

# Pamelot a School of Dance

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## Jan./Feb. Newsletter

### Spring is on the way!!

The snow has come and hopefully gone and we are looking forward to some warmer weather in the upcoming weeks.

#### Dear ~~Ann~~ Pam,

Everytime I plie I have started to get an ache over my whole knee. It almost feels as if my knee is going to snap. What could this be and how can I prevent an injury? Sad and in Pain

#### Dear Sad and in Pain,

The pain could be caused by a number of reasons all the way from growing too fast to an injury. Most of the time, however, knee pain is caused from an imbalance of muscle support ... meaning the muscles in the leg are not equally strengthened.

The key to preventing knee pain (and eventual injury) is to maintain healthy and strong leg muscles. You must equally strengthen all the muscles in the leg including the muscles at the front of the leg (quadriceps), at the back of the leg (hamstrings and calves), at each side of the leg (the abductors on the inside of the leg and the adductors on the outside of the leg.)

#### Who's who in the world of Tap?

##### Savion Glover

"If I didn't have the dance to express myself, I would probably be stealing your car or selling drugs right now. I got friends who do that, but tap saved me." Savion Glover born 1974 Newark, NJ. grew up playing football, and basketball on the streets, riding his bike and playing hide-and-go-seek. He was 7 years old the day of his first tap class. Not able to afford tap shoes, he wore cowboy boots for 7 months of his training. By 12 years of age Savion was appearing on Broadway's "Tap Dance Kid". He hasn't slowed down since. Savion went on to perform in Jazz Tap festivals, "Black and Blue", "Jelly's Last Jam", and "Bring in 'Da Noise, Bring in 'Da Funk" just to name a few. Of course the most recent and probably most popular project Glover has been involved with is the movie "Happy Feet". Savion Glover has helped revolutionize tap into what it is today. Bringing "funk" into the world of hoofing has allowed tap to be broadend to not just the basics that are taught in your weekly tap class. "Hoofing and rhythm tap is like music, if you can do an eight bar phrase with your feet, and another person, not a dancer, can understand what you just did, you hit. I developed this funk-like style, doing more rhythmic patterns than steps." (Savion Glover)

"I think Savion is the greatest tap dancer that ever lived." Gregory Hines

If you don't know who he is already he is worth checking out at [www.js-interactive.com/savion](http://www.js-interactive.com/savion)

#### Auditioning Anytime Soon?

Listening is the most important thing you can do at an audition. Being attentive and absorbing every little

detail should be top on the priority list for a successful audition. Directors want to see that you understand the material being given and you can trasmit it into your bodies easily. Having sound tequnical training, musicality and self awareness is also key. So... get into your ballet classes, and if you already take ballet, add another class per week.

**Did you know?** Some studies show that "yawning is the bodies way to bring oxygen to the blood when you're not breathing deaply enough." Breathing is an intricate part of dance and life, so... In with the good air, out with the bad.

#### Announcements:

~ **Picture Dates** are set for Friday May 16th in the evening and Saturday May 17th all day. Please set those dates aside.

~ **Show Week** is June 16th through June 21st. Set these dates aside. As a reminder we will also be needing parent volunteers during the week to help watch the students during the rehearsals and the show.

~ **Get them now!!!** The weather is changing and 'Pamelot Logo Sweats' will only be on sale for a little while longer. I need 12 or more to place an order so let us know quickly. We would hate for you to miss this great opportunity!!

~ **It has arrived!** The ATM/Credit Card machine has arrived. If you haven't already, come try out the new convenience. You can pay for tuition, costumes, even Pamelot sweats with the convenience of your ATM or credit card.

~ **Pamelot will be closed** Good Friday, March 21st. We encourage you to take make-up classes for any class missed due to our closure or illness.

~ **Congratulations** to Pamelot's Competition team for doing an outstanding job at Jump dance convention and competition!!!

~**Remember** to "Spring" your clocks ahead on Sunday, March 9th.

#### Happy Birthday to our Jan./Feb. Babies

Caro Liemola	Jan. 5th
Hannah Owens	Jan. 12th
Heather Hausler	Jan. 14th
Shelby Bradshaw	Jan. 15th
Amanda Jacobs	Jan. 16th
Annabell Johnson	Jan. 18th
Haley Johnson	Jan. 18th
Alexis Johnson	Jan. 18th
Stephanie Cunningham	Jan. 19th
Ashley Truman	Jan. 23rd
Mya Young	Jan. 27th
Sarah Tellesen	Jan. 29th
Haylee Hodgkins	Jan. 31st
Delaney Hard	Feb. 1st
Alison Wright	Feb. 3rd
Sydney Hershey	Feb. 4th
Becky Matthews	Feb. 8th
Brianna Miles-Goodale	Feb. 8th
Nicole Lunsford	Feb. 16th
Jennifer Hausler	Feb. 17th
Kelsey Vaughn	Feb. 17th
Jade Daniels	Feb. 21st
Galen Champlin	Feb. 22nd
Alysia Laidlaw	Feb. 24th
Rhianna Fuller	Feb. 27th
Katherine Magda	Feb. 28th

**May all of your birthday  
wishes come true!**