

The Dancer's Page

Stacey's Dance Studio

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Social Media

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Greetings from Stacey



Monthly Philanthropy

Nutrition for Dancers: What to Eat Before Competitions

When you're preparing for a big dance competition, your mind is probably filled with concerns about costumes, makeup, choreography and transportation. However, there's another equally important consideration that often gets overlooked: What are your dancers going to eat?

Most competitions are all-day affairs, and you can bet that your performers are going to get hungry throughout the day. You can always let them purchase some grub from available vendors or count on parents to bring meals for their kids, but that will likely mean lots of sugary snacks and drinks. If you want your students to perform their best, plan ahead and come to competitions prepared with food and beverages for your dancers. Use these tips to choose snacks packed with nutrition for dancers that will optimize energy and keep them on their toes.

The Night Before

While you won't be there to ensure your performers are eating healthy meals the night before a competition, you can at least give them and their parents a little guidance on the best foods. Dance Comp Review recommended that dancers have a dinner with protein and complex carbohydrates the night before they perform. Some good options might be grilled chicken, a vegetable dish or whole-wheat pasta. Comfort foods that are rich in sugar and fat might seem tempting, but it's better to choose a meal that packed with nutrients. This will help your body to fuel up on energy and get ready for a long, stressful day.

Snacking Right

When you're packing snacks for the team to munch on throughout the day, you'll want to focus on small, healthy items. The Rockettes blog suggested bringing along trail mix that contains

nuts and seeds, as these will help keep dancers feeling satiated for longer. Fresh or dried fruits and vegetables are another good choice, as they contain natural sugars that will boost energy. Other options include whole-grain pretzels and crackers, rice cakes, nut butter or granola.

Opt for Small Meals

You'll probably spend a good portion of your day idling between performances, but that doesn't mean your dancers should indulge in a big lunch or dinner. Experts agree that it's best for performers to eat a number of smaller meals when they're hungry.

"Eat when you're hungry and find foods that leave you satisfied," recommended Richard Gibbs, M.D., the supervising physician of the San Francisco Ballet, in an interview with Dance magazine. "Eat smaller amounts and eat better. What often happens is that the dancer eats nothing all day, and at the end of the day pigs out on the wrong foods."

Good options for competition-day food might be deli meat sandwiches on whole-grain bread, chicken soup with lots of vegetables or a toasted bagel with peanut butter.

Skip the Soda

Be sure your students are drinking plenty of fluids with each meal they eat, and try to steer them towards water whenever possible. Dance magazine explained that drinking water with meals will help make food more digestible for the body and optimize nutrient intake.

Soda and other sugary drinks will likely be available at the competition, but these options aren't so great for performers. Sugar crashes are all too real, so encourage dancers to focus on drinking water and leave the other beverages until after they perform.

Dance Costumes

Dance Costumes – we’ve all got them, some of us have them piling up in closets, bins, drawers or the attic. I get this question or one of these questions fairly often: What do you do with all of the dance costumes? -or- Do you keep every. single. costume?

So what are your options?

1. Keep them

Why do we keep them?

Memories – We get attached

Younger cousins love to dress up in them

Pieces and parts can be used for Halloween Costumes

My mother kept mine and my children and nieces have loved looking at them, dancing in them and getting a lot of laughs over the years. Those comments like “Mom, you really wore purple fish nets with your costume? Yes dear, yes I did and we thought we looked fabulous!”, have given us a lot of good laughs.

Some parents choose to make a quilt out of pieces of each costume to give to their dancer after their senior year. If you or

someone in your family sews, this may be a great option for you.

At the moment, my dancer’s costumes are hanging in a walk-in closet, but as the collection grows, storage bins may be necessary.

2. Donate Them

Check with local theater companies, pre-school programs, or school drama and dance departments. Also, if your studio offers dance camps throughout the summer, they may be interested in using them as well.

3. Sell Them

You can try eBay of course or you can try one of several costume resellers. See our list of costume resellers here. Costume resellers are like any consignment store in that they take a percentage of the sell price. Typically, they sell higher end or custom costumes. Many families opt to sell the costumes and put the money towards costumes for the upcoming year.

Dr. Seuss Quotes for Dancers

Dr. Seuss is synonymous with childhood. But who knew, those books so many of us enjoyed as children and perhaps even continue to share with our own children, could prove to be so insightful. Listed below are a few Dr. Seuss quotes that could also apply to dancers.

For the End of the Dance Year:

“Don’t cry because it’s over, smile because it happened.” – Dr. Seuss

“You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You’re on your own. And you know what you know. And YOU are the one who’ll decide where to go...” — Dr. Seuss Oh, The Places You Will Go!

“You’re off to Great Places! Today is your

day! Your mountain is waiting, So... get on your way!” — Dr. Seuss – Oh, the Places You Will GoA

The Performer In You:

Why fit in when you were born to stand out?” — Dr. Seuss

“Look at me! Look at me! Look at me

NOW! It is fun to have fun But you have to know how.” — Dr. Seuss The Cat in the Hat (Deluxe Edition)

“You are you and that is true, there’s no one in the world who’s you-er than you.” — Dr. Seuss

Being Part of a Team:

“Be who you are and say what you feel, because those who

don’t mind.” — Dr. Seuss

The Rehearsal Process:

“Everything stinks till it’s finished.” — Dr. Seuss

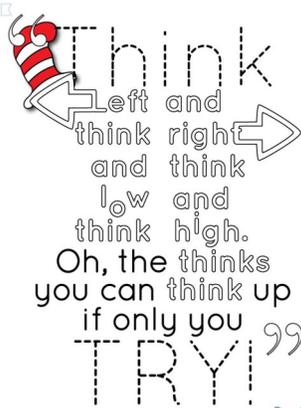
What your dance teacher is thinking:

“Don’t give up. I believe in you all. A person’s a person no matter how small.” — Dr. Seuss

The Audition Process:

“You will come to a place where the streets are not marked. Some windows are lighted. but mostly they’re darked. But mostly they’re darked. A place you could sprain both your elbow and chin! Do you dare to stay out? Do you dare to go in? How much can you lose? How much can you win?” — Dr. Seuss Oh, the Places You’ll Go!

“Will you succeed yes indeed yes indeed i am 93 and three quarters guaranteed” — Dr. Seuss



- Dr. Seuss

mind don’t matter, and those who matter

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Stacey's Elite Fundraiser

Save the Date!

1st Annual Golf Tournament

Friday, March 27, 2015

12:00 noon

Kingwood Country Club

Details coming soon!

Event hosted by Stacey's Elite Teams

Follow us on Facebook!

Stacey's Dance Studio

HOME OF THE KINGWOOD STRUTTERS

Things I Love About Being A Dance Mom

1. I love seeing my dancer dance.
2. I love that when something doesn't come easily, she works hard until she gets it.
3. I love seeing the respect she has for her dance teachers and how much their opinions matter to her.
4. I love seeing her interact with her dance friends.
5. I love seeing these typical, silly girls, get on stage and own it.
6. I love seeing dancers transform into someone else with each costume and make-up.
7. I love the new music that is constantly entering our home.
8. I love spending time with fellow dance moms and their dancers during practices
9. I love seeing the benefits of dance in my child – discipline, confidence, poise to name a few.
10. I love that because of all of the factors above, she fell in love with the art of dance and that is a beautiful thing for any parent to see.

