

MAY 2023



ATLANTA  
*Dance*  
CENTRAL



All the outdoor photos in this issue  
taken by ADC's favorite dance photographer  
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## May Calendar

It's Recital Time - our most favorite time of the year!! Make sure that you have marked all important recital rehearsals on your calendar. Recital Tickets go on sale on May 2nd. Promo codes for your 2 included tickets were emailed out this week.

**Priority Enrollment for 2023-2024 ends May 1. Don't Miss Out!**

<https://atlantadancecentral.com/ages-3-5/>

<https://atlantadancecentral.com/ages-6-10/>

<https://atlantadancecentral.com/ages-11-18/>

# What's Going On?

MAY 1- 30

## Core/Introductory Students

April 29 12:30 PM: Duet Dance Rehearsal

May 1-6: Bring a Friend Week

May 13 12:30: Duet Dance Rehearsal

May 22-24: Recital at Roswell Cultural Arts Center (End of Classes)

## ART Company

April 29: No ART Rehearsal

May 6: Red Carpet Night

May 21: ART Encore at The Green at Crabapple Market

May 22-24 Recital at Roswell Cultural Arts Center (End of Classes)

**RECITAL INFORMATION WAS SENT IN MARCH. PLEASE REACH OUT IF YOU DID NOT RECEIVE IT.**

# What's Next?

## Core/Introductory Students

June 5: Summer Season Starts!

September 5: First day of 2023-2024 season

## ART Company

June 5: Summer Season Starts!

Week of July 24: Choreography Jump Start

Week of July 31: Ballet Intensive

Week of August 7, 14, 21, & 28: Choreography Sprints

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 Auditions

## Art Handbook 2023-2024

Please review the handbook before registering for the audition. Once you have registered, you agree to comply with all information in the handbook. Handbook includes schedules, tuition, performance events, and more.

## Audition Schedule

AUDITION CATEGORIES ARE BASED ON THE DANCER'S AGE AS OF DECEMBER 1ST, 2023

### AGE 5-7 SCHEDULE

**May 17th, 2023**

**4:00-5:30 PM** Ballet, Tap, and Jazz Audition

### AGE 8-12 SCHEDULE

**May 1st, 2023**

**6:00-7:30 PM** WORKSHOP- Learn Jazz, Tap, and Contemporary

**May 15th, 2023**

**5:30-7:30 PM** GROUP AUDITION- Ballet and Jazz

**May 17th, 2023**

**6:00-7:30 PM** INDIVIDUAL AUDITION- Tap and Contemporary

### AGE 13+ SCHEDULE

**May 2nd, 2023**

**6:00-9:00 PM** WORKSHOP- Learn Jazz, Tap, and Contemporary

**May 11th, 2023**

**6:00-8:30 PM** GROUP AUDITION- Ballet, Pointe, and Technique

**May 16th, 2023**

**6:30-9:00 PM** INDIVIDUAL AUDITION- Jazz, Tap, & Contemporary



# Summer Fun at Atlanta Dance Central



*Ages 3-8*

Current Clients:

**Save \$25**  
on up to 3  
summer  
camps  
Exp. 5/1

# Technique Weeks at ADC



## Ages 8-18

Current Clients:

**Save \$25**

on up to 3  
summer  
camps

Exp. 5/1



# connect

ATLANTA DANCE CENTRAL RECITAL 2023

May 23 & 24 @ Roswell Cultural Arts Center

Tickets - \$15

Purchase from the ADC website or at the door starting May 2



Show RunTime:  
45 Minutes



# TIPS FOR A SUCCESSFUL RECITAL

Only one month left until the recital! We can't wait for your little dancer to shine confidently on stage in May. Whether this is their first or third recital, we've got some tips to help make it a magical and stress-free experience.

First off, save a new pair of tights for the big day. Nothing can cause more panic than a hole in your child's tights right before their performance. Keep a fresh pair of tights aside for the recital, and use older ones for rehearsals.

It's also a good idea to practice hair and makeup for dress rehearsal, or even tech rehearsal. The younger students may need some time to get used to the process of getting ready. With bright stage lights shining on them, we need them to wear a little makeup so their eyes and smile are visible. Practice applying makeup early so that your dancer is comfortable with it by recital day. And if things don't go as planned on the big day, don't worry. Just do what your dancer is comfortable with.

Make sure to mark all recital rehearsals on your calendar and arrive 20 minutes before the start time. We have the dancers take the stage twice before the actual performance, so they can feel more comfortable and successful. Allow extra time for unexpected elements like traffic or school buses, so you can arrive at rehearsal feeling relaxed and ready to enjoy your dancer's progress this year!

**RECITAL REHEARSAL & PERFORMANCE  
SCHEDULES WERE SENT IN MARCH. PLEASE  
REACH OUT IF YOU DID NOT RECEIVE IT.**

## Ready to support your child's performance?

As a parent, it can be tempting to critique or compare their performance, but let's remember that our role is to be their biggest fan, regardless of the outcome. Let's acknowledge the courage it takes for them to step onto that stage in front of hundreds of people and give them a well-deserved round of applause. Instead of focusing on the end result, let's celebrate the effort, dedication, and progress that your child has put in.



# star student

## KATE

Kate is amazing in our Intermediate Class. She's putting in some serious effort both in class and at home. She's utilizing Google Classroom like a pro to watch the videos of her recital dances. It's fantastic to see her use these videos to refine her choreography and skills. Her hard work is paying off, and she's making remarkable progress since joining the class in January. Not only is she a skilled dancer, but she's also a kind and supportive classmate. We can't wait to see Kate and the whole Intermediate class shine at Recital!

## Class of the month

### INTRODUCTORY BALLET/TAP/JAZZ

Ms. Brooke's Introductory Ballet/Tap/Jazz class is full of spunky personalities. These kiddos have got some serious energy and enthusiasm, and it's always a blast to watch them in action. They're a hard-working bunch too, and they're making great progress under Ms. Brooke's guidance. But what we love most about this crew is their spirit. They're always smiling, laughing, and supporting each other.





## Recipe of the Month



### Coach Jeremy's After Workout Shake

1 scoop protein powder blend from [truenutrition.com](http://truenutrition.com)

spoonful of peanut butter or almond butter

1-2 cups kale

1/2 cup frozen berry mix

ice and water

Put it all in a Blender & DONE!

CJ recommends this shake to get a lot of protein into your body quickly. Protein helps rebuild muscles after a tough day of dance.



# *But What If I Fail?!*

**WRITTEN BY MAYA VAN WAGENEN**

As a kid, one of my favorite bedtime stories was *The Monster at the End of This Book* by Jon Stone. It stars the lovably erratic Sesame Street resident Grover, who—upon realizing the title of the book he's in—becomes increasingly insistent that the reader never, under any circumstances, get to the last page. Grover is very afraid of monsters. The terrified narrator begs the reader not to turn any more pages, even going so far as to tie, nail, and brick the rest of the book closed.

But to no avail. The reader turns the final page, revealing the monster at the end of the book to be... well, Grover. There had been no reason to be afraid after all. The story had been about him the whole time. He just hadn't figured it out.

If you've never read *The Monster at the End of This Book*, I recommend giving it a chance. It's no accident that it has remained a childhood classic for over fifty years. All of us

have been in Grover's position at one time or another, terrified to encounter something we haven't experienced, not sure we'll make it through. But when the frightening unknown comes to light, we learn that we're still us, still okay, at the end of it.

For many children, failure is the monster at the end of their book. Children who have never experienced natural setbacks don't know they can overcome them. An undesirable outcome inflates to an unthinkable impossibility, practically unsurvivable. Like Grover, they will avoid this monster by any means necessary.

In her *PsychologyToday* article "Why Parents Should Let Their Kids Fail," Dr. Liz Matheis writes, "Many of us have tried to protect our children from sadness, frustration, disappointment, heartbreak, and any other non-positive emotion out there." She points out that while this urge is natural, it does children a disservice in the long run, as learning how to process unpleasant feelings is a critical part of being a well-adjusted human. In life, not every situation leads to the expected consequence. Not every adventure turns out the way we'd planned.

Dr. Matheis doesn't see this as a bad thing. "It's okay for our children to have these experiences," she argues. "In fact, we want them to have these experiences while they still live under our roof." Dr. Matheis instructs parents to support and comfort their children through these rough moments, but not to rush in and intervene. Attempting to "fix" the problem reinforces to the child that they couldn't have handled the situation on their own. This chips away at their self-efficacy, robbing them of opportunities to know their own strength.

At ADC, we want our dancers to trust their fortitude, to know that they won't break if they bend. This means we give our students the chance to experience setbacks. At first glance, audition season might seem exclusively about joining ART company or advancing a level. However, this process is just as valuable for students who don't get the results they were aiming for. All of our auditioning dancers grow their technique through individualized feedback and critiques. They gain confidence in their ability to make it through an audition. And they face the reality that things might not go the way they were hoping, at least maybe not this time.

And that is okay. They are still valuable. They are still strong. They are just as bright and worthy of self-love as they were before they went through the experience. Our teachers will be there to help them see these things. They will encourage their students to continually challenge themselves—not just for what they might achieve, but for what they will learn along the way.

As much as we want our dancers to encounter only good and happy things, we know that's not how life works. Someday, every one of them will have to face painful hardship. Our dream is that when that happens, on their lowest days, our dancers will be able to look in the mirror at their reflection and tell themselves, "You will get through this." And that phrase will give them strength, not because the words have some magic power, but because years of experiencing their own resilience will have taught them that it is true. They will get through it. They will be okay.

The Monster at the end of this Book  
Read Aloud

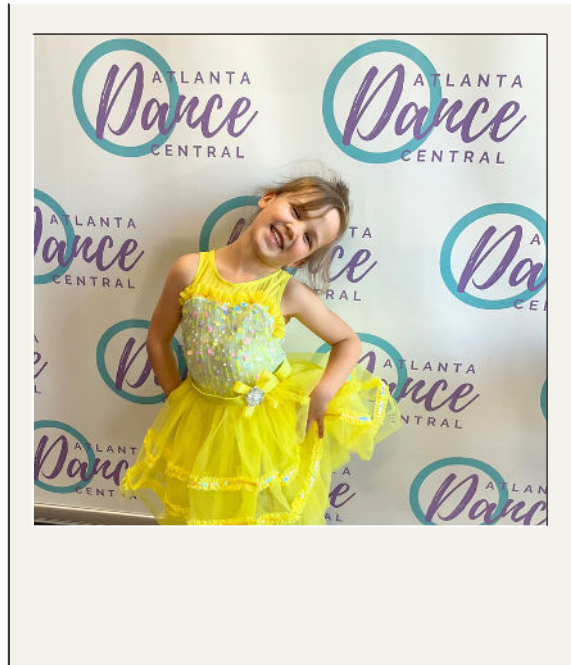






**Want to see something specific in next month's newsletter?  
Is there a dance topic you'd like to learn more about?  
Our goal is to design this newsletter around the needs of our ADC  
parents, so send your feedback and ideas my way!**

**With Love,  
Charlotte  
[charlotte@atlantadancecentral.com](mailto:charlotte@atlantadancecentral.com)**



**FOR QUESTIONS ABOUT EVERYTHING ELSE, FEEL FREE TO  
REACH OUT TO OUR AMAZING TEACHERS DIRECTLY**

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