

President's Perspective
Stayin' Alive.....in 2005!

Welcome to the 1st DTDA Insights E-zine. We hope you find the information pertinent to your school year. If you have any suggestions and/or articles to make the upcoming E-zines better tools for you, please let us know.

The Executive Board - Michelle, Kelly, Laura, Dianne, April, Denise, Lynn, Cathy, Pam and I, met this summer to prepare for the 2005 convention. We looked over your evaluations, discussed the observations we made throughout the convention and shared conversations we had with some of you. We put all of these ideas, comments and suggestions together to start preparing for the 2005 Convention. Now that we have begun the official planning of the 2005 Convention, we need you to *Save the Date* for April 13th – 16th in the beautiful Renaissance Hotel in Richardson, Texas. We also encourage you to invite all of your drill team friends and colleagues to join us. We're going to have a Disco of a Dynamite time at our "Stayin' Alive.....in 2005" themed convention.

As the beginning of our drill team year draws near, we get in the hustle and bustle of preparing for football/fall events (and even you energizer bunnies already prepared for Spring Show) please remember to take time for yourself. Take a weekend, day or even just a couple of hours to pamper yourself. Get a massage, pedicure, facial or have lunch with family or friends. Cuddle up on your couch with a good book or movie. Maybe even eat a piece of cheesecake with strawberries.

Yes, there are uniforms to be ordered, schedules and bus requests to be made BUT they'll still be there when you're done taking care of yourself. I challenge you all to not "*sweat the small stuff*" and take some time to yourself. Plan a "Me Monday" where you do something just for yourself - for example take an uninterrupted bubble bath and have a quick easy dinner. Or maybe have a "Two Tuesday" where you plan a relaxing dinner with your honey or a close friend. Now, for those of you who think "Oh yes, that sounds like a good idea, I should do that," but then never do.....DO IT! Put it on your calendar. Have one of your drill team girls baby-sit your children for an hour or two while you take some time to yourself. Make reservations and/or an appointment so that you can't cancel and/or make excuses. Just find some way to do something for yourself for a change that's not drill team related.

I hope to get some good reports from you all about how you've been taking care of yourself and "Stayin' Alive....in 2005". Now wouldn't that be a great section for our e-zine magazine? Fun suggestions of how we all are making sure we take time for ourselves.

Make sure to get on the website at www.dtda.org. Register for convention or browse the several topics we have available, like our virtual notebook. Our secretary updates and adds information to our virtual notebook on a regular basis. Lynn Christiansen, from Cinco Ranch High School in Houston, graciously accepted the position of Secretary when the position become vacant in early June. If you have any interesting articles that others may benefit from, please send them to us. We would love to share anything you have found valuable for you and your team or maybe just a poem or two to bring smiles to our faces on those not so happy drill team days.

I hope you all have a wonderful, exciting and successful football season. Make sure to keep in touch. Let us know what we can do to help make your year a little easier.

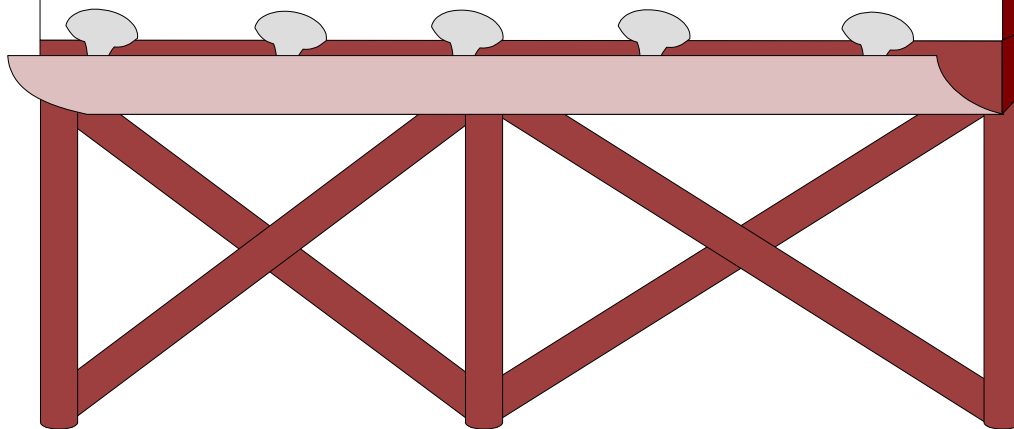
Keep Dancing,

Dolores Meza
President DTDA, Inc.

2005 Convention
"Stayin' Alive.....in 2005"
Renaissance Hotel in Richardson, Texas
April 13th – 16th

Calling all high school dancers....

The National All Star Drill/ Dance Team is a chance to highlight up to three of your top dancers. These young ladies have an opportunity to learn from today's top choreographers. They will showcase their modeling talents in the Spectacular Fashion Show. The dancers will learn a production number, which will be the highlight performance at the banquet. The National All Star Drill/ Dance Team members perform Friday evening at the Banquet for the Directors and special guests. They will also have the opportunity to partake in dance classes from energetic and outstanding choreographers and teachers. This is the second year that a scholarship opportunity is available for National All Star members. Don't miss out on the chance for your amazing ladies to apply, and possibly be awarded a scholarship. Directors, do not miss the opportunity to showcase three of your outstanding young dancers. Please check the DTDA website for upcoming information on scholarships, NASDT information, and registration.



Judge's Certification Changes at 2005 Convention

Beginning with convention 2005, there will be a few changes to the certification workshops. Members must take the workshops in order (line tryouts, officer tryouts, team contest, solo contest). Only one workshop can be taken each year. After a member has taken the final certification course, she will be required to take an exam. The exam will consist of questions from all four levels of certification. A member must receive a 90 or higher on the exam in order to be certified. The test will be open note format. Members who have already completed all four levels will keep their current certification and do not need to re-take the classes.

A Time to Pray
by Joyce E. Pennington, En Croix Support Team

Many of your students have enjoyed past participation in Fellowship for Christian Athletes and enjoying the interaction with their peers. Now there is a special group that will embrace your dancers to offer monthly meeting topics, special community projects and praising God through dance. If you are interested in getting an En Croix group started at your school, community, church or studio, please visit the www.EnCroix.org web site for an application form.

The article below could be a great monthly topic or even a challenge to put together a quilt made by each member to show the variety and differences we can share in common.

My Quilt - author unknown

As I faced my Maker at the last judgment, I knelt before the Lord
along with all the other souls. Before each of us laid our lives like the
squares of a quilt in many piles. An Angel sat before each of us sewing our quilt
squares together into a tapestry that is our life.

But as my angel took each piece of cloth off the pile, I noticed how
ragged and empty each of my squares was. They were filled with giant holes. Each
square was labeled with a part of my life that had been difficult, the
challenges and temptations I was faced with in everyday life I saw hardships that I
endured, which were the largest holes of all.

I glanced around me. Nobody else had such squares. Other than a tiny hole
here and there, the other tapestries were filled with rich color and the
bright hues of worldly fortune. I gazed upon my own life and was disheartened. My
angel was sewing the ragged pieces of cloth together, threadbare and empty,
like binding air.

Finally the time came when each life was to be displayed, held up to the
light, the scrutiny of truth. The others rose, each in turn, holding up their
tapestries. So filled their lives had been. My angel looked upon me, and
nodded for me to rise. My gaze dropped to the ground in shame. I hadn't had all the
earthly fortunes. I had love in my life, and laughter. But there had also
been trials of illness, and death, and false accusations that took from me my
world, as I knew it. I had to start over many times. I often struggled with the
temptation to quit, only to somehow muster the strength to pick up and begin
again. I spent many nights on my knees in prayer, asking for help and guidance
in my life. I had often been held up to ridicule, which I endured painfully,
each time offering it up to the Father in hopes that I would not melt within my
skin beneath the judgmental gaze of those who unfairly judged me. And now, I
had to face the truth. My life was what it was, and I had to accept it for
what it was.

I rose and slowly lifted the combined squares of my life to the light. An
awe-filled gasp filled the air. I gazed around at the others who stared at me
with wide eyes. Then, I looked upon the tapestry before me. Light flooded the
many holes, creating an image, the face of Christ. Then our Lord stood before
me, with warmth and love in His eyes. He said, "Every time you gave over your
life to Me, it became My life, My hardships, and My struggles. Each point of
light in your life is when you stepped aside and let Me shine through, until
there was more of Me than there was of you."

May all our quilts be threadbare and worn, allowing Christ to shine through.



Sincerely,
Joyce E. Pennington, Pres. CEO
American Dance/Drill Team®

For those of you who missed the DTDA Convention last year, don't worry. DTDA will be hosting our 26th annual convention at the beautiful Renaissance Hotel in Richardson, Texas. The hotel alone is worth attending convention for. The atmosphere is gorgeous. The food is wonderful. The rooms are very comfortable. And most importantly, they have a Starbucks right there in the lobby! What more could you ask for?

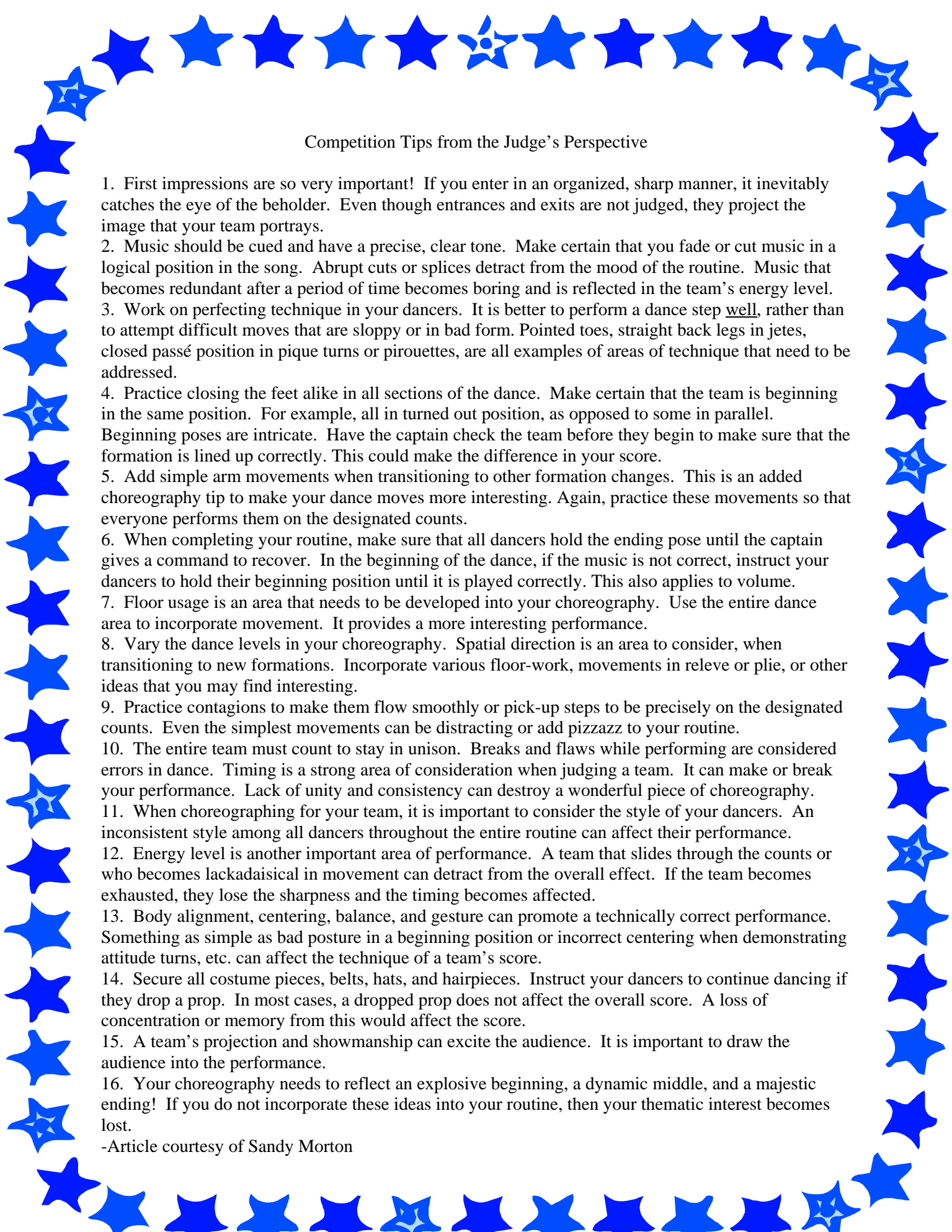
Hotel Information:
Renaissance Hotel
900 East Lookout Drive
Richardson, Texas 75082
Reservations 1-800-228-9290
Room rate is \$119.00 per night

Please make reservations before March 31, 2005

This is such a beautiful hotel and it will fill up fast. On April 1st, the hotel will no longer honor the discounted DTDA rate, so make your reservations by March 31, 2005.

If you qualify for state or city tax exemption, you must complete tax exemption forms prior to arrival at the hotel for presentation at check in to pre-empt tax charges on your accommodations. Your school district should be able to provide you with these forms. Guests will need the Texas Hotel Occupancy Tax Exemption Certification to have the occupancy tax removed.

Call all of your director friends and spend a fabulous four days and three nights in a wonderful get away at the Renaissance Hotel. You will love it!



Competition Tips from the Judge's Perspective

1. First impressions are so very important! If you enter in an organized, sharp manner, it inevitably catches the eye of the beholder. Even though entrances and exits are not judged, they project the image that your team portrays.
2. Music should be cued and have a precise, clear tone. Make certain that you fade or cut music in a logical position in the song. Abrupt cuts or splices detract from the mood of the routine. Music that becomes redundant after a period of time becomes boring and is reflected in the team's energy level.
3. Work on perfecting technique in your dancers. It is better to perform a dance step well, rather than to attempt difficult moves that are sloppy or in bad form. Pointed toes, straight back legs in jetes, closed passé position in pique turns or pirouettes, are all examples of areas of technique that need to be addressed.
4. Practice closing the feet alike in all sections of the dance. Make certain that the team is beginning in the same position. For example, all in turned out position, as opposed to some in parallel. Beginning poses are intricate. Have the captain check the team before they begin to make sure that the formation is lined up correctly. This could make the difference in your score.
5. Add simple arm movements when transitioning to other formation changes. This is an added choreography tip to make your dance moves more interesting. Again, practice these movements so that everyone performs them on the designated counts.
6. When completing your routine, make sure that all dancers hold the ending pose until the captain gives a command to recover. In the beginning of the dance, if the music is not correct, instruct your dancers to hold their beginning position until it is played correctly. This also applies to volume.
7. Floor usage is an area that needs to be developed into your choreography. Use the entire dance area to incorporate movement. It provides a more interesting performance.
8. Vary the dance levels in your choreography. Spatial direction is an area to consider, when transitioning to new formations. Incorporate various floor-work, movements in releve or plie, or other ideas that you may find interesting.
9. Practice contagions to make them flow smoothly or pick-up steps to be precisely on the designated counts. Even the simplest movements can be distracting or add pizzazz to your routine.
10. The entire team must count to stay in unison. Breaks and flaws while performing are considered errors in dance. Timing is a strong area of consideration when judging a team. It can make or break your performance. Lack of unity and consistency can destroy a wonderful piece of choreography.
11. When choreographing for your team, it is important to consider the style of your dancers. An inconsistent style among all dancers throughout the entire routine can affect their performance.
12. Energy level is another important area of performance. A team that slides through the counts or who becomes lackadaisical in movement can detract from the overall effect. If the team becomes exhausted, they lose the sharpness and the timing becomes affected.
13. Body alignment, centering, balance, and gesture can promote a technically correct performance. Something as simple as bad posture in a beginning position or incorrect centering when demonstrating attitude turns, etc. can affect the technique of a team's score.
14. Secure all costume pieces, belts, hats, and hairpieces. Instruct your dancers to continue dancing if they drop a prop. In most cases, a dropped prop does not affect the overall score. A loss of concentration or memory from this would affect the score.
15. A team's projection and showmanship can excite the audience. It is important to draw the audience into the performance.
16. Your choreography needs to reflect an explosive beginning, a dynamic middle, and a majestic ending! If you do not incorporate these ideas into your routine, then your thematic interest becomes lost.

-Article courtesy of Sandy Morton

Step Up to the Web – How to Create a Team Page

Would you like to have a web page to showcase your drill team, but don't know how? This article gives an overview of producing a web page, along with resources to get you started.

Creating a web page is basically a three step process involving *HTML*- the basic language of web pages, a *web server*- a computer that puts your pages on the web, and a *browser* – a software application such as Internet Explorer or Netscape that displays web pages basically as the author intended.

Step one is to write the page in HTML. The second step is to send the HTML and any images to the web server. Step three happens when someone tries to view your page on the web. Their browser goes to the web server, finds the file and displays it according to the instructions in the HTML you wrote.

HTML stands for Hypertext Markup Language and is pretty simple to learn. You surround the text you want on your web pages with little instructions called tags. These tags tell the browser to make your text bold, bulleted, italic, etc. HTML tags also allow you to create links and display images. A simple text-editing program such as Notepad or SimpleText can be used to write your HTML by typing it and then saving the file with a .htm extension. There are many sites on the web that can teach you how to write HTML. One of my favorites is <http://www.htmlgoodies.com>.

Even though writing the HTML is not difficult, it can become tedious. There are a variety of products available that will write the HTML for you. It is possible to use Microsoft Word or FrontPage to create your pages although I don't really recommend them. The product that writes the cleanest HTML is Macromedia Dreamweaver. When you write your HTML code yourself, you know exactly what you put in there and only put what is necessary. Software that writes the HTML code for you often adds additional lines of code. These additional items make the code less "clean" which can cause problems.

It is possible to create your web page using the methods above, but these files can only be viewed on your computer. In order for others to see your page, you must upload the files to a web server. This is where things can get a little more complicated. It is necessary to find a company that provides web hosting services which means they will give you access to a web server. If you are part of a school district, your technology department is the first place to start. Many districts provide web hosting for their campus organizations. There are some free web hosting services but they usually display ads on your pages. To get an ad-free site will probably cost you. One low cost hosting service is <http://www.oneworldhosting.com>. Before someone can find your page it needs a web address, called a URL. The company that provides your server space will tell you what your URL will be. It is possible to get a custom URL that involves getting your own domain name. Domain names are purchased for a set period of time such as two years. Most web hosting services also offer to help you purchase a domain name.

Once you have access to server space and a URL for your page, you need to copy your HTML pages and image files to the server. This is referred to as "uploading" and is often done by a FTP program. WS_FTP is an inexpensive, easy to use program that copies your files from your local computer to the web server. Macromedia Dreamweaver includes a FTP tool as part of the program. Some web hosting companies also provide tools to copy your files to their servers.

Sites such as Yahoo's Geocities, and GoDaddy have created sophisticated systems that allow you to create your pages and upload them without needing separate programs. They can be useful for beginners who just want to get their pages up quickly. Another option to consider is a program called Contribute. This new product by Macromedia requires that someone with experience initially create the page and set up the FTP process, but then pages may be edited and maintained very easily without needing to write the HTML

Once you have made your pages, arranged for server space, and uploaded your files, you're ready to share your website's URL and let people go see your page. Or are you?

Just because you have mastered the three basic steps to creating a web page doesn't mean your page is really ready for the world to see. Once you have the technical issues under control it is really important to spend sometime making sure you pages are worth a visit.

Often new web page designers create busy, flashy sites to show off what they can do which is not really the purpose of most web sites. A site for a drill team should be about providing timely, accurate information that is easy to find and promoting your team. The content is what is most important. When creating your pages, plan a design that is simple and clean to allow your content to take center stage.

There are some simple design rules that will keep your site looking good. Be consistent. Keep things such as menus in the same place from page to page so you viewers don't have to guess where things are located. Choose a simple two or three-color scheme and stick to it. Apply the same rule for font styles and sizes—the fewer, the better. Left-aligned text is usually easier to read and the alignment of all your page elements should be consistent. Only use contrasting styles and colors, or special effects for the one or two most important items on the page. White or very light colored backgrounds with black or very dark text makes reading your information much easier.

Be sure you only include items on your page that are original. If you didn't write it or take the picture yourself, you may be in violation of copyright laws. Read the fine print on any page that offers images for web pages. Even if it is free for you to use, you may have to give them credit. This even applies to Microsoft Office clip art.

It is also very important to check with your district, organization and the parents of your students to ensure that you protect your team members' privacy.

Creating a web page is not a one-time project. It is an ever-evolving process that can be a lot of fun. There are many, many books and websites with tutorials and reference information to help you along this process. Hopefully, this article has given you a quick simple overview of what is involved so you know what to expect as you make the leap into the World Wide Web.

Jasmine Preston
District Web Manager, Garland ISD

COLLEGE SPOTLIGHT WALLA WALLA COMMUNITY COLLEGE

Walla Walla Community College (WWCC) is a two-year college located in Walla Walla Washington. Founded in 1998 by Teri Rowe, the Walla Walla Community College Pom Squad is both a dance and cheer team. WWCC has three program goals in mind: To provide a more entertaining experience for the fans; To attract new students to the college by providing scholarships and a post-high school dance team experience; To enable dancers to further their dance career by continuing and broadening their dance education.

The Pom Squad performs at all home Volleyball and Basketball games. All members are required to cheer on the sidelines at school sporting events and dance during time-outs and halftimes. They perform outside of WWCC in parades and other community events. Since their start in 1998, the Pom Squad has qualified for the Semi-Finals each year for the UDA National College Dance Championships. Under the direction of Teri Rowe, the Pom Squad earned their first national title at the UDA National College Dance Championships in 2002.

Former members of the Pom Squad have received dance scholarships to LA Danceforce, Hawaii Pacific University, Boise State University, and Western Washington University. Others have started dance careers with Seattle Supersonics Dance Team, Pacific Northwest Dance Company and Westlake Dance Center.

Each year, 12-14 dancers and cheerleaders are selected through an audition process. Auditions are held in April of every year. Specific times and dates are posted on the WWCC website (www.wvcc.edu) site by January. Individuals auditioning for the team must possess strong cheer and dance backgrounds. Dancers and Cheerleaders selected are eligible for scholarships of approximately \$200 per quarter during the performance season. In addition, first year members are eligible for \$250 for the first quarter.

Practice begins the first week of August and ends in April. During that time, team members spend 10 hours a week practicing and conditioning. All members are required to enroll in both Ballet and Advanced Jazz class. Additional dance classes are offered in Hip-Hop, Latin and Swing, and dancers are encouraged to enroll in those as well.

Currently, Sara Rees directs the dance program and coaches the Pom Squad. Sara brings over 20 years of training, teaching and coaching to WWCC. She has a strong background in Ballet, Jazz, Modern, Hip-Hop and Theater and has trained at the Tri-Cities Academy of Ballet, Westlake Dance Center, and Stephens College Perry Mansfield. She is a member of the Dance and Drill Team Directors of America.

Sara recently moved to Walla Walla from Seattle where she taught Hip Hop and Ballet at Auburn Dance Academy and coached their Xtreme Hip Hop Performing group. In

addition to coaching the Pom Squad, Sara is a member of the Tri-City Rattlers Dance Team, and choreographs for studios and dance teams in the Pacific Northwest.

Team leaders of the 2004-2005 Pom Squad are Kailtyn Maib, Dance Captain; Rachelle Cristobel, Cheer Captain; Heather Perry; Co-Captain Cheer/Dance. Team members are Ashley Bruton, Chanel Finnie, Dana Grieb, Gaby Salazar, Karena Hansen, Linsze Watson, Rachel Notturmo, Shawna Barnes, Tasha Finnie.



HIGH SCHOOL DRILL TEAM SPOTLIGHT HILLCREST DRILL TEAM

The Hillcrest Drill Team is an awesome display of some of the most talented high school dancers in the state of Utah. This dedicated and award-winning team of young ladies is also ranked among the top teams in the nation. These dancers perform for football and basketball halftimes, rallies, parades and assemblies at Hillcrest as well as competing at Invitational, Regional, State and National Tournaments where they have been awarded several Sweepstakes Championships, Regional titles, State Championships titles, and Grand National Champion titles. They have also proudly represented the United States of America as the official Olympic Dancers at the Olympic Medals Plaza during the 2002 Winter Olympic Games, and were guest performers for the introduction of the drivers at the 2003 Indianapolis 500.

Throughout their busy yearlong season of performing and competing, the team of 26 girls, ages 15 – 18 years old, maintains an average of 3.6 G.P.A. Several of the girls participate in honors and Advanced Placement courses, Peer Leadership programs and school musical productions as well as continued participation with private studio companies.

For 15 years, the team has been coached by Mechele Bosco and Brenda Searle. Mechele is currently the P.E. Department Chair at Hillcrest as well as the 5A State Championship Girls Tennis coach. She has also won 5 State Championship team titles in gymnastics for Hillcrest. In addition, Mechele was also nominated and a finalist, for Utah Teacher of the Year in 2003. Brenda is the Dance Director for 200 dancers at the Winner School in Salt Lake City, and has served as the Region Drill Team representative as well as the 5A State Representative for the Dance and Drill Association, and was named 5A State Coach of the Year for 2002 by the Utah High School Activities Association. Together, Mechele and Brenda have built a tradition at Hillcrest that young dancers in the community strive to become a part of.

Mechele and Brenda are also partners in owning a very successful annual summer dance and drill team camp held in Park City, Utah called Basic Dance Training. This unique 4-day event offers a “boot camp” style and puts an emphasis on teamwork, technique and fun. This summer 500 dancers started their season right at B.D.T. The respect and discipline they learned will be an important part of what makes these successful teams outstanding.

Team members from Hillcrest Drill have graduated with scholarships to Brigham Young University, University of Utah, Utah State University, College of Eastern Utah, Dixie State College, Salt Lake Community College, and Boise State University, as well as professional performers on cruise ships, with Disney, and locally with Odyssey Dance Company.

Hillcrest Drill has a reputation for excellence, and will continue to be a positive, motivating place for dancers to improve technically, build friendships, and strengthen life skills that will last forever. As stated in the team creed, “We will respect everyone and fear no one, and remember the dreams for which we stand. One team. Beautiful and strong. We will be indivisible and untouchable with determination to take it all!”

If you would like more information about Hillcrest Drill or Basic Dance Training please contact Mechele Bosco at mechele_bosco@msn.com or Brenda Searle at dancemasterB@msn.com.

HILLCREST DRILL TEAM CHAMPIONSHIP TITLES 1995 – 2004

DEC 1995 – 2003 8 TIME UTAH CLASSIC SWEEPSTAKES CHAMPIONS

JAN 1998 – 2002 5 TIME FALCON CLASSIC SWEEPSTAKES CHAMPIONS

JAN 2002 UVSC INVITATIONAL SWEEPSTAKES CHAMPIONS

JAN 1996-1999, 2001-2003 7 TIME REGION CHAMPIONS

FEB 1996 – 2003 8 TIME STATE PROP CHAMPIONS

FEB 1996 – 2001 6 TIME STATE MILITARY CHAMPIONS

FEB 1999, 2001, 2002, 2003 4 TIME OVERALL STATE DRILL TEAM CHAMPIONS

MAR 1996 & 1997 2 TIME UNITED SPIRIT ASSOCIATION NATION CHAMPIONS (CALIFORNIA)

MAR 1998 & 1999 2 TIME CONTEST OF CHAMPIONS GRAND NATIONAL CHAMPS (FLORIDA)

MAR 2002 CHAMPION DANCE NATIONALS GRAND NATIONAL CHAMPS (FLORIDA)

MAR 2004 MA DANCE / DRILL NATIONAL CHAMPIONS (TEXAS)





How Can Pilates Benefit Your Team?

By: Angela Lund, Stars Leadership Training www.starsleadershiptraining.com

The Pilates method was developed in the early 20th century and was “born of the belief that true well-being is achieved through a combination of physical fitness and a positive mental attitude” (Gavin, Joyce). Initially named the “Art of Contrology”, or muscle control, the technique is now named after the inventor himself, Joseph H. Pilates who strongly lived this principal. He embodied an amazing positive attitude that helped him overcome numerous physical ailments. As an effort to strengthen and lengthen the muscles of the body while minimizing stress on the joints, Pilate’s developed a system of movements that flows from one to the next. The focus on deep concentration and controlled breathing is at the heart of his program, completely connecting the mind and body to achieve the correct balance and precision of each exercise.

Joseph Pilates believed strongly that the mind has the power to control the body. His strong focus on this philosophy proved successful time and time again through numerous years of training. He believed that by willing the muscles to do we need them to do rather than rely on pure reflex actions we are ultimately in control of our bodies. Taking a passive role is not an option if one wants to fully experience the benefits of Pilates. Concentrating on how the body responds to the cues that the mind sends is an essential ingredient to master the skill.

In the past several years there has been an incredible surge in exercises involving the mind-body connection. Pilates’ controlled, flowing movements will not only improve the body’s shape but they will help relieve stress and improve mental well-being. They will put the body into a natural balance and align the skeletal system allowing internal organs to operate more proficiently. One of the main focuses of the program is to develop control of the postural muscles and stability deep in the core of the body where all movement stems from. However, Pilates has many other benefits. Those who practice this method will see an increase in strength and muscle tone, improved circulation, a better posture, and an increase in flexibility, which can reduce pain caused by tight muscles. Pilates has also been recognized as a great tool for rehabilitating injuries as it avoids the muscle and ligament stress associated with many other activities.

Joseph Pilates practiced and taught his exercises with great success. He himself was an enthusiastic sportsman with a wide range of interests one of which led him to the professional boxing ring, a great feat for someone who was given a very bleak outlook as a child. Governments, athletes, gymnasts, actors, and dancers, among others, who wished to gain the benefits of strength, grace, and vitality, sought Pilates out. The combination of reviving the mind through conscious thought and the body through focused movement rewards and rejuvenates the spirit which gives those who practice the Pilates method mental harmony and physical health.

Incorporating a Pilates regimen along with endurance training will help your dancers achieve optimal results. This combination serves as a great tool for increasing the strength in the zones of the body, specifically the core or center that are responsible for the majority of dance moves. The flexibility gained and the balanced skeletal system will also help prevent many of the injuries we see in our dancers. Look for programs designed specifically for dancers rather than general Pilates workouts, as they will target the key muscles that we specifically use in this activity. Check out www.starsleadershiptraining.com for a program designed to meet these needs.

References:

1. Gavin, Joyce: The Book of Pilates; 2002
2. Siler, Brook: The Pilates Body; 2000
3. www.bodycontrol.co.uk/information.html ; 2004

Thank you to everyone that helped make this first Insights e-zine a success – the executive board (especially Kelly Powell) and all contributing writers. It would not have been possible without your help.