

# The Dancer's Page

## Stacey's Dance Studio

3838 Plum Valley Drive  
Kingwood, TX 77339

(281.) 359-5187

info@staceysdancestudio.com

October, 2014

Volume 1, Issue 1

## Greetings from Stacey



Dear Studio Family,

When I asked my husband 24 years ago if he cared if I taught dance a few hours a week never in a million years would I have imagined being blessed with the dance community and studio family that encompasses Stacey's Dance Studio.

Over the years I have had my breath taken away by the outpouring of goodness and generosity from countless people when there has been a need. We have helped numerous organizations, individual families who have suffered fires, sickness, hardships and death. I have always believed that if you inform others of a "need", and they feel led to help, then it is a win-win situation. When the Blue Star Military Moms asked us to collect items for care packages we were already doing our annual Mission Northeast food drive. Our worry was too many requests at one time in different directions, but we had such an amazing response in helping collect care items for our military members overseas I knew it was the right call.

Stacey's Dance Studio is more than just a building where your daughter learns to dance. Yes that is what you are paying us to do, but as we get to know each other and other families who we meet, we develop relationships and personal bonds. We are part of a community. We are a family. We care for each and every one of our dancers and families inside and outside the studio. I feel everyone encompasses gifts and strengths and that uniqueness is what makes the world and our studio a beautiful place! Just like in one of my three year old classes, I will have the tender hearted dancer who will gladly give her pink crown to the outspoken, type A leader who is throwing a fit, because she doesn't want the girl sad.

I have had this idea for quite some time and we already try to rally the troops when something comes up and someone needs help. But I feel like we can be organized more and therefore utilize the individual strengths

of those who have certain callings in certain areas. Also, everyone is so very busy and most don't have time for countless emails and requests, so my thought was to create a "group" and those who would like to be included in this group would simply email the studio back.

Stacey's Angels will be a team of volunteers who are willing to share the gift of helping others. The team will be coordinated by a studio staff member, and those wishing to be included will be put on an email group and when something comes up those "angels" will be notified. The emails may be someone's grandma had a heart attack and we are asking the "angels" to pray for her. Or someone had to leave town quickly and a dancer needs a ride to dance. There will be no standard for what the request may be. Our team of "angels" will do our best to help the need at hand and be a blessing to the family in need.

October 1st marked the one year anniversary that my dad died. Last year on September 30th I received a call my dad wasn't expected to make it through the night. I scrambled to get a plane ticket, throw stuff in a bag and try to cover all my bases before leaving. If it wasn't for some close friends and my husband I wouldn't have made it in time. My staff rallied here and kept business as usual covering all my classes, getting Winter Wonderland dances started and more. When my family returned they had meals brought until I was able to come home. I will forever be indebted for those "angels" for stepping in and blessing me and family when we were going through one of life's storms...

Ideas are endless as the needs that arise, so without putting too many details in writing you will know if you are the "type" of person who would enjoy being a "Stacey's Angel". Please do not feel any obligation if you desire to be an "angel" and something comes up and it is a busy time for you. Like I mentioned above, in certain situations you will know if this is something you are led to help with. I know after going through everything with my dad, I now feel like I need to reach out specifically to others who have lost a father. I can hopefully give some compassion, insight and hope because I survived.

**If you are interested in joining the Stacey's Angels team, please email the studio at [info@staceysdancestudio.com](mailto:info@staceysdancestudio.com) with "Stacey's Angels" in the subject line of the email.**

*"We have different gifts, according to the grace given to each of us. If your gift is prophesying, then prophesy in accordance with your faith, if it is serving, then serve, if it is teaching then teach, if it is to encourage, then give encouragement; if it is giving, then give generously; if it is to lead, do it diligently, if it is to show mercy, do it cheerfully." Romans 12:6-8*

## Now Available!

We are excited to announce that the studio office will now be selling single use packets of Advoca Spark Energy Vitamin and Amino Acid Supplement. Spark will help to:

- Enhance mental energy and focus\*
- Provides support for long-lasting energy\*
- Helps fight occasional drowsiness\*
- 21 vitamins, minerals and nutrients
- Sugar-free and only 45 calories

Mix one packet with 16 oz of water. Use 1-3 times daily.

**Only \$2.00 per packet available today!**

## Remind Your Dancers:

- Regular attendance is essential for individual progression.
- Please be on time to class.
- If you miss a class, you must make it up in another class. Please contact the studio office for details.
- Wear appropriate dance shoes and clothing to class. Absolutely no street shoes are allowed on the studio wooden floors.
- No gum, drinks, food or candy is allowed in the dance studios.

## Stinky Shoes?

You may have heard the quote from Albert Einstein, "Dancers are the athletes of God." Just like any athlete, dancers sweat and like most athletes, the funk seems to hold in their shoes. The following is a way to try to wash your dancer's canvas shoes (not recommended for leather or pointe shoes).

1. Place your shoes in a lingerie bag/small bag. This will provide additional protection and prevent them from getting caught inside the washing machine.
2. Set the washing machine for delicate cycle, cold water, add desired amount of detergent and fill. Add a splash of white vinegar to combat odor.

3. Place the lingerie bag with the shoes in the washing machine and run through the delicate cycle. It is NOT recommended that you use fabric softener or any type of bleach product.
4. When the wash is done, remove the shoes from the bag and lay them flat on a towel in a warm, dry spot out of direct sunlight. Reshape them and allow them to dry completely before wearing. NEVER place your shoes in the dryer.

To keep those shoes smelling fresh, sprinkle about 1/4 teaspoon of baking soda in each shoe after wearing.



Carry shoes in a breathable, mesh dance bag and allow them to air out after each and every dance class.

**\*\* Wash shoes at your own risk.**

Stacey's Dance Studio

*makes no assurances or warranties that your shoes will not be damaged during the washing process.*



Informal class photos will be taken during class on the weeks of 10/13 and 10/20.

Please make sure your daughter is **ON TIME for class**, dressed in **appropriate practice wear** and shoes with

**hair fixed** as their instructor has requested. These photos will be displayed both in the studio and on the studio website. If you do not want your daughter in a photo that will be displayed, please inform the instructor.

We ask that parents do not try

to take their own photo of the classes—particularly with the younger classes—through the windows as this is distracting to the students and draws their focus away from the photographer. The photos will be available for parents to view and print at a later date.

## Class Photography

## First Annual Stacey's Dance Studio Convention

Stacey's Dance Studio is VERY excited to host our very own dance convention, **The Master Series**, on January 10-11. **Joshua Allen**, winner of So You Think You Can Dance, will be teaching along with an amazing cast of professional dancers and teachers. This will be a wonderful weekend full of dance classes including hip hop, contemporary, and jazz. We recommend all students age 8 and up attend. Preregistration pricing begins soon and goes thru December 15th. Look for more details soon!!

### Preregistration Prices:

Beginner/Intermediate: \$140 for both days  
Advanced: \$180 for both days

### Late Registration:

Beginner/Intermediate: \$160 for both days  
Advanced: \$200 for both days

*please note that if minimum enrollment requirements are not met, the event will be canceled and full refunds issued.*



## Studio Lot Parking

We designed our parking lot so it would be conducive to dropping off and picking up. Please enter using the furthest drive and exit the one closest to North Park Drive. No one will be allowed to enter any doors that lead directly into a studio. These doors are for emergency exit only. Parking is allowed in designated areas, and on the street only. We have permission to park at Village



Learning Center across the street as well as the gravel parking lot after their business hours and the office building next door.

**Pick up lane:** The far right side is designed for cars to pull up and wait in their car for their dancer to come out. These are not parking spaces. **If you are waiting for your dancer to come out, be aware of those cars behind you.** Please be courteous of those drivers

entering the studio to drop off their dancer by **not blocking the driveway into the studio by pulling back around.** The line sometimes gets long with dancers both being dropped off and picked up, but if we are aware, and courteous of those behind us, the line will move smoothly.

**Drop off lane:** The drop off lane is next to the pick up lane. Pull up to the awning to drop off your dancer. Please be patient and drive slowly and look for small children.

Thank you so much for your patience and cooperation.

## Dancers and Chiropractic Care

Dancers consistently reaching new heights in their professional careers. Everyday these athletes follow suit by pushing themselves harder and choosing rigorous training patterns. Despite the meticulous care and training that athletes take, they experience musculoskeletal injuries.

Chiropractors have specific training in evaluating and treating the injuries and ailments of athletes. Chiropractors can often treat an injured athlete more effectively than a medical doctor, who is not well versed in sports injuries. In addition to treating athletic injuries, the chiropractor is skilled in aiding the athlete in injury prevention.

Dancers and other athletes who receive treatment from a medical doctor often find themselves frequently benched and on the sidelines. Others play and then spend hours after the game with ice packs and taking pain medication. Medical doctors do not treat the body as an integrated system, but rather treats each injury individually.

It has been said that chiropractic care most closely relates to the needs of the athlete because special attention is given to the spine, joints, muscles, tendons, and nerves. Chiropractic ensures that all pieces of the musculoskeletal system are working in harmony and in their healthiest, most natural state.

Good Chiropractic care is of great importance to dancers because it addresses and treats the muscular and skeletal stresses and keeps dancers doing what they do best and that is DANCE! New York City Ballet currently has a Chiropractor and Physical Therapist that works on its dancers. Most athletic teams from baseball,

hockey, gymnastics to dance have their athletes treated with Chiropractic care because it helps.

Young dancers have actively changing bodies within growth plates, floating bones, and loose tendons/cartilage. Their bodies are constantly changing especially by having the high demand of dance placed upon them. The condition of a young dancer's body affects how much that dancer can express themselves through dance. If they continue to push while having any injury to the ankle, knee or hip, it is degenerating their joints and possibly their future in dance is shortened.



How do you know if something is out of alignment? If you have sciatica [pain and tenderness at some points of the sciatic nerve, usually caused by a prolapsed intervertebral disk; any painful disorder extending from the hip down the back of the thigh and surrounding area], that's a strong signal that your pelvis may be misaligned. Even if it's not, pain signals that something is wrong and the surrounding muscles and ligaments could require massage. Sports massage helps to alleviate tightness in muscles/ligaments and sometimes this can be recommended in order for the pelvis and other areas to remain well aligned. If a joint has been misaligned for some time, you may not realize it, and once symptoms appear it can be difficult to pin-point where you should go for treatment. Chiropractic care negates the need for samples to be taken & gives an immediate diagnosis. Once you're in regular care it becomes easier to spot when a joint is misaligned.

## Stacey's Dance Studio

3838 Plum Valley Drive  
Kingwood, TX 77339

Phone: 281-359-5187

Email: [info@StaceysDanceStudio.com](mailto:info@StaceysDanceStudio.com)

Website: [www.StaceysDanceStudio.com](http://www.StaceysDanceStudio.com)



Follow us on Facebook!

Stacey's Dance Studio

## Studio Achievements

### September, 2014

The following students were models in the Georgie Girl Costumes Catalog, 2015

- Alexa Williams
- Ashlyn Williams
- Aly Woyt
- Megan Schmude
- Sydney Dias
- Millie Bell



Alyssa Mann was inadvertently left out of the Summer 2014 Achievements. Alyssa won the title of Ms. Junior Starbound at the Starbound Nationals this summer. Congratulations Alyssa!!

### HOME OF THE KINGWOOD STRUTTERS

## October Reminders

### Pink Out at the Studio (week of 20th-25th)

In support of Breast Cancer Awareness Month, we are encouraging the girls—both Studio and Strutter students—to show their support for eradicating this deadly disease by wearing **PINK** to class during the week of October 20th-25th.

We will also have pink ribbons printed on paper available outside the office where you may write the name of a survivor, fighter, or someone you would like to remember. We will display all the ribbons in the studio and pray for everyone who requests prayers.

### Monthly Philanthropy (ends October 31st)

The CAKE MIX, BROWNIE MIX & FROSTING DRIVE benefiting Mission Northeast during the month of October. Has begun!! The studio preschool classes are off to a great start with their donations, but there is still plenty of time for the other classes to catch up! There will be a drop box located in our studio office to place your donation. This will be an ongoing drive, so you may donate as much or as little as you wish. We will also be having a contest to see which class brings in the most cake mix, brownie mix, and frosting. THE STUDIO CLASS AND STRUTTER TEAM WINNER WILL RECEIVE A PIZZA OR DONUT PARTY THE WEEK OF OUR CHRISTMAS PARTIES.

*"He will have compassion on the poor and needy." Psalms 72:13*

### (due October 27th) Studio and Strutter Merchandise

Tammy Meinhardt has been working hard with our NEW vendor for Studio and Strutter Merchandise. There are FABULOUS new designs we are SO excited to share with you! For studio students, we are offering a t-shirt, sweatshirt, and sweatpants that have a super cute girly design and lots of \*sparkle.\* For Strutters there is a new long sleeve oversize tee shirt, a new sporty bling design shirt, and a NEW optional Kingwood Strutter jacket with \*bling\* on it!! All purchases are optional and are an additional charge. The girls are always so proud and excited to see the new merchandise and wear their gear. Order forms are available in the office. We hope to have the orders filled by Christmas, so they would make GREAT gifts!

### (due October 27th) Strutter Competition Makeup

Competition makeup by Mary Kay ONLY is required and colors have been selected by your dance instructors. The complete Mary Kay set is a compact filled with 3 eye shadows, a cheek color, a lipstick, compact brushes, eye liner and lip liner. Dancers at Stacey's are able to purchase this set for a 40% discount for a total of \$64.84 including tax. Contact the studio office for an order form.