



Pamelot a School of Dance

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Nov. / Dec. Newsletter - Page 1

Happy Holidays!!

Yes they are coming and going very quickly. We are looking forward to celebrating the Christmas spirit and the birth of Christ with our "Pamelot Families" and friends.

Dear Ann Pam,

I love dance with all my heart, and I know that ballet is the "ABCs" to dance, but sometimes, I just don't want to even go to my ballet class, let alone work hard and give it 100%. Is this normal?

What do I do?

DWH

No, you are not unusual for not always wanting to do ballet and work hard in ballet class. In fact with almost all dancers (including professional ballerinas) there are times when going to class and working hard at the barre is drudgery and not fun at all. At those times none of us feel like going to class and it isn't fun to force ourselves to go. It also would be a lot easier to be able to just "get by" at the barre so we could go right to the choreography portion of class. I do understand those feelings. (Cont. on Page 2)

Who's who in the world of Jazz

Mia Michaels

From stage to screen Mia Michaels has turned dance into inspired and unique works of passion and beauty. She is best known for her contemporary dance choreography, and has recently choreographed Celine Dion's Los Vegas show, "A New Day...", as well as Cirque du Soleil's show, "Delirium".

Mia Michaels was born in Coconut Grove, Florida, to a family of dancers. Her father Joe Michaels taught her jazz, tap and ballet from the age of three. Her sister Dana Michaels taught Mia for several years in contemporary dance. She also trained at the Miami Conservatory. She began choreographing local shows at the age of 11 for her first company, The Miami Dance Company. Michaels worked with her father at the Joe Michaels Miami Dance Center. She is the founder, artistic director and choreographer for the New York-based dance company called RAW (Reality At Work) that began in 1997.

She is a regular guest judge and choreographer on the program So You Think You Can Dance and in 2007 won an Emmy for her work on the show.

Mia Michaels is truly changing dance as we know it today. Pay attention as we watch Michaels make history in the world of dance!

Who's who at Pamelot?

Alison Waters is a basketball player as well as an enthusiastic performer. She has been dancing for 2 years, & hip hop, (of course), is her favorite style of dance. Although Alison loves to dance, one of her favorite things to do is work for "**Gleaning For The Hungry**". It is a mission to help feed the hungry by preparing peaches for delivery. Ask around to find out who she is. Alison truly is an angel from God.

Happy Birthday to our Nov./Dec. babies!!

Ashley Nichols	Nov. 3rd
Jessie James	Nov. 5th
Lara Albrecht	Nov. 11th
Caylani Carpenter	Nov. 12th
Brookke Rogers	Nov. 16th
Gabby Champlin	Nov. 24th
Autumn Peak	Nov. 26th
Paija Sampson	Nov. 26th
Amy Giroux	Dec. 5th
Felicia Gold	Dec. 5th
Emily Martin	Dec. 10th
Kemper Clyde	Dec. 19th
Alexis Winje	Dec. 20th
Kirsten Jilot	Dec. 20th
Melissa Kraw	Dec. 21st
Laila Vincent	Dec. 25th
Taylor Pruett	Dec. 31st

May all of your birthday wishes come true!

Did you know?

Caffeine is a diuretic. By drinking fluids with caffeine you lessen your chances of staying hydrated. Experts say to shoot for eight glasses of water a day. It is especially important to get fluids before, during and after exercise. Since they contain a high percentage of water, be sure to get enough fruits and vegetables, too.

Announcements:

~ **Pamelot** is presenting a **Christmas benefit!!** Dec. 13th at 6:30 PM here at Pamelot. There will be dancing, singing, and treats. All proceeds will be given to a family in need. We are hoping to provide a family with a full Christmas. Please see the front desk.

~ **Coupon Books** are being sold as a fund raiser by **Rn'M**. This helps provide opportunities for the team to be able to go to dance conventions that have professional teachers and choreographers from all around the world. **Mia Michaels** just to name one! See the front desk for details.

~ **Pamelot "logo" sweats** are currently available for only \$30. What a great Christmas present!! Pre orders are due by Dec. 5th in order to receive them by Christmas. **Stay warm in this cold weather!**

~ **Yes it's true!!!** We really are getting an **ATM / Credit Card** machine. It will be up and running before the end of the year.

~ **Costumes time is here again!** Here is a heads up... The cost is going to be \$63 for kid sizes and \$68 for adult sizes. The \$\$\$ will be due by Jan. 15th. After that the price per costume will go up by \$10 per costume. Get those classes decided and get that \$\$ in.

~ **Reminder for the Christmas schedule...** Pamelot will be **closed** for the holidays from Dec. 22nd - Jan. 6th. December will still be a full payment month, however you are free to take make-up classes for any that are missed.

~ **Lost and Found** will be taken to **Goodwill** after Christmas. Please check the box for any lost items.



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Nov. / Dec. Newsletter - Page 2

Dear Ann Pam, (Cont. from page one)

However one of the greatest things dance teaches us is the ability to not live by our "feelings" but by a standard of excellence. You're right - ballet is the "ABCs" to dance. It is the foundation to all other forms of dance. It is the route through which a dancer can become a professional and have the ability to be able to successfully compete to get the jobs at auditions. There are no shortcuts. The beauty of ballet is that it teaches you how to be able to dance the steps and choreography you do want and you do enjoy. With that (work in class each time you don't feel like it, but push through and do it anyway) you advance to a new place where you are closer to that goal, picture, dream. Then the next class is easier. Emotions are tools we need in order to dance with our heart and not just be technicians. They are real. However they aren't always "truth". We may "feel" like we don't need to warm up in order to accomplish the choreography. In reality the warm up prepares our muscles and head to use the technique we need to execute the movement correctly. So there is honestly no choice if in fact your goal is to be an accomplished dancer. You must attend ballet and you must work hard at the barre. The reward will be yours. Your dreams will eventually come true.

Just a thought: Apply this principle to homework, a job, to your life overall. It works. And you win!

**We pray you all
have a very
Merry Christmes**