

the BackStage Beat

SAN ELIJO DANCE & MUSIC ACADEMY

FALL 2010



PHOTO: HOLLY IRELAND

The Party Scene lights up the stage at the 2009 performance of The Nutcracker.

Audition for the Nutcracker

Canons Roar, Fairies Fly, and Snow Falls.

Be a part of the excitement this year and audition for West Coast Ballet Theater's production of The Nutcracker. Students get the privilege of performing alongside international guest stars from Pacific Northwest Ballet among others.

We are pleased to announce that all SEDMA students (age 5 and older) who audition will be assigned a role in the Nutcracker.

There will be three performances, therefore, some students may be asked to perform more than one role. Be prepared to attend all rehearsals for parts that you have been cast, including as an understudy. Please note that casting is always subject to change at any time until the actual performance occurs.

continued on next page

Dear Students & Parents,

This year we celebrate a decade of inspiring excellence in the performing arts! In an effort to communicate in a variety of ways, we are excited to begin offering a quarterly newsletter highlighting things that are happening here at the Academy. You will be able to download our latest newsletter from our website. In each newsletter, you will find a list of current and upcoming events, information for new Academy parents, and answers to some of your questions. If you have any questions or ideas for the newsletter, please write them down, and give them to Jennifer or Caitlin at the front desk. Please don't forget to check our website at www.SanElijoDanceandMusicAcademy.com; there you will find our most current schedule of classes, faculty biographies, and the most current information.

For those of you new to the Academy, we welcome you and are honored that you chose SAN ELIJO DANCE AND MUSIC ACADEMY.

And for our returning parents and students, welcome back! We appreciate each one of our families, and know that it is through you that we are the premier studio in San Diego.

Lauri-Michelle & Ben Houk
Directors





Auditions *continued from front page*

Although a student may rehearse a part, it does not mean they will dance the part. This year, it is our desire that students will use this time to grow and stretch as a dancer regardless of what part they actually dance. This is especially pertinent to the Conservatory students.

Auditions

To be in the Nutcracker, follow “Steps to Perform in the Nutcracker” at left. Auditions will take place on October 2, 2010. Rehearsals for the Nutcracker start October 11th. We ask you make a commitment to attend all rehearsals and pay a production fee of \$195. The fee helps to cover production costs which includes costuming and the extra staffing and studio time necessary to make this a top-notch production.

(Note: Only 2 excused absences are allowed; no rehearsal entire

Thanksgiving week.) We communicate with you weekly regarding rehearsals via email, so please be sure we have your current address!

Rehearsals

Rehearsals begin on October 12th and will be held on a variety of days (reminder that the studio will be closed October 11th in observance of Columbus Day); times to be announced, but **be prepared to keep your dancer’s calendars free until the performances are completed in mid-December.** Rehearsal days and times will be determined by the role(s) a dancer is performing. Children with less demanding roles typically do not practice more than one night a week until the performance draws near; while other more elaborate roles will rehearse more frequently (2 or possibly 3 days a week). For instance, the lambs may rehearse Friday night from 5:30-6:15 and the angels may rehearse from 6:15 to 7, but the Soldier and Dolls may rehearse on Fridays and Saturdays. This efficient use of time allows dancers to focus on their specific role, without needing to be present longer than necessary.

Magical Memories

For four years, **Dawn Saunders’** young children have been dancing in SEDMA’s Nutcracker. She says, “In the beginning I was intimidated by all the rehearsals, but what I came to realize was that the older students who danced solos rehearsed quite a bit, and they have to in order for their parts to look effortless. But the younger students don’t begin rehearsals until later, and usually only one time a week. That was a commitment I could handle! We loved every minute of the process, and my kids regard The Nutcracker as one of their fondest memories – it’s magical!”

The Nutcracker is a great experience, not only do our families enjoy the production, but so does the general public. Pam Kragen of the North County Times writes, “San Elijo’s ‘Nutcracker’ abounds with joy ... [West Coast Ballet Theatre’s] production really sparkles with professionalism.”

The Nutcracker Performances will be **Friday, December 17th** and **Saturday, December 18th** at 7pm, and a matinee on **Saturday, December 18th** at 1pm at the California Center for the Arts, Escondido. Estimated ticket prices range from \$17.50 to \$39 (CCAЕ determines this). Discounts are available only at the box office for children under 12, seniors, and groups of 15 or more.

Tickets will be available November 25th from the California Center for the Arts, Escondido box office, call 800-988-4253 or visit www.sandiegounutcracker.com

STEPS TO PERFORM IN



OPEN TO ALL STUDENTS (AGE 5+)
IN PRIMARY BALLET AND ABOVE

1. Pick up the audition forms at the front desk, complete and turn in at the audition.
2. Check your schedule and confirm student can attend all rehearsals and performances. (Only 2 excused absences are allowed.)
3. Pay \$195 performance fee.
4. Provide us with your current email address.
5. Attend audition Saturday, Oct. 2, 2010:

Time	Age of Student
4:00-5:00	Ages 5-8
5:00-6:00	Ages 9-12
6:00-7:00	Ages 13+



SEDMA students perform as Toy Soldiers in The Nutcracker.

PHOTO: KEN JACQUES



Even our tiniest tots need their hair pulled into a bun; it minimizes distraction while encouraging them to be like the "big girls."

The Discipline of Dance

WE ARE OFTEN ASKED, "Why do you have a dress code?" And, "Does my child have to wear a bun in ballet class?" The answer is yes. Part of the discipline of dance is coming to class, prepared and in the proper attire. A dress code improves the quality of our students' education by creating a greater sense of poise and appreciation for their artform. Additionally, by making dancewear simple and uniform, teachers can more clearly see students' bodies and therefore make more accurate corrections regarding movements and positions. The ballet students glow with pride as they advance to their next level and leotard color. These high-quality tights and leotards are also worn for the graduation performance at the end of the year, and can be purchased at CARLSBAD DANCEWEAR, which is located on the bottom floor of the Academy (760-891-0220). As a way of encouraging all students to respect the dress code, those who are not in their proper attire may be asked to sit and watch the class.

Safety is of the utmost importance to us. In order to prevent injuries, please do not wear any jewelry. Due to the special flooring in our studios and the desire to maintain the best, cleanest, and safest surface for students; street shoes are not allowed. Thank you for helping us to provide the highest quality dance education possible.

PHOTO: HOLLY IRELAND



UPCOMING PERFORMANCES

Cinderella Kids October 15 & 16, California Center for the Arts, Escondido

Dance Team at San Marcos Alive October 24th at 10am

Company and Conservatory Performances November 5, 7pm; November 6, 1pm

SEDMA FACULTY

Dance Instructors

Alyssa Alexander
Tiffany Case
Lyndsey Clark
Alexandria Corosanite
Marisa Delgado
Raul Gomez
Madeline Hornung
Shay Lucey
Melissa Matthews
Angela Yurtin Meadows
Samath Orm
Chrischell Robinson
Nancy Robinson
Linnette Roe
Stephanie Kay Swant
Grace Wichert
France-Marie Woodard
Rachel Woods
Christina Wurz

Music Instructors

Jack Beddows
Katia Palovida

Gymnastics Instructors

Adriana Guerrero
Tabitha Pierce

West Coast Junior Theatre & Showbiz Kids

Becky Cherlin Baird
Madeline Hornung

Administrative Staff

Jennifer Villa
Caitlin Curry

Required Attire

Just a reminder, all ballet students (even our youngest) need to wear their hair in a bun. Jazz, Lyrical, and Hip-Hop need to wear their hair in a ponytail.



PHOTO: HOLLY IRELAND

FOR YOUNGER STUDENTS IN BALLET & TAP COMBO CLASSES Academy leotard of the corresponding level color, pink tights, pink ballet shoes, and black tap shoes. A coordinating Academy tutu is optional for class, but is required as part of their costume in the Spring Performance. **Buttercup** Yellow, **Butterfly** Pink, **Ladybug** Red, **Primary** Pale Blue.

FOR YOUNGER STUDENTS IN BALLET ONLY CLASSES Academy leotard of the corresponding level color, pink tights, pink ballet shoes. **Elementary** Lavender.

PROFESSIONAL BALLET DIVISION All Professional Division Ballet students are required to wear a SEDMA leotard of the corresponding level color, pink tights and pink ballet shoes secured with elastic. Division 4 and above requires Pointe shoes. Coordinating ballet skirts are allowed for Division 5, Advanced Ballet, and Senior Conservatory in Pointe/Variations Class and Pas de Deux only

Division 1 Dark Purple, **Division 2** Turquoise, **Division 3** Royal Blue, **Division 4** Burgundy, **Division 5** Grey, **Ballet 201** Dark Green Leotard, **Ballet 301** Any color leotard with pink tights.

CONSERVATORY I, II & III Black Leotard with Waist Elastic

BOYS BALLET DIVISION All Boys enrolled in ballet are required to wear a white form fitting t-shirt, black tights, and black ballet shoes. Those enrolled in a combination class will also require black tap shoes.

JAZZ/HOP - JAZZ 1 OR 2 Academy tank top, black spandex shorts, and black jazz shoes. Slip-on jazz shoes are recommended.

JAZZ 3, 4 - TEEN JAZZ Wear a form fitting tank top or T-shirt, spandex shorts and either tan or black jazz shoes.

HIP-HOP LEVELS 1 - 4 Either basketball shorts or sweatpants, with a loose fitting shirt, and tennis shoes. A pair of tennis shoes used only in the dance studio is required, as to maintain the quality of the dance floor. Black and white low-top converse tennis shoes are recommended as they will be used in the spring performance.

LYRICAL LEVELS All students enrolled in a lyrical class are required to wear a form fitting tank top or T-shirt, spandex shorts and bare feet or flesh colored dance paws. Dance paws are recommended as they will be worn in the spring performance.

TAP LEVELS All students enrolled in a tap class are required to wear a form fitting tank top or T-shirt, loose fitting cropped pants, and black tap shoes; jeans are not permitted.

WEST COAST JUNIOR THEATRE/ SHOW BIZ KIDS All students enrolled in a tap class are required to wear a form fitting tank top or T-shirt, loose fitting cropped pants; jeans are not permitted.

COMPANY Appropriate attire should be worn for each class reflecting the dance style of the class

DANCE TEAMS Appropriate attire should be worn for each class reflecting the dance style of the class.



PHOTO: HOLLY IRELAND

SUMMER RECAP

Summer Programs

Recently, some of the most prestigious schools held nation-wide auditions to select a few students for a chance to be a part of their summer programs; congratulations to the following students who were chosen:

Ballet Austin

Katherine Houk (scholarship)
Madeline Houk (scholarship)
Rachel Kretz
Mary Katherine Fellios
Kate Wensley
Ava Wigley

Pacific Northwest Ballet

Katherine Houk (scholarship)
Madeline Houk (scholarship)
Noel Jensen-Schumacher (scholarship)

Joffrey Ballet

Fina Beauchamp
Jessica Martin
Kaitlin Russell
Kate Tadayon

Los Angeles Ballet

Terra Deal
Hannah Dickson
Hayley Earnest
Caitlyn Gallison
Taylor Tauss

The Rock

Emma Jensen
Noel Jensen-Schumacher (scholarship)
Kristina Stahl

Kansas City Ballet

Marcos Gonzales (scholarship)

Anaheim Ballet

Ryann Johnson

Summing up Summer

SUMMER BEGAN with our Annual Graduation Recital in which all of our dancers—from our tiniest Buttercup to our Graduates and Adults—really lit up the stage.

We had a busy summer with many different dance camps, filled with lots of fun: Dancing Princess, Grease, Musical Theater Camp, Hip-Hop and Jazz Workshops. If you didn't get a chance to join us this summer, please consider it next summer! Register early as camps fill up quickly.

Where are they now?

ONE ASPECT setting **San Elijo Dance & Music Academy** apart from other studios is our students' notable dance endeavours after they complete their training at SEDMA. Many of our former students have gone on to pursue a career in performing arts:

Katie Critchlow (*pictured*), Ballet West, ABT, Boston Ballet and PNB schools

Holland Elder, Lines Contemporary, PNB and SAB schools

Lauryn Hill private ballet lessons at SEDMA, '07, Fugees, 5 Grammy Awards

Madeline Houk, Walnut Hill School for the Arts, Ballet Austin, PNB and SAB schools

Chelsea Johnston, Los Angeles Ballet, ABT, Boston Ballet, Houston Ballet and Nashville Ballet schools, BA at UC Irvine

Jenny Koenig, Stanford University, Stanford Dance, ABT and Joffrey Ballet Schools

Bondy Owens Los Angeles Ballet; PNB and ABT schools, MA in progress UC Irvine

Monica Pelfry, Los Angeles Ballet, Corrella Ballet, PNB and Ballet Austin schools, BA at USD

Justin Peck, New York City Ballet, SAB school

Skylar Siben, "Cindy Lou-Who," The Grinch Who Stole Christmas, Old Globe Theater 2006-'09

Abby Tilton, San Francisco Ballet School, PNB and SAB schools

Angie Tilton, San Francisco Ballet School, PNB and SAB schools

Ray Tilton, San Francisco Ballet, ABT, PBT, PNB and SFB schools

Rex Tilton, Demi-Soloist at Ballet West, PNB, SFB and SAB schools

Ronald Tilton, Ballet West II, PBT, PNB, SAB and SFB schools

Additional Alumni of the Houks':

Banning Roberts, Aszure & Artists, also Hubbard Street 2, Lar Lubovitch Dance Company, Buglisi/Foreman Dance, Cullberg Ballet in Stockholm, Sweden, Juilliard School (scholarship) BFA

Logan Pachciarz, Kansas City Ballet, also Twyla Tharp, Boston Ballet School and North Carolina School of the Arts



PHOTO: HOLLY IRELAND

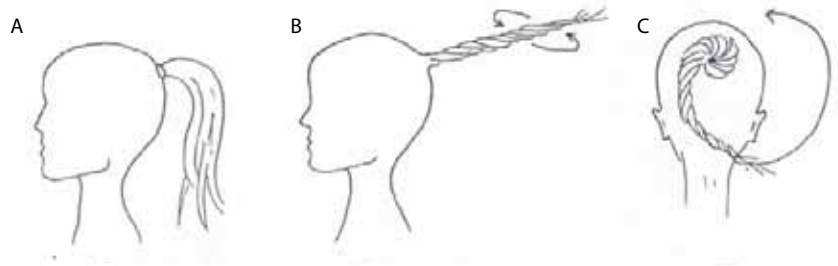


Tip from an Academy Mom

No one told me when my daughter wanted to dance that I would become a hair stylist!

It really just takes a little practice, and soon, the hardest part of the bun will be getting your little ballerina to stand still for a moment. Try having her practice her math facts, read, or watch TV as you style her hair. Here are step-by-step instructions to help make the perfect Ballerina Bun:

How To Make a Ballerina Bun



- 1.** If hair is of many lengths, has bangs, or is very fine and slippery, moisten the hair well. It is wet enough when comb marks stay after combing. Comb in hair gel thoroughly. The crucial part is to comb it from the roots to the ends completely and evenly. Use a generous amount of gel. The object is to glue bangs and layered hair into place once the gel is dry. Use gel that dries clear and not with white flakes!
- 2.** Smooth hair into a ponytail at the fullest point of the crown of the head. Use a sturdy, covered elastic band. A loose band will slip down during the movement of the head. Uncovered elastic will rip the hair. See *Diagram A*.
- 3.** Twist the hair tightly into a rope shape. See *Diagram B*.
- 4.** Coil the hair around the elastic band in the same direction the rope is twisted into a bun. See *Diagram C*.
- 5.** Hold the bun in shape. Cover the bun with a hair net so that the elastic pulls underneath. Wrap the extra net around and underneath the bun.
- 6.** Allow the covered bun to slightly relax so that the bun lies flat against the head. If it looks like a doorknob, it is coiled too tightly. Just unwind the bun slightly (just a quarter turn) and smooth the bun to the crown.
- 7.** Pin the bun in place securely. A few larger bobby or hair roller pins or traditional hair pins will do the work that twenty or so smaller bobby pins will never do and are much less likely of coming out during rigorous movement. (Please, no staple guns or hot glue guns.)
- 8.** If necessary, spray with hair spray and smooth down "fuzzies" before the spray has dried completely.



NOTEWORTHY

Meet Our Music Masters



Early integration of music into your daily routine means improving your ability to think, reason, create, and express. San Elijo Dance & Music Academy offers private instruction to students of all abilities from ages six to adult. Our highly qualified faculty teach piano, guitar, voice, and all of the string, brass and woodwind instruments in a nurturing and professional environment.

All music lessons are scheduled based on the availability of both the student's and faculty's schedule. The lessons are taught downstairs in private sound-insulated rooms, with viewing windows. Schedule a music lesson with a talented instructor upstairs in the main lobby.



PHOTO: KEN JACQUES

JACK BEDDOWS is a graduate of the University of California at Santa Barbara's College of Creative Studies with a Bachelor's degree in music composition. Jack concurrently studied classical guitar for several

years and is self-taught in a variety of other styles. In addition to teaching for over ten years, including several years as a high school band director, he has extensive recording studio experience. Coupled with his enthusiasm of teaching students of all ages, Jack enjoys playing piano, singing, composing, song writing, and performing.



PHOTO: KEN JACQUES

KATIA PALIVODA began to play the piano at the age of six. Born and raised in Belarus, a former Soviet Union Republic in Eastern Europe, Ms. Palivoda graduated from Belorussian Boarding School of Arts in Minsk,

Belarus with a professional piano education. Ms. Palivoda earned a Master's degree in classic piano from the Belorussian Academy of Music, and began teaching piano at the Belorussian Central Music. After moving to the United States, Katia began imparting her love of music through teaching at San Elijo Dance & Music Academy. Katia values each student as a unique individual and focuses on not only the fundamentals of music, but encourages each student to stretch their imagination, be creative, and to ultimately produce beautiful music.



PHOTO: TONY AGUILANO

MUSIC CLASS MAKE-UPS

SEDMA MUSIC CLASSES offer individualized attention, and therefore it is difficult to be able to make up a class. If you know that you will be missing a class, please call us as soon as possible, so your instructor can be alerted. If you are going on vacation, please talk to your music instructor so he or she can try and reschedule you to another time. Music students are eligible for one make-up class per semester.

SAN ELIJO DANCE & MUSIC ACADEMY

2010-2011 Year-at-a-Glance

SPECIAL EVENTS

2010

August 16 Classes Begin
October 2 Nutcracker Auditions:
4-5PM ages 5-8;
5-6PM ages 9-12;
6-7PM ages 13+

October 8 Nutcracker Rehearsals Begin

October 18-23 Music Make-Ups

December 14-16 Theater Week

December 17-18 Performances*

2011

January 3 Classes Resume
January 3-8 Music Make-Ups/
Bonus Week

January 14 Music Recital

March 21-26 Music Make-Ups

May 31-June 4 Music Make-Ups/
Bonus Week

June 6-11 Costume Pick-Up

June 10 Music Recital

June 20-24 Theater Week

Graduation Performances*

August 15 Fall Classes Begin

*No regularly scheduled classes held at studios during Performance Week.

SUMMER 2011 SCHEDULE

July 11-16 Musical Theater Camp

July 11-23 Summer Session & Camps

STUDIO CLOSURES

2010

September 4-6 Labor Day

October 11 Columbus Day

October 31 Halloween

November 11 Veterans Day

November 22-27 Thanksgiving

December 20-31 Winter Break

2011

January 1 Winter Break

January 17 Martin Luther King Day

February 21 President's Day

April 4-9 Spring Break

May 28-30 Memorial Day

July 2-4 July 4th Holiday

July 25-August 14 Summer Break

PARENT OBSERVATION

2010

October 25-30

2011

February 21-26

AUGUST 2010

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SEPTEMBER 2010

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DECEMBER 2010

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FEBRUARY 2011

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MARCH 2011

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APRIL 2011

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MAY 2011

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JUNE 2011

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JULY 2011

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AUGUST 2011

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○ Studio open only to Music students during these dates.

CLOSED ON SUNDAYS

Go to www.SanElijoDanceAndMusicAcademy.com for more details. **760-410-1999**