOIDING WINTER BLUES- PUSHING THROUGH THE COLD WEATHER

While we can't stop the snow from falling, we can help our dancers beat the winter blues by warming them up with dance. The winter months are the best time to be attending dance lessons since seasonal depression kicks in and there is not as much outdoor time to be had. Dance lessons get you moving, laughing, and make you forget about those icicles outside for just a little while! If your dancer is struggling to push through and come to class, it's worth the encouragement! If you can just get them in the door, they are going to have a great time and leave happier!



PROGRESS REPORTS

Company progress reports will be sent home in January. Please take some time to review these with your dancer! Teachers will also be spending some time this month during class to help students set personal goals for the remainder of the season. We love this opportunity to help students learn how to set goals and create a plan to reach them! If you have any questions about your student's progress, please send an email to the Company Director!

MID-YEAR MEETING - POSTPONED

We know that competition season is on the horizon, we don't know exactly what each competition will look like this year. We'll discuss possible scenarios at our mid-year team meeting (date TBA) so we can be as prepared as possible. We feel very lucky for our dancers to be looking forward to any type of competition as other studios around the country are still dancing online and not even able to attend in-person classes yet. Developing and building technique remains our biggest focus this season. We know performances will all look very different this year, and we're ready to celebrate with our dancers the few times we do get on the stage!

COMPETITION GUIDEBOOK:

We have put together our competition guidebook – [CLICK HERE>>>](#). We HIGHLY recommended you take the time to review the information so we can make sure that everyone is on the same page for this busy time of year.

COMPETITION COSTUMES

It's that time of year! We will be sending all costumes home this month! Please make sure that you take care of them. Hang them up and keep them all together so nothing gets lost! All costumes were checked for all items so please unpack carefully. You are responsible for any lost/misplaced items.

MID-YEAR ORDER FORMS

Time to stock up on tights and check those shoes. Order forms are due by Jan 15th. <https://forms.gle/vife6w7PTJ473Vdw6>

COMPANY WEBPAGE

As we head into the busy second half of the season, please remember important info will always be added to the Company page on the website and important documents will be loaded to the parent portal. As soon as we have info for important events (such as competitions), it will be added to the portal. If you cannot find the answer to your questions on the website, emailing the company email is the fastest way to receive a response.

ATTENDANCE

It is now competition season crunch time! As teachers, we are asking that all dancers dig deep and give us everything they've got. Attendance in team classes, technique, and extra practices are **mandatory**. Missing class hurts our progress and team unity. Remember we are only excusing dancers if they are contagiously sick, have a family emergency, or a school required function (such as a choir performance, **not** homework). This is a great chance for students to practice time management, learning to balance homework, and dance! If you have an injury, or a simple headache, etc, we are asking that you come to class and participate.

REMINDER ON POLICY FOR MISSING CLASS If you miss classes the week of a performance it is up to the discretion of the directors whether we can make arrangements for a make-up practice or you will NOT be allowed to perform with your team. Please make sure you have good attendance all the time, especially the week we have a performance! Thanks!

PRACTICING AT HOME AND BEING PREPARED We need dancers to come to class prepared and ready to work hard. Coming to class prepared means you have practiced at home and are wearing correct dance attire and shoes. We need dancers to practice outside of dance class. The Dropbox practice folder can be found on the Company page on the website!

HIP HOP- SHOE POLICY Our performance shoes are NOT for class, only for performances until competition season is over! Winter is here! Please carry your class hip hop shoes into the studio and change into them before you enter the classroom. You will be asked to dance with no shoes if you don't have a dry pair!



NEW ENHANCED CHECK-IN PROCESS

When we welcome you into the studio next week, we'll have a new check-in process. Each student will receive a membership card. This card needs to be attached to the bag your child brings to class each week. Upon arrival to class or an event, they will scan their card to check-in. This enhanced system will improve our attendance tracking and leave more time for learning in class. If you forget your card, the office can help you sign in. Replacement cards are \$5.



If you haven't had a chance to give us a positive review yet, we would love you to take one minute to share with others why you love being part of our Studio 56 Dance Center Family. We appreciate all your support! If you can't give us a 5-Star rating, please email us your reason so that we can improve. We are continually striving to improve ourselves! Thanks in advance!

- [West Murray Studio](#)
- [East Murray Studio](#)



TUMBLING/ACRO STUDENTS

January Stretch of the Month- V sit hold | Strength Challenge- Hips

We are so excited this year to have a "stretch of the month" and a "strength challenge" in our acro/tumbling classes! Encourage your child to work on these skills at home to help them improve even faster! Be more involved by printing off the at-home practice tracker [HERE](#).

TEXT REMINDERS: We send text reminders to the first phone number listed on your account. You can update this anytime in your [parent portal](#).

THANK YOU! A BIG thank you from all our teachers for all the thoughtful Christmas gifts! As always, we want to thank you for your support and appreciate you trusting your children with us! We love working with them and look forward to what 2021 has in store!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Tuition Due 1	2
3	4 Classes Resume! Welcome Back!	5 Happy Birthday, Ms. Lisa!	6	7	8 Studio Spirit Day!	9
10	11	12	13	14	15 Company Payment Due	16
17	18 No Classes -MLK! Frozen Friends Camp 3-7yr olds!	19	20	21 Adrenaline Convention – Provo (optional add-on)	22 Adrenaline Convention – Provo (optional add-on)	23 Adrenaline Convention – Provo (optional add-on)
24 STARS freestyle week! →	25	26	27	28	29 PS Dance Fairy Skipping 4-5yr olds!	30

Company Parent To Do Checklist:

- Put new dates on your calendars
- Make sure your dancer is practicing!

Visit the company page for details about:

- Practice Folder Dropbox Link
- Schedule 1-on-1 Lessons with a teacher (solos, tumbling), under Specialty Routine button

JANUARY	18	NO CLASSES - Martin Luther King Jr Day - AM Rehearsal if needed
	21-23	Adrenaline Dance Coneniton - Provo (optional add-on)
FEBRUARY	15	NO CLASSES for Presidents Day - AM Rehearsals if needed
	18	Stage Rehearsal - Butler Middle School - 4-8pm
	20	Dress Rehearsal and Team Pictures - 8-12pm
	16-27	Velocity Convention - Ogden (optional add- on)
MARCH	5-6	Revive Convention - Provo (optional add- on)
	12- 13	COMPETITION: Utah Dance Expo at Copper Hills High School
	29-2	NO CLASSES - Spring Break
APRIL	29-2	NO CLASSES - Spring Break
	9-10	COMPETITION: Aspire Dance Pro at Cottonwood High School
	16-17	COMPETITION: Elite Dance Championship at Mountain Ridge High School
	30	COMPETITION: Rocky Mountain Classic at American Fork
MAY	1	COMPETITION: Rocky Mountain Classic at American Fork
	3	Company Showcase
	31	NO CLASSES - Memorial Day
JUNE	9	Tumbling Exhibition - (optional - requires a sign up)
	18	Concert Tech Rehearsal
	19	Concert Show Day
	22-24	Company Auditions
JULY	12-16	Company Summer Intensive - the only required week in July for Company
	23-25	Tremaine in Vegas @ Red Rock (optional add- on)