

Centralia Ballet Academy



November 2019

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*Ballet Theatre of Washington
presents*

The Nutcracker

December 6th at 7:00pm

December 7th at 2:00 & 7:00pm

December 12th at 6:00pm

*(Dec. 12th performance is a special abridged,
narrated version for our youngest audience
members!)*

December 13th at 7PM

December 14th at 2PM

Historic Liberty Theatre

Join Clara on a special dream-like journey from a Christmas eve party to a fierce battle between toy soldiers and giant mice, through the beautiful land of snow to the magical land of sweets. Our traditional production of this holiday favorite includes beautiful sets and costumes. Tickets are on sale at CBA and are just \$15 for children/seniors or \$20 for adults. Seating is reserved so purchase your tickets soon!

Studio A Observation Days:

November 4-9

Our first Studio A observation days will be November 4-9. We encourage parents and family to come and see what their children have been learning. To keep distraction to a minimum for students we ask that younger siblings be left at home or with a caregiver if possible. If children are disrupting the class in progress we will ask you to take them out of the room. Please note that observation days apply only to classes held in Studio A. Classes held in Studio B can always be observed via the video monitor and Allen Creek class is observable in the waiting area.

Make-Up Classes

For classes canceled on Halloween - Make up classes will be held on Monday, November 25th. Class times will be as normal - just a different day.

Veteran's Day

Yes, we **DO HAVE** class on Veteran's Day!

Dates to Remember

Free Dress Week	Oct. 28-Nov 2
Session 3 Payment Due	Nov. 4-9
Studio A Observation Week	Nov. 5-10
Thanksgiving Break	Nov. 25-29
Halloween Make-Up Day	Nov. 25

Clara the Mouse-Slayer Shirts

ON SALE NOW!!

Our t-shirt line, Heroes Wear Tights, has the perfect shirt in its collection for that period between Halloween and Nutcracker (and beyond!) Our "Clara the Mouse King Slayer" design comes in several

different colors, and styles, for kids and adults. In addition to shirts, you can get this on hoodies, tank tops, and tote bags. This shirt was drawn by Cody Owens - with the Mouse King based on an original design by Martin Pakledinaz.

Proceeds from the sale of these items will go towards scholarships and outreach programs for Ballet Theatre of Washington.

<https://teespring.com/stores/heroes-wear-tights>

Fritz the Rat King

Studio co-owner and teacher Mickey Gunter has written a book! *Fritz the Rat King* an illustrated adventure story that takes the classic ballet of the Nutcracker and gives it a *Where the Wild Things Are/Nightmare Before Christmas* twist. This hardcover book is available now! Check out www.fritztheratking.com to learn more! Or order your copy from the studio.

CBA Policy Reminder

As a general reminder to CBA policy: Bethel Church (our landlord) prohibits us from allowing parents into the church lobby area or beyond. With the safety of all of our young dancers in mind, it is our policy that parents are only allowed upstairs during Studio A observation week. Only our main entrance should be used for entering or exiting the building. If you need to reach your child, please ask Camellia our receptionist for assistance. Thank you for your understanding and cooperation.

Ballet Term of the Month:

Tendu [tahn-DEW]- Stretched. The working foot slides from 1st or 5th position to the 2nd or 4th position without lifting the toe from the ground. The foot then returns to 1st or 5th position.

Self Care for *The Nutcracker*

In the ballet world the holiday season means its Nutcracker time! Which usually means long rehearsals and back to back performances! Luckily we have some self care tips to help keep you on pointe.

- ❖ **Hydration:** Drink Water, Water , Water!! Dehydration leads to poor concentration, headaches, fatigue and lethargy, muscle and joint pain as well as other unpleasant ailments. Aim to drink 64 ounces of water a day!
- ❖ **Stretch:** the easiest way to avoid injury is to stretch. Stretch as much as you workout. Why? Because your muscles are designed to stretch as a form of repair and injury prevention.
- ❖ **Nutrition:** Get plenty of healthy snacks and meals in through out the day. Snacks like nuts (Hazelnuts, Walnuts, Almonds, and Cashews) are full of healthy fats and proteins. While veggies like celery and cucumber slices are great for electrolytes important in tissue function and repair.
- ❖ **Take a Warm Soak:** Hot bathes with Epsom salts are a great way to relieve aches and pains from dancing. Soak for a good 20mins in a warm bath with 1/2 cup of Epsom salts. Then make sure you hydrate and stretch afterwards for an extra boost of self care.
- ❖ **Sleep:** One of the greatest things you can do for yourself (and body) is to sleep. Clocking in 8 hours of sleep is important on a regular basis not only for your physical health but your mental health as well.
- ❖ **Breathe:** Don't forget to breathe. Whether you meditate or just take 4 deep inhales and 4 long exhales. Oxygen is the transportation molecule that delivers glucose and other micro nutrients to our muscles and tissues. Soinhale.. and ...exhale.