

OCTOBER 2022





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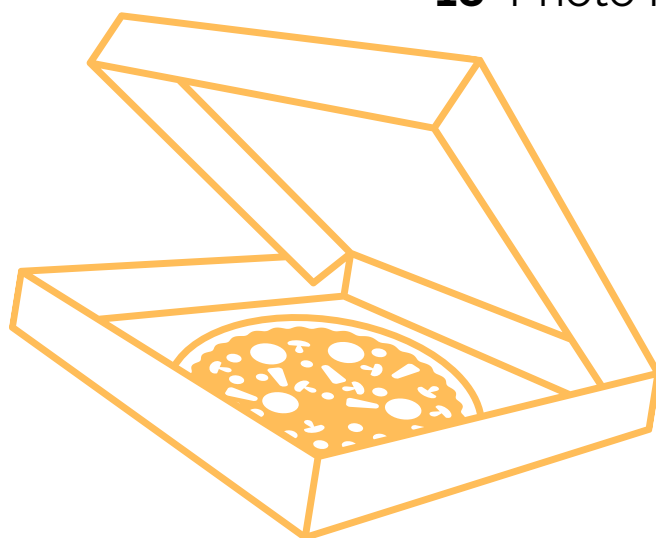
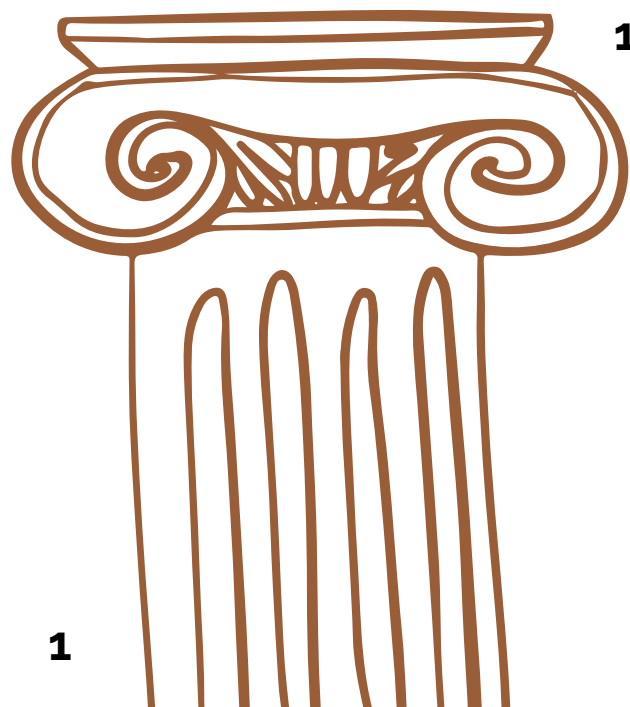
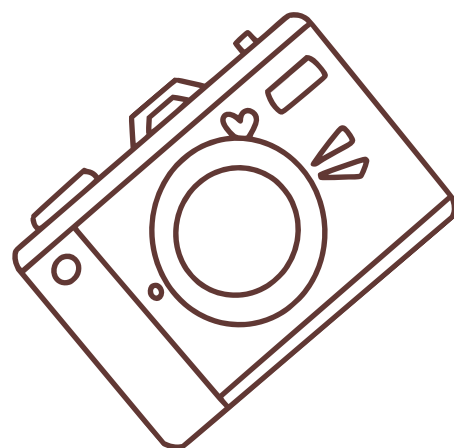
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## October Calendar

We've launched our fall season here at ADC, but it's not too late to start dancing with us! In fact, we have a new session of eight-week classes beginning the week of October 10. If you have questions or need help registering, call the office or reach out directly to one of our faculty via email. For a full list of classes and offerings, check our website at

**[www.atlantadancecentral.com/fall-spring/](http://www.atlantadancecentral.com/fall-spring/)**

# What's Going On?

WEEKS OF OCTOBER 3-31

## Core/Introductory Students

October 21: Scholarship Social 5:00 pm

October 25: Ask a Counselor Mental Health Presentation  
for Parents 7:00-8:00 pm\*

## Atlanta Rising Talent (ART Company)

October 17-27: ART Choreography Sprint Weeks

October 21: Scholarship Social 5:00 pm

October 25: Ask a Counselor Mental Health Presentation  
for Parents 7:00-8:00 pm\*



# What's Next?

MORE INFO TO COME

## Core/Introductory Students

**November 14:** Labor Day Makeup Classes

**November 14-18:** Once Upon A Holiday Show Week

**November 19-20:** Once Upon A Holiday Performance  
(Core Students Age 6+)

**November 21-24:** Thanksgiving Break No Classes

**December 2:** Scholarship Social

**December 4:** Sugar Plum Showcase (Ages 3-5)

**December 17:** Last Day of Classes 2022

## ART Company

**November 5-6:** ARTistry Convention

**November 14:** Labor Day Makeup Classes

**November 14-20:** Once Upon A Holiday Show Week

**November 21-24:** Thanksgiving Break No Classes

**December 2:** Scholarship Social

**December 5-8:** ART Choreo Sprint Week

**December 12-15:** ART Choreo Sprint Week

**December 17:** Last Day of Classes 2022

\* more information on page 15



Not sure if your child is in ART Company? ART is an audition-only intensive dance group for ages 5+. All ART students received an acceptance email on June 1st and were specifically notified of their placement. They received a handbook and signed a contract with their parents committing to the additional responsibilities. If you did not do this, your child is in our Core/Introductory Program. Students not in ART do not need to worry about ART rehearsals and events.



# ART LAUNCH *party* 2022



Atlanta Rising Talent (ART) is an intensive company of hand-selected ADC students. These dancers agree to follow a set of guidelines in the ART handbook—adopting the dress code, adhering to behavioral standards, and prioritizing dance as an extracurricular. With these added responsibilities, ART students have access to exclusive opportunities year-round. One of our favorites is the annual ART Launch Party! After reading the handbook, our dancers find out their "big" or "little" for the upcoming season. We love the way that this helps connect dancers in different groups. Bigs and littles check in on each other, cheer each other on, and exchange recital gifts. The reveal is always very exciting! This year, dancers got to scratch off the name of their partner. Then came hugs, a getting-to-know-you activity, and pizza. After dinner, the pairs formed small groups and worked together to choreograph short dances. We even had a few students make use of our prop bins! Our ART parents got the chance to mingle on the patio before coming in to watch the performance. We were so proud of the upbeat, supportive environment our dancers created. It set the tone for an amazing 2022-2023 ART season!

























# ORIENTATION *week*



Orientation Week is an annual ADC tradition where our Primary, Core, Introductory, and PhysioJazz dancers get the chance to prepare for the upcoming season. This year, the faculty made sure we had up-to-date parent information and showed parents how to access Google Classroom and the newsletter for information and updates. Students met their teachers, got sized for dance shoes, explored the studio, and received their class kits.



# SCHOLARSHIP social



We launched our monthly Scholarship Socials! Thank you to everyone who joined us and generously donated to the ADC scholarship fund. We also want to thank Mercedes for sharing her student choreography! These socials are a great opportunity for our dancers to gain experience performing their own work and speaking publicly about their process. **Our next social will be at the studio on October 21 at 5:00 pm!** To learn more or to donate online, go to [www.atlantadancecentral.com/scholarships](http://www.atlantadancecentral.com/scholarships)





Atlanta Dance Central Presents

# THE ODYSSEY



Every year, ADC's ART company performs thirty minutes of a classical or contemporary ballet as part of their ART Gala. Each ART student gets to be involved in the piece, from our beginner Ballet 1 group to our experienced Ballet 5. This year, the ART ballet will be The Odyssey. Ms. Eli heads up the project, having picked the source material, cut together a score of familiar classical music, and adapted the story to fit the time constraints while complimenting the strengths of our students. She partners with Ms. Blayke in creating choreography and helping the dancers grow their technique and performance quality over the upcoming months. ADC's retelling of the famous epic follows Odysseus from the moment he washes up on the shore of the Phaeacians during a festival. The king and queen soon realize his identity as the famous war hero who had long been believed lost at sea. They ask Odysseus to explain what happened to him in exchange for a ship to his homeland, Ithica.







Ms. Eli brainstorms blocking with Poseidon



Our sirens try on a portion of their costumes for the first time

Odysseus agrees. He regales the Phaeacians with one of the most enduring stories ever told, full of storms and sea monsters, magical flowers, greek gods, siren songs, love, wit, courage, and fallacy. Our piece ends with Odysseus finally being granted safe passage to Ithica, ferried by the Phaeacians.

The annual ballet is one of many unique opportunities reserved for members of ADC's ART company. Come see The Odyssey at ART Gala the week of April 17th.



Calypso's handmaiden comforts her as she mourns Odysseus 's departure





# Get Involved!

UPCOMING EVENTS SPECIFICALLY FOR PARENTS

## Conversation with a Counselor

Monica Van Wagenen is a mother and National Board Certified School Counselor with an M.Ed in Counselor Education as well as an M.A. in Interdisciplinary Studies (Anthropology/Sociology). Ms. Monica will be addressing pre-selected questions from ADC parents about child/teen mental health. **Send your questions to [maya@atlantadancecentral.com](mailto:maya@atlantadancecentral.com).**

Ms. Maya will be presenting these questions anonymously during the event.



**Location: Atlanta Dance Central**

**Date: October 25**

**Time: 7:00-8:00**



## Friends of Sideways Events

Support our community partner Sideways Contemporary Dance Theater!

**Location: Pinkies Up**

**Dates: October 19, November 9, December 14, January 11, February 15**

**Time: 6-8:00 PM**

purchase tickets at [sidewaysdance.org](http://sidewaysdance.org)

## Scholarship Socials

Join us for an evening of treats and student choreography to benefit the ADC scholarship fund!

**Location: Atlanta Dance Central**

**Dates: October 21, December 2**

**Time: 5:00 PM**





## Butter Chickpea Curry

**Prep Time:** 1 hour

**Yield:** 6-8 servings

**Credit:**@plasticfreeherbivore

### Ingredients

- 2 Tbs olive oil
- 1 onion, diced
- 4 garlic cloves, diced
- 1 1-inch by 1-inch knob of ginger
- 2 tsp ground cumin
- 1 tsp curry
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1/4 tsp ground cinnamon
- 1/4 tsp cardamom
- 1/2 tsp pepper
- 2 tsp nutritional yeast
- 1 sweet potato (diced)
- 4 carrots (diced)
- 2 cans chickpeas (drained)
- 3 tomatoes (diced)
- 3 cups chopped kale
- 1 cup raw cashews

1. Soak cashews in 1 cup boiling water leave to sit at least 1 hour.

2. In a large pot fry onion, ginger, and garlic in olive oil until soft.

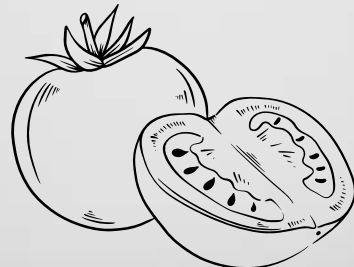
3. Add the spices and fry until fragrant.

4. Add diced carrots, tomatoes, and sweet potatoes and enough water to cover the vegetables.

5. Blitz the cashews and water until smooth and add to pot.

6. Add kale and simmer curry until carrots and sweet potatoes are soft.

7. Serve with rice. Freeze for up to three months. This recipe is excellent for meal prep!



### preparing your body for success

ADC faculty want to make sure that dancers come to class fueled for exercise. Unfortunately, our student's busy schedules often lead to them arriving at the studio on an empty stomach. Without enough to eat, they can get tired or dizzy, and they are more likely to injure themselves. Consistently under-eating can lead to long-term health issues and sabotage a dancer's goal of building strength and endurance. Going forward, we want to better educate our students about the importance of prioritizing food as a vital part of self-care.





# ART Choreography Sprint Schedule

AFTERNOONS/EVENINGS WEEK OF OCTOBER 17-20

## Mini

Wednesday: 4:00-5:00

## Junior

Tuesday: 5:30-6:30

Thursday: 5:00-7:00

## Teen

Monday: 7:30-9:00 ONLY

Payton, Aspen and Piper

Wednesday: 8:00-9:00

Thursday: 6:00-7:00, 8:00-9:00

## Senior

Monday: 7:30-9:00 ONLY Julia & Willow

Tuesday: 8:00-9:00

Thursday: 7:00-9:00

## ARTisan

Monday: 5:30-9:00 (7:30-

9:00 with Julia, Payton,

Willow, Piper, and Aspen)

Tuesday: 6:30-9:00

Wednesday: 7:00-9:00

Thursday: 8:00-9:00

## Ballet 1

Monday: 4:30-5:30

## Odysseus/Calypso

Thursday 7:00-8:00

## Sirens/Lotus Eater Leads

Monday: 6:30-7:30

## Cyclops/Poseidon

Monday: 4:30-5:30

(with Ballet 1)

Tuesday: 5:00-6:00

## Charybdis

Monday: 5:30-6:30

Tuesday 6:00-6:30

## Scylla

Tuesday: 6:00-6:30

## Hermes

Tuesday: 7:15-8:00

## Tap 1

Monday: 5:30-6:30

## Tap 2

Wednesday: 5:00-6:00

## Tap 4

Tuesday: 6:30-7:15

(Macy/Mercedes only)

Wednesday: 6:00-7:00



*My dancer needs to be at ADC:*

## How to read this schedule

First, use your child's company level to determine the bulk of their weekly schedule. Add in any rehearsals for their tap

and ballet level. If your dancer has been selected as a soloist in the ballet or a performer/understudy for an ART

Select piece they will also be expected to attend the rehearsals for that part. Feel free to print this page and fill out the schedule for your student. Sprint schedules are in the newsletter and via the ADC library tab on the website.

**Our faculty is aware of all schedule overlaps and will facilitate any necessary student transitions between rehearsals.**

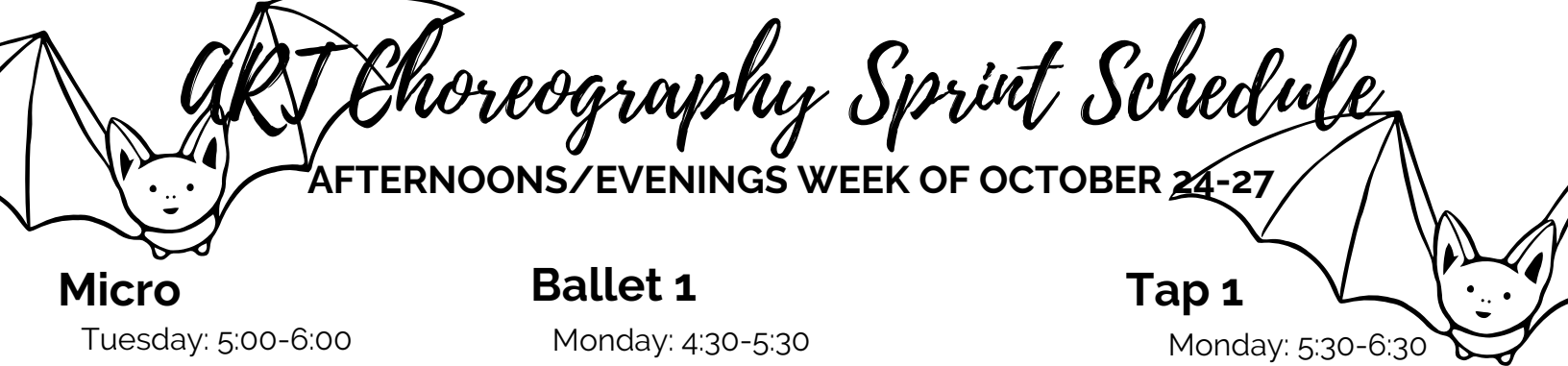
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# ART Choreography Sprint Schedule

AFTERNOONS/EVENINGS WEEK OF OCTOBER 24-27

## Micro

Tuesday: 5:00-6:00

## Ballet 1

Monday: 4:30-5:30

## Tap 1

Monday: 5:30-6:30

## Mini

Wednesday: 4:00-5:00

## Ballet 3

Monday: 5:30-6:30

## Tap 2

Wednesday: 5:00-6:00

## Junior

Tuesday: 5:30-8:00

Wednesday: 6:00-7:00

Thursday: 5:00-7:00

## Odysseus and Sailors

Monday: 7:30-9:00

## Tap 4

Wednesday: 7:00-8:00

## Teen

Tuesday: 5:30-9:00

Wednesday 8:00-9:00

Thursday: 6:00-7:00,

8:00-9:00

## Cyclops/Poseidon

Monday: 5:30-6:30 w/ Ballet 3

## ART Select Tap

Thursday: 7:00-8:00

## Graduating HS Seniors

Monday: 6:30-7:30

Tuesday: 8:00-9:00

Thursday: 7:00-8:00

## ART Select Jazz

Wednesday: 8:00-9:00

## Senior

Monday: 5:30-7:30

Tuesday: 5:30-7:00

Thursday: 8:00-9:00

## ART Select Contemporary

Thursday: 6:00-7:00

## ARTisan

Tuesday: 5:30-7:00

Thursday: 8:00-9:00

**Conversation with a Counselor:  
Presentation for ADC Parents on  
Tuesday 7:00-8:00**

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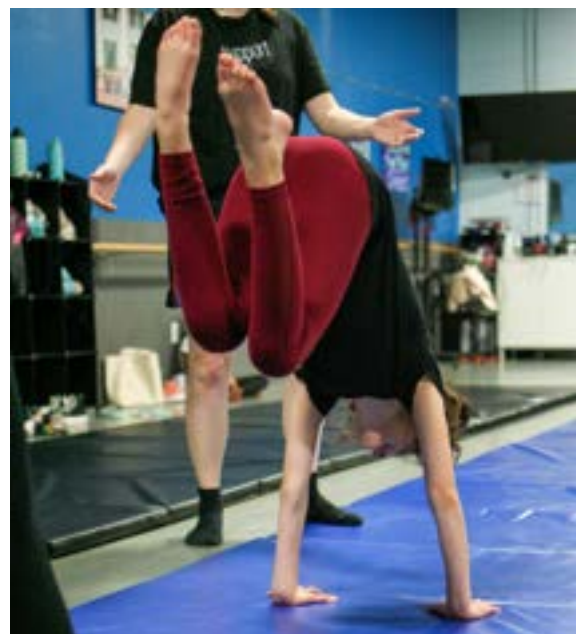
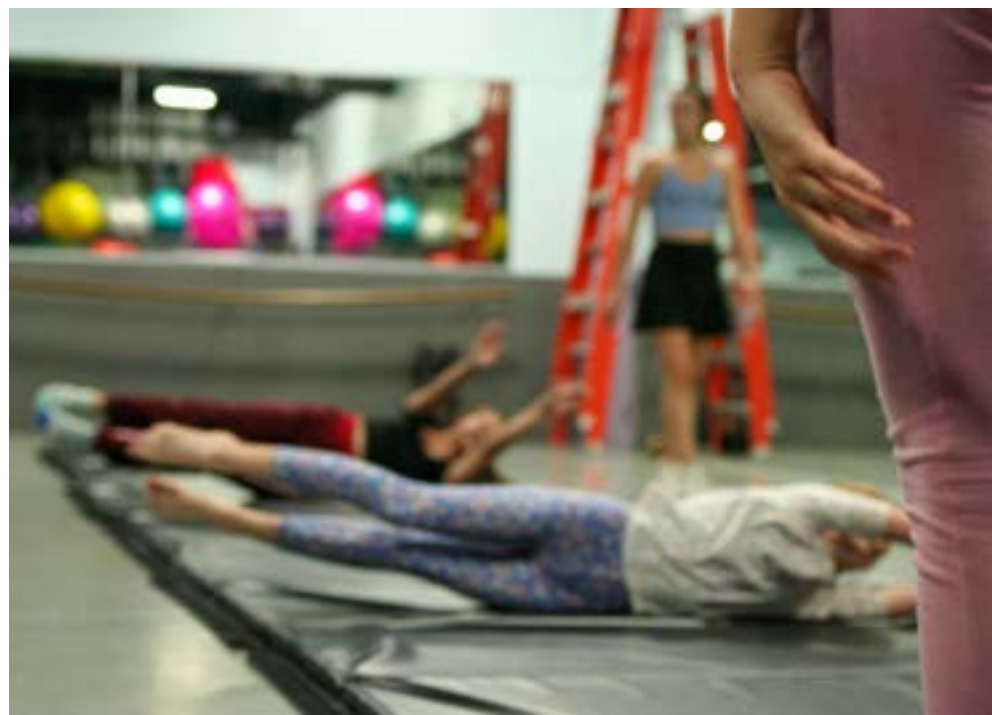






























**Thank you for letting us document your dancer's progress! Want a full-size copy of any photo you see in the newsletter? Email me the month, page, and description, and I'll send it your way!**

**Love,**

**Maya Van Wagenen**

**[maya@atlantadancecentral.com](mailto:maya@atlantadancecentral.com)**

**(your liaison for all things social media, website, and marketing)**