

CRICKET'S SCHOOL FOR
THE PERFORMING ARTS

info@cricketsperformingarts.com
www.cricketsperformingarts.com



Welcome to our
dance family!

Smyra Hill
Gretchen Kreider
Isabella Nissley
Laura Bower
Maria Lopez
Laila Cooper
Ella VanDerPlage



Welcome back,
Ladies!

Saige Wolgemuth
Maggie Arnold



Cricket's News

Dance....It's not just what we do....It's what we Love!

VOLUME 18 ISSUE 2

OCTOBER 2011

Greetings, dancers!

Dance classes are in full swing again. Doesn't it feel wonderful? After dance, I leave the studio pleasantly exhausted and sore. I love working so hard! Are your muscles as stiff as mine? Turn the page to learn more about flexibility and stretching so you can better prepare for class and recover until your next one.

Meanwhile, hopefully you're enjoying the first month of classes as much as I am. Be sure to read on to find out more about Cricket's upcoming events.

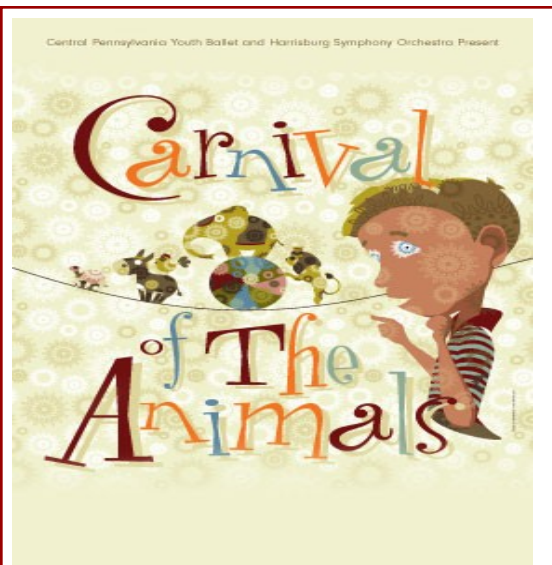
Aimee Walton



Can you believe it? Halloween is just around the corner already!

Halloween Dress-Up Week is October 24th-27th. Dress up in your favorite costumes for class.

Due to Trick-or-Treat, check with your teachers on October 31st for specific class schedules.



Central Pennsylvania Youth Ballet and Symphony
Orchestra
Present

Carnival of the Animals

Saturday, October 22, 1-3 PM and Sunday, October 23, 1-3 PM at the Whitaker Center for Science and the Arts in Harrisburg, PA

Sign up at the office if you'd like to go!

Fundraising Update

Have you been busily selling? We hope so! All orders are due by Thursday, October 6th, 2011.

Fundraising items will arrive the week of October 24th, 2011.

Parents, we need your help! If you'd like to help us make sure each order gets to the right child, please volunteer at the office.



- 10/4 Liliana Lehman
- 10/6 Morgan Ferree
- 10/5 Saige Wolgemuth
- 10/8 Laura Bower
- 10/16 Elliana Romano
- 10/19 Madison Sherwood
- 10/25 Hope Setlock
- 10/26 Ally Reitzel

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5 Studio closed -Manheim Farm Show Parade	6 Fundraising orders due	7	8
9	10	11	12	13	14	15 Manheim Cruisin' the Square
16	17	18	19	20	21	22 Carnival of the Animals
23 Carnival of the Animals	24 Halloween Dress-Up Week begins	25	26	27	28	29
30	31 Modified class schedule					

Anatomy for the Dancer-Flexibility

We've been back for a couple weeks, now, and our bodies are already easing back into their strength and flexibility. At first, though, I certainly felt that satisfying muscular ache that meant I was working hard! You probably felt it too, and you know, as well as I do, how important it is to stretch and condition yourself, but do you know the anatomical facts behind flexibility?

In his article, "Stretching for Dance," Matthew Wyon, Ph.D. writes for International Association for Dance Medicine and Science that stretching is an integral part of a dancer's life. Flexibility, Dr. Wyon explains, can be defined as the joint's ability to move through its full range of motion. Of course, flexibility can increase with certain activity, but it can also decrease with a lack of activity (which explains my own woeful stiffness). On the other hand, although flexibility is defined by joints, muscles are the

main structures that can be lengthened to increase range of motion. Clearly, this shows the importance of conditioning before and after class!

As you can imagine, supple joints and muscles are no simple matter. In fact, Wyon points out that up to 17 factors can influence your flexibility. For example, age, gender, genetics, tendons, and nerves are all involved. So, you must be careful to find the correct stretches for your body.

If you need to warm-up before a class, Wyon suggests you choose static stretches. These are stretches in which you hold a position for 15-60 seconds. Try sitting in a

straddle or sitting on the floor so you can fold yourself in half. Your muscles will elongate and, eventually, your muscles will become more pliable.

After class, cool-down is also important. You might simply stumble out to your dance bag, tired and achy, but you should take a couple minutes to reach for your toes or work any muscles that feel especially tired. Wyon writes that muscles are probably too pliable after exercise for you to permanently increase flexibility with conditioning,, but cool-down does keep muscles from quickly becoming stiff, which causes pain.

Keep these things in mind as the dance year continues. You'll increase your flexibility, but you'll also find yourself in less pain. Even better, you won't be easily injured, and your dancing will improve with some hard work and consistent stretching.

