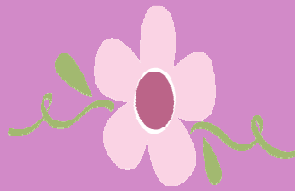




Important Dates to Remember!



April 5-10
Watch Week

April 17-18
Recital Photos

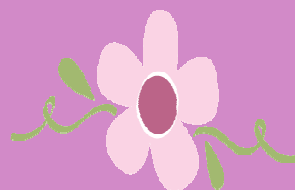
April 23-25
Applause Comp

May 8
Discover Milan Days

May 19
Dress Rehearsal

May 21-22
Recital

June 27-July 3
KAR Nationals



April 2010 Newsletter

Congratulations Dancers - What a Competition!



DX had another great showing at KAR dance competition recently; way to go dancers! Many students placed high in the overall standings and many were selected as ALL STAR KAR KIDS (an invitation to attend the 2010 New York City dance convention.)

Below are some notable honors and awards, but more importantly, we want to thank every dancer who went out there and put 100% into their performance. We appreciate the judges comments and it's great to win awards, but what really matters is giving everything you can when you are out there. Thank you to everyone who did just that, you are definitely number one in our minds!

Some group awards from the KAR competition included...

Apace-5th Overall High Point and earned the "fast, funky, and fabulous" award.

Cajon Stomp- Top First

Faith-1st Overall High Point and earned a cash award.

Harder, Better, Faster, Stronger-7th Overall High Point.

Joy to the World- First & the "Energy" Award

Jai Ho-3rd Overall High Point and won best costume award, NY All STAR AWARD.

Seize the Day-4th Overall High Point and the "class act" award.

Urban Jungle- First

Dance Tip of the Month: Spring Cleaning for Your Diet

After the past few months of holiday treats, Valentine's Day chocolate, and Easter candy, a diet may really need some spring cleaning. So how does cleaning up your diet relate to your dancing? Well, to dance your best, your body has to be at it's best and that starts with the fuel you put in it. So where do you start?

Anytime you get into a habit (and that includes an eating habit) it can be very hard to change your actions. But just like any other tip we give, the most important thing is that you take small steps.



- [Make half your grains whole](#)
- [Vary your veggies](#)
- [Focus on fruit](#)
- [Get your calcium rich foods](#)
- [Go lean with protein](#)

Don't overwhelm yourself by thinking you need to make a drastic change, just make little adjustments and focus on making them new habits. For an explanation on the food pyramid above, examples of food types and sizes, and other great tips check out www.mypyramid.gov.

F.Y.I.

Important Dates and Other Reminders!

- ~ Recital Pictures are on April 17-18. Get your smile ready!
- ~ May 8 is Discover Milan Days. Come out and support fellow dancers as they perform for the community!
- ~ Dress Rehearsal is on May 19 and the Recital is May 21-22!
- ~ Recital t-shirt order forms are now available. Orders must be placed by mid-April!
- ~ Recital ticket information will be sent out in April!



Dance Beyond DX Miss Kerry Presents *Merge*



This month's Dance Beyond DX article is not just about what's going on outside the studio, it's a bit of a "merge" between the dance world and the DX world.

That's because on Friday, April 16 at 7:30 pm and Saturday, April 17 at 4:00 pm, Miss Kerry is presenting an independent production, *Merge*, at the Riverside Arts Center in Ypsilanti (76 N. Huron Street, Ypsilanti.)

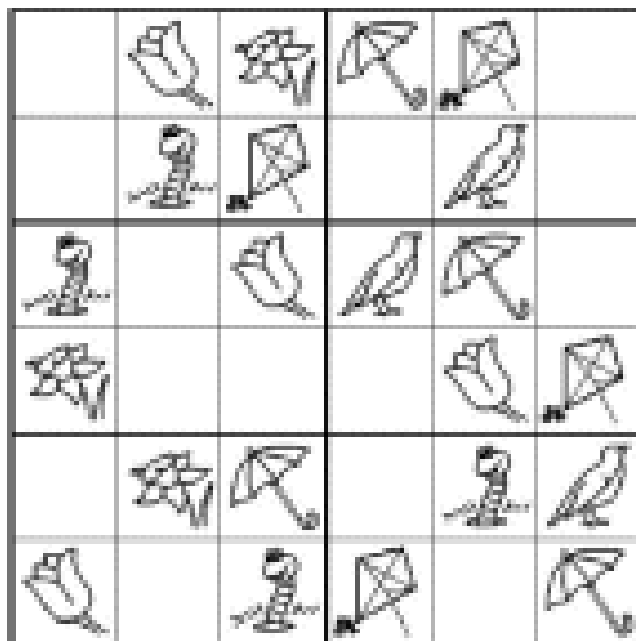
Miss Kerry's full evening of choreography features a cast of local dancers, including Miss Adrienne! Other familiar faces are Alyssa Lipowski, Lexi Fuller, and Katelyn Michalak who will be performing a student piece along with Dance Xplosion graduates Breanna Berkeley, Ashley Alexander, and Laura Herlocher.

Merge will feature Miss Kerry's modern and contemporary choreography in a wide variety of forms. According to Miss Kerry, "Selections include fast-paced, high-intensity movement styles with industrial electronic music, a modern interpretation of the sultry Argentine tango, and classical dance forms juxtaposed with 20th century chamber music from Shostakovich to Glass."

Tickets are \$12 (\$9 with a student ID and for seniors over 65, children under five are free). Tickets can be purchased at the box office, or from Miss Kerry when she's at the studio on Wednesdays and Thursdays. (If you are not at the studio on these days and would like to purchase tickets early, please talk to Miss Heidi.)

So come out to see *Merge*, not only will you be supporting DX dancers and a DX teacher, you will get a chance to see some great "dance beyond DX!"

Spring Sudoku



Instructions - Cut out the shapes below to fill in the puzzle. Each row, column, and three by two box will have one of each shape.

