

2016 – 2017

CMS

Cougarettes

Congratulations! I am excited about our new dance year, and wanted to welcome you to our performance ensemble with some summer and fall plans.

Because we usually get final dates for winter performances in August, I want everyone to enjoy the summer with just a few Cougarette responsibilities.

Parents and Guardians – in order for your dancer to truly be considered a Cougarette, please email me your dancers full name, your full name, and the best contact telephone number to reach you at. In addition, please include that you have either “PAID” your \$250 uniform package fee, or a brief explanation of what your current situation is, if not paid. I cannot place an order for your dancer until the full payment is made. (CMSCougarsDance@gmail.com Please make your email subject – NEW / RETURNING COUGARETTE) They will not be registered in their fall Dance 3 Cougarettes course until I receive this email.

- If financial inability to pay by June 15 is an issue, which is TOTALLY understandable, please use the attached “Sponsorship Letter” to send to friends, local businesses (not corporations, they RARELY help individual athletes), and family. You will be surprised what reaching out can do. There are people ready and willing to help cover costs, and there has never been a dancer who did not get her uniform after saving, or sponsorship. Unfortunately, I cannot help with THIS process, and wish you the best, and am hopeful that you are able to save or raise funds for the uniform. I will place official orders after our sizing and parent meeting in August, so please plan to raise all funds and turn in by August 1. Turn over for uniforms is generally 6 – 8 weeks, and I want our Cougarettes in uniform for our Family Days parade in October 😊. Good luck!

Dancers – The one important responsibility you have over the summer is to STAY FLEXIBLE and KEEP DANCING. Every single day is an opportunity to gain strength and flexibility, and as I travel, I will send out a Remind101 text message with a link to the stretch or tutorial I am working on throughout the week. You are always able to go above and beyond, and do your own daily stretches, push yourself for your power moves, or to take a dance intensive or attend a convention to challenge yourself. The following are elements to focus on, and research some dance intensives and conventions that will be in our area this summer. You do not *have* to attend these, and can use Youtube.com “Choreography Tutorial” videos to practice. I recommend working on FLEXIBILITY, CHEER JUMPS, CORE STRENGTHENING, and JustForKix tutorials.

- Full body 'wake up' stretch in the morning
- Left, Right, Center splits (with turn out...make sure to work on rotating your hip flexors away from the center of your body, without ever rolling your knees toward the center of your body) ** Please do not allow anyone to push on your body, pull you, or play near you while you work on splits. Some instructors allow this, but I never recommend this. Push yourself to your limits, or use stackable mats, or books to increase your splits into over splits...not outside help or pressure on your muscles...no ☺
- First position releve, plie (demi and grande) – ballet alignment (stack your body) Make sure your pressure is between your big toe and second toe...no releve on your pinky toes and no letting your ankles curve
- Port de bras – work on doing a dance from first to second, to third, fourth and fifth with your ARMS. Make your arms STRONG but graceful, and follow your moving arm with your eyes and head.
- Tendu, Degege, Battements (like going across the floor) but focus on pointing your feet AS SOON AS THEY MOVE AWAY FROM THE EARTH, and then pull in your ab muscles to your belly button to help lift your leg to the sky for your battments (kicks). Make sure the kick stays in the center of your body, unless you are working on you're a la seconde kick or kick in second position (to the side).
- Crunches, crunches, crunches, crunches, and more crunches. Our abs are some of the weakest muscles in our bodies, and our CORE is the MOST important part of our bodies...so we need to spend extra time here --- even though it isn't always fun ☺
- Turns – pirouettes (inside, outside, right, left, jazz, ballet), coupe (same), fouettes (watch Just For Kix how to do Fouettes), A La Seconde (watch Just for Kix how to do a turn in second). Focus on lifting UP TO THE SKY, make sure to work on your SPOT (spotting), and turn on your FIRST TWO TOES AND THE BALL OF YOUR FOOT (if you practice turning on your heel you will never get more than a double, and it wont look or feel good either).
- Hitch kicks, pitch kicks, C jumps, barrel roll turns, illusions, jetes, grande jetes, reverse leaps, surprise leaps, center leaps, stag leaps, firebird jumps and leaps, switch leaps, compass turns, attitude turns, fan kicks, Anything else you can look up and try (after stretching your whole body, and making sure it is a safe enough surface to try it on) (make sure you aren't alone. We always get hurt dancing at some point....don't try new moves alone ☺).
- Toe touch, pike jump, hurkey, hurdler, double stag, around the world
- Any kind of tumbling – cartwheel (also one handed), front and back walk overs, front and back handsprings, ariels (with training), front punch, back tuck (standing tumbling and with round offs).
- Holding hand stands for as long as possible (time yourself – pull your toes to the sky)
- Practing tumbling in slow motion (for example.... A slow motion front walk over) – these are beautiful in dance routines
- Practice walking out of tumbling in new ways (for example – landing a cartwheel on one knee and preparing to do a toe rise out of it)
- Try new moves with your body. Don't push too hard in one session or every day....but be brave, too.
- When you feel tired, when you feel like you have pushed enough for one day...YOU HAVE...our bodies TELL US what they need, what they don't want, and when they've had enough. Listen to your body ☺

Send pictures and videos to CMSCougarsDance@gmail.com

I'd love to see your summer progress. It keeps me motivated to create new routines and helps me see what you can add to routines ☺ DRINK LOTS OF WATER!!! ☺ Thank you for deciding to dance...and I can't wait work with you all!

Parents and guardians...don't hesitate to contact me. I'll be up and down the east coast, in Colorado, LA, and home, on Oahu. I will check my email once a week to remember that I live in Florida and have to come back ☺ <3

I will send out August Camp plans, but it is always right at CMS, and usually the weekend that classes start ☺