

Volume 2

dt da

INSIGHTS

the e-zine for dance team directors
Winter 2005



STAYING
ALIVE IN

NOON

APRIL 13-16, 2005

DTDA NATIONAL CONVENTION

[REGISTER NOW!](#)

Exhibit hall space is still available!

Cost for a booth is \$375 and a foyer table is \$275. You must be a current sustaining member to exhibit. Membership is \$50. If you donate \$300 or more in prizes, etc., you will receive all the perks of a VIP member.

Directors – Don't forget to give some of your best dancers the opportunity to attend convention as a part of the NATIONAL ALL STAR DRILL TEAM. They will participate in the Fashion Show, will dance at the Banquet and will be allowed access to the exhibit hall and will take some great workshops. Don't want them to cramp your style? Don't worry! We'll take care of them for you!!

Calling all dancers....

January President's Perspective

I hope all of you enjoyed your Holiday Season and got some well-deserved rest and time with your family. I'm sure you're all busy getting ready for contest season and spring shows. I want to wish you all the best of luck on a successful semester.

Make sure to visit our web site and register on line for the 26th Annual DTDA Convention that will once again be held in the Beautiful Renaissance Hotel in Richardson, Texas on April 14th – 17th. After you've registered, make sure to submit your nominations for the Top Ten Directors and Lifetime Honorary Member. Also if your personal or school information has changed, please notify us with the correct information so that we can update our records.

Before you know it April will be here and the convention will be upon us, so make sure to register early and make those hotel reservations. Also don't forget to register your Top Dancer(s) for the National All Star Drill Team. If you need any additional information or have any questions please go online at www.dtda.org or call 800-695-6910.

In my last article, I challenged you all to do something for yourself. I hope to get some good reports from all of you about how you've been taking care of yourself and have been "Stayin' Alive.....in 2005". Make sure to encourage all of your drill team friends and colleagues to join us at the convention. The DTDA convention is the perfect place to catch up and have fun with your fellow drill team family. Who better understands a drill team director than a drill team director? So come down and have a Disco of a Dynamite time. Join us in Richardson, Texas, April 13th – 16th, 2005.

Good Luck throughout your Contest Season and Spring Shows!

Dolores Meza
President DTDA, Inc.

Cindy Miniati continued

personal vision for the company was to build a place for other stay at home moms to earn a living as well as have a career. At the time, I had kids in middle school and I knew the importance in being there for them both at home and at school. So I forged out on my own in this vast business world and TRENDY evolved from that dream! My focus has always been on helping Drill Teams and other organizations be able to afford to purchase items such as T-Shirts and other spirit wear and gear to sell in their clubs in lieu of having to do the dreaded car washes and bake sales that make very little profit for the amount of time involved. So I started with my daughters drill team. I became the Booster Club President so that I could volunteer and make a difference. Boy did I have my hands full! I was instrumental in building a "spirit shop" for our team and we made literally thousands of dollars in a very short amount of time! Now that my kids are grown and I can't be involved in the booster club anymore, my heart is still in it for each team. I understand what is necessary to go to competition and what it takes to fund raise the money to travel. I know what it takes to put on Spring Shows or Mini Camps. I also know how to turn to our community for support. And with that support, the team or organization has an opportunity to fund raise with NO up front cost to them, and earning potentially thousands of dollars for their season. Now my dream has grown nation wide. We have customers from Hawaii to Utah to New York to Texas and as well as all over the nation. We also have TRENDY reps in Georgia, Missouri, Kansas, Oklahoma, and 8 in Texas. My goal is to never outgrow myself! I always want to remain humble and helpful! The integrity of our company in most important to me. The future of TRENDY is strictly in God's hands. He knows our values and our motivation. The rest is up to us! I've been blessed to work with many drill team directors and over and over we get the same reviews! I'm humbly listing some of the comments that have been said. We invite you to become one of our HAPPY CUSTOMERS! Please visit us on the web at www.trendyexpressions.com.

We welcome any suggestions and all comments! Thank you DTDA for such a wonderful opportunity to share my story and to be able to help so many in need!

Cindy F. Miniati, owner

"Cindy Miniati has been such a life saver to find to do our t-shirts for our District Dance Recital. We were in need of a black t-shirt with a cool design at a very low cost! Cindy bent over backwards getting the design ideas communicated to all 3 dance teachers, and getting the order delivered in a timely fashion to all 3 high schools. Our dance recital was visually pulled together because of the cool t-shirts we received from TRENDY expressions. On a personal note, I have very much enjoyed working with Cindy over the past 2 years, she is full of enthusiasm and will get the job done while satisfying all your needs. "

"Cindy with TRENDY expressions is the best to work with. Great communication and awesome artwork!! I would highly recommend TRENDY expressions to anyone!!"

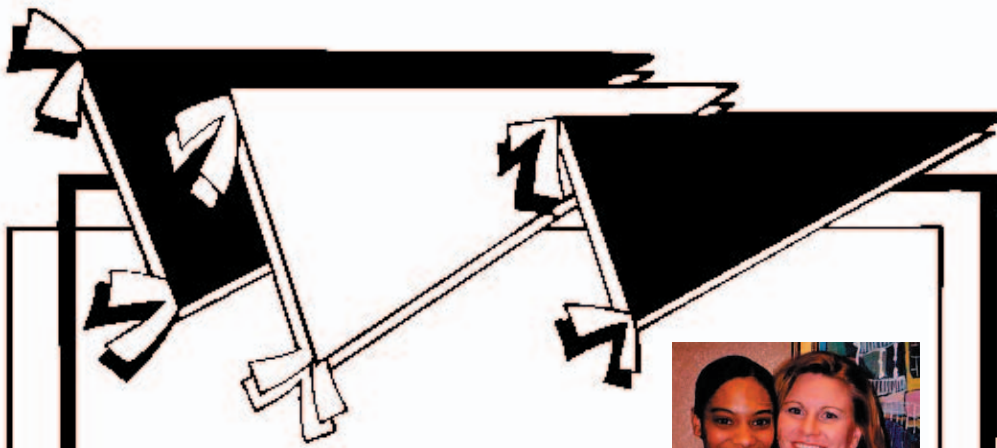
"This company does OUTSTANDING work! Over the past two years, I have used a handful of different companies, and TRENDY expressions was the last one I used. I will never use another company again. Cindy Miniati, the owner, came to my rescue in a time of need. I had one company preparing t-shirts for me and at the last minute, they pulled out on me. I called Cindy and she had my shirts done, complete, and sent to me within the matter of one week. Artwork and everything! "

Meet Exhibitor Cindy Miniati- Trendy Expressions

As a first time exhibitor at DTDA, I was excited to share who we are with the many directors who would pass through our booth. From the moment we arrived, we were treated so special! From registration to the welcome committee, we were so impressed. I am happy to announce too that we have had the most incredible response from directors and other exhibitors at DTDA! We really didn't dream that we would be so busy from a convention we knew little about or get the kind of positive response we have gotten! We love DTDA! TRENDY expressions first began in the fall of 1995. My

next column





Introducing.... Ginger Jarosek



Ginger Jarosek is currently the director of the Crockett High School Tex-Anns in Austin Texas. In the past eight years that she has been their director they have won numerous awards and honors and have performed in the Sugar Bowl, Neiman Marcus Adolphus Christmas parade, in Hawaii and on a Cruise to Cozumel.

Ginger is a Graduate of the Travis High School where she was a member and Captain of the award winning Rebelettes. After leaving Travis she attended the University of Texas in Austin and graduated in 1992 with a Bachelor of Science in Applied Learning and Development with a minor in English and Special Education. In 1995 she added her Dance Certification.

She began teaching Elementary Resource at Campbell Elementary in Austin for one year. After that Ginger knew she wanted to go back to the dance world. She began her directing career at Travis High School by becoming the Assistant Director for two years and the Co-Director for two years with Nina Persohn. Along with directing, she taught Special Education and Content Mastery.

As a Director and Teacher, Ginger has dedicated herself to improving dance education and has won numerous awards. From 1997 to the present she has been voted into Who's Who Among America's HS Teachers every year. In 1999 she was a member of the HTEDance Sugar Bowl Choreography Team. In 2003 she served as 3rd VP in charge of curriculum and was voted one of DTDA's top ten Director's of America. In 2004 she served as the DTDA secretary. She has also been an active member of TDEA.

Ginger married Joe Jarosek in 2003 and they are expecting their first child in July.



Mentor Program underway...

DTDA is very excited about this year's Mentor Program and cannot wait to get it started. We are now looking for the Mentors and Mentees who would like to be involved in the program. Although it is a lot of work we will be sending you information on how you can help your Mentee for every season throughout the year. If you would like to be a Mentor or a Mentee in this year's program please send your name, address, phone and e-mail to Laura Truett at laura_truett@midlothian-isd.net. She will then send you a biography sheet that will help her set you up with a Director that can meet all of your needs and will be as close to you as possible.



TACO SOUP

- 1 lb. hamburger meat
- 2 cans corn
- 2 cans pinto beans
- 2 cans diced tomatoes
- 1 package dry taco mix
- 1 package dry ranch dressing mix
- 1 cup water

1. Cook hamburger and drain
 2. add all canned ingredients with liquid
 3. add dry packets
 4. add water
 5. simmer on stove or in crock pot all day or until ready to eat.
- Serve with crackers, fritos and cheese.



Before The Dance.....

by Mark Provenzano, M.D.

It was a year in the making. Emily had been preparing for this competition seven days a week. She had noticed a nagging, little pain in her right calf, but was always able to work through it. At the peak of her performance, the nagging little pain transformed into a searing burn, and Emily grabbed her leg and collapsed. The level of pain was only exceeded by the frustrating disappointment. It was not only a loss for Emily, but a loss for the team.

Sound familiar? It should. This scenario represents the most common type of injury (muscular) in the field of dance. Such injuries always generate a discussion regarding warm-up, stretching, hydration, and conditioning. Although there are certainly controversies, some basic concepts are sound, and they are outlined below. While muscular injuries cannot be prevented entirely, their incidence and course can certainly be modified. Hopefully, this information will assist in minimizing the impact of muscular dance injuries.

Most studies support that a proper warm-up and stretch program significantly reduces muscular strains and tears in dancers. Such a program will lengthen muscle fibers, increase flexibility, and help prevent injuries. Stretching should only be performed after warming-up. The warm-up serves to increase circulation to the muscles, preparing the fibers for the increased excursion induced by stretching. Depending on the intensity, an adequate warm-up can be performed in 5 to 10 minutes. Warm-up can be accomplished by such activities as brisk walking, running in place, stationary bicycle, and elliptical trainers. Stretching without warming-up has shown to be detrimental, and may even increase muscle injury.

After warm-up, a good stretch program must be specific. That is, the stretches must involve the muscles to be used in the activity. Each specific stretch should be held at least 5 seconds, and repeated 3-6 times. The stretch should be slow and progressive. A brisk stretch may irritate the muscle, producing a reactive tightening, or spasm. Try to mimic the specific dance move in the course of a stretch. This means that your stretch routine should vary depending on which dance or routine you are performing. While warming-up can always be the same, the stretch routine should not. A basic principle is to plan your dance, warm-up and stretch, and dance your plan.

There are several ways to stretch a muscle. A Ballistic Stretch involves "bouncing" and forcing a stretch to a sudden extreme. This type of stretch is not recommended, and is associated with muscle tears. A Static Stretch involves stretching muscles to a comfortable position and holding. The next stretch should be taken slightly beyond the point of tightness and again held at least 5 seconds. No movement should be forced. Static stretching has been shown to be beneficial, and can help lengthen the muscle and increase flexibility.

Advanced stretch techniques involve proprioceptive neuromuscular facilitation (PNF). These techniques have been developed to enhance neuromuscular response. An example of this concept would be to stretch to a comfortable level, and then apply resistance by contracting the muscle with no movement (isometric contraction). PNF techniques are often combined with more traditional static stretches in athletes who are prone to muscle injuries. Research continues in this area.

Hydration is another important factor in muscle function. There is a significant incidence of muscle strain with fluid depletion. There is also an increased incidence of muscle cramps. Water is fine, unless there has been extensive perspiration over 90 minutes. At this point, electrolyte solutions (Gatorade, Power-Aide, etc.) help replace sodium, potassium, and glucose. If you do not like the calorie count of these drinks, try diluting by half with water. Remember, if you are even thinking about water intake, you're probably already dehydrated. So, drink up.

Finally, a brief word about the treatment of muscle injuries. When a muscle injury occurs, the word to remember is RICE – Rest, Ice, Compression, and Elevation. This should be continued for 24 hours. Depending on the extent of the injury, a period of rest may be required for healing. The human body is not always predictable. This means that despite all the appropriate warm-ups, stretching, hydration, and conditioning, muscle injuries can still occur. But, by following the guidelines above, you and your team might have one more advantage in distinguishing your team from the others.

Dr. Provenzano is an orthopedic surgeon, and the medical director of the Orthopedic Sports Clinic in Houston, Texas.

