



Founders: Barry VanCura and Anna Baker-VanCura

We have certainly been tested of late. The Covid-19 has brought about a whole new way to live, communicate and strengthen our faith, each in our personal beliefs.

Yesterday as we celebrated with social distancing the weather decided to bring heavy rain, lightening, and even tornados to end the day. It is my deepest hope that all of our Ballet Tennessee family are safe and sound this morning. I am saddened that there has been more destruction to many lives.

There is a glimmer of light that we may get back to some sort of normal life in the not too distant future. We must be cautious and make wise decisions about when to regroup. As much as I miss seeing every single dancer and their families I will follow the best advice as to when to open our doors to our dance community. In the meantime, I pray and I know every Ballet Tennessee member joins in those prayers, for everyone who has suffered from disease and unfortunate recent weather.

I hope that the videos are being used by our dancers and am truly enjoying seeing videos sent to me from the classes we put together for you. This is an opportunity to communicate with each dancer as though they are our only student. If you are using the videos but do not have a way to send me a video please contact me at anna@ballettennessee.org and ask questions or share with me what you are doing. What I can say for sure is that you will not lose your dance career because of this time away from the studio.

As a word of caution I encourage you to focus on the simple, basic exercises of each dance discipline. Stretch daily and carefully before beginning to do class, do core strengthening exercises and cardio exercises and just keep your basic technique intact. If you do this you will be ready to turn, jump and complete long dance combinations in just a matter of a few weeks when back in live classes. As I watch dancers in videos my general correction is that the dancer is too focused on watching the video and therefore not completely focused on what they are putting into the exercise. I see this whether it is BT videos or another online class. Learn the combination first then put yourself 100% into it and feel as well as think about the exercise. This is an opportunity not afforded the student in a live group class where you execute the combination, listen to corrections or suggestions for improving and possibly repeat, but not always, the combination. I know that as a dancer sometimes you want and need to more time to focus yourself on an exercise than is granted in a group class. This is a gift in these times that will serve you now and in the future. I know how hard it is to take a class by yourself. There is an energy that the teacher and the students bring that opens the channels to learn, excel, and push yourself.



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I will end my chat with all of you today to let you know that I care and Ms. Jenison, Ms. Lauren, Ms. Emily, Ms. Monica, and Ms. Crystal all care about YOU! We miss you and look forward to being in the wonderful learning place called the studio!

Sincerely,

Mrs. VanCura

Artistic Director