

September, 2020

ALL STARS GAZETTE

Newsletter by: Addie Barrett, ASPA Student

In the News... All Stars Is Back!!

We are so happy to be open
for the dance season!



Please know we are doing everything in our power to keep all of our students, staff, and families safe and healthy, while also supplying them with the ability to be active and embrace the de-stressing component of dance.

Some examples include...

- The studio and sidewalks outside the building have marked lines to encourage social distancing.
- Students' temperature is checked before entering the studio, turn in the required health form, and immediately wash their hands.
- Students wait on socially- distanced marks to enter the classroom, where they dance in socially- distanced marked boxes.
- Students exit the from the classroom's outside door to avoid crowding in the lobby.
- Students are required to use hand sanitizer upon exit.

With all of this in place, we hope to make a safe haven for kids to express themselves through dance while staying healthy. However, we are also giving virtual classes via zoom, similar to how we did it at the end of last season. With the help of assistant teachers, we will make sure the virtual and in-class students will have the same dancing experience.

**We love having you back and we love your referrals
to see you and your friends dance at ALL STARS this season.**

Register today at www.allstarsperform.com

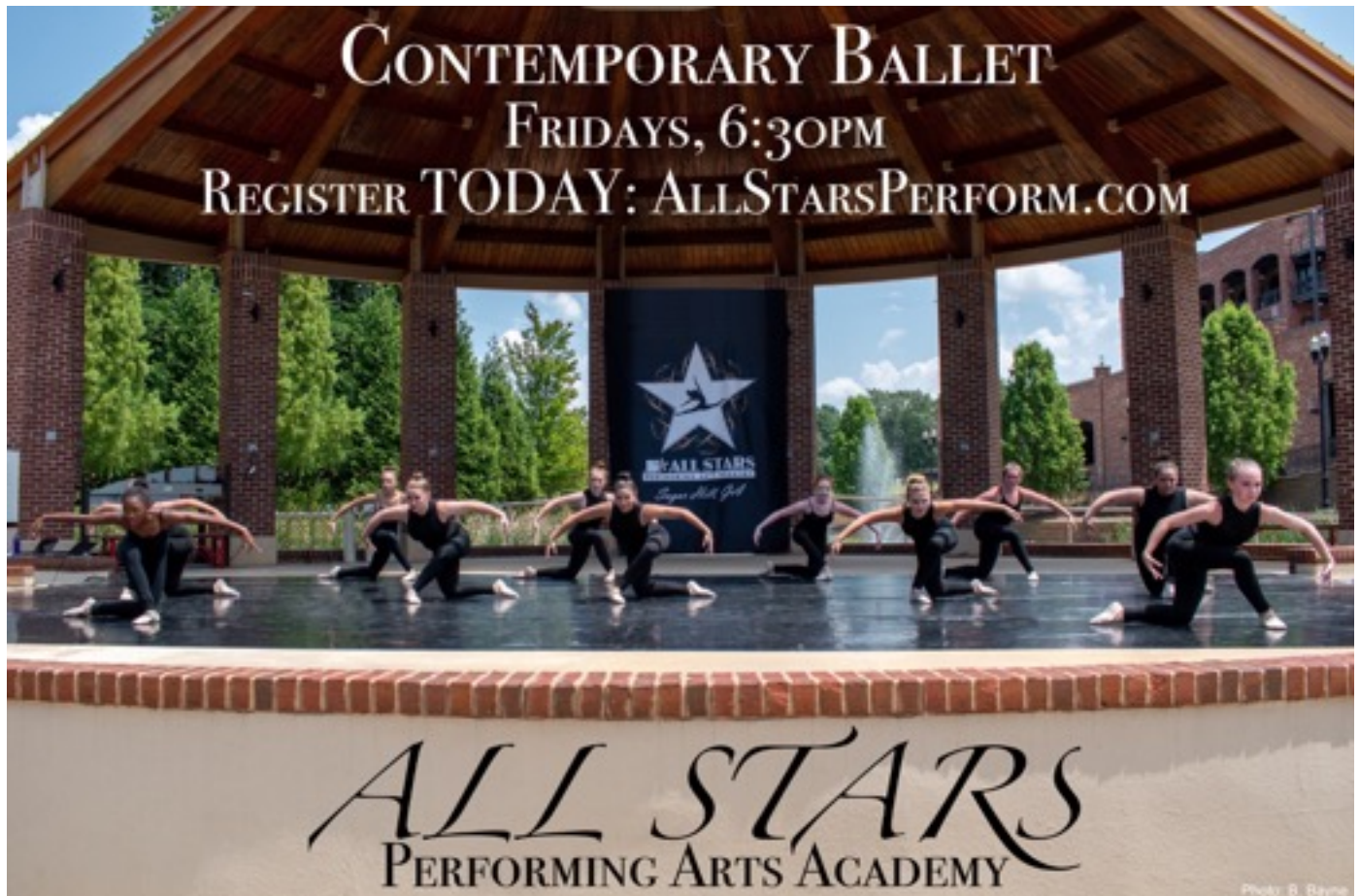
New on Pointe!

Next, I would like to say congratulations to those who were promoted to pointe and got their first pair of pointe shoes in August! They all worked very hard, and I am excited for their future at the studio!! Congrats to Sofia, Nala, and Addie for their new pointe shoes!!



L to R: Nala, Addie & Sophia

BRAND NEW CLASS!



Introducing... a brand new class this dance season: **Contemporary Ballet!** During the "Dancing Through Life" Showcase, Mrs. Christina presented a fantastic number that showcased the new class! The ballerinas at the summer intensive learned it, but it was so amazing that we had to credit it with a new class and a showcase performance!

**Check out the performance on Youtube,
and contact the office to register.**



What moves you?

We provide an environment conducive to the highest caliber of dance training, art making and scholarship.

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DANCE IN COLLEGE: Florida State University

By: Addison Barrett

All of us love All Stars, and we all dread are senior year when we will all leave the family that is All Stars Performing Arts, and have to abandon dance. But what if I told you can keep dancing through life? (Did you like my OZ joke?) If you want to pursue dance as a career, a local school with an established dance program is FSU, or Florida State University.

FSU is a great school that has a variety of majors. Recently, the school has become known for its fine arts programs. The school has been ranked in the Top 10 Dance Schools in the US by an article on Synonym.com. The main professor at FSU is Tim Glenn. He was a member of the Nikolais & Murray Louis Dance Company, and he performed all over France, Italy, Finland, Spain, and Switzerland. He is an established dancer, and he knows his stuff! He has recently become Head of Choreography, so he choreographs most of FSU's productions and competition pieces.

If you are a senior this year and want to dance, check out FSU as a choice for college. I am not here to force you to dance in college, but the school sounds really cool! If you are interested, go to <https://dance.fsu.edu/> for more information.



Historical Dancer: Mikhail Baryshnikov

A biography by Addison Barrett

Mikhail Baryshnikov was a Russian-American Ballet Dancer in the late 1970's. He is considered the best ballet dancer of the 20th century. He grew up in Russia, and, after losing his mother to suicide, decided to pick up dance as a hobby. He developed his technique, and he made his professional debut in Kirov Ballet's *Giselle*. People were astonished by his talent, and he soon became the best-known dancer in the Soviet Union. Even with the fame, Baryshnikov decided to leave Soviet Russia due to the oppressive lifestyle of the regime. He went to Canada in 1974 after touring with the Bolshoi Ballet, but soon decided to come to the United States. He began dancing with the New York City Ballet, and America fell in love with this dance icon. Today, Mikhail is 71 years old, and, to my knowledge, is still dancing as a director at the American Ballet

Theatre. Baryshnikov is an extremely incredible dancer. If you want to see an example of his work is at <https://www.youtube.com/watch?v=o02Ke0elyLw>
Healthy Dancers!! *(Did you know? He's also Ms. Victoria's favorite male Ballet dancer!)*

Healthy Recipes

This month, I want to start off right with a super healthy protein-packed meal! They are called overnight oats, and they are great for boosting your energy so you can blow away your teachers in dance class! They are technically considered a breakfast food, but you can eat them any time of the day!

Ingredients:

¼ cup of old fashioned oats

⅓ cup of milk

¼ cup of greek yogurt

A few drops of vanilla extract

A small amount of chia seeds (Don't put too many or your oats will be super crunchy)

A fruit of your choice! (I recommend strawberries)

Instructions

1. Put oats, milk, yogurt, vanilla, and chia seeds in a sealable glass container.
2. Stir into a thin paste (That is the only way I can describe it.)
3. Stir in diced fruit
4. Freeze for a minimum of 6 hours
5. Enjoy!

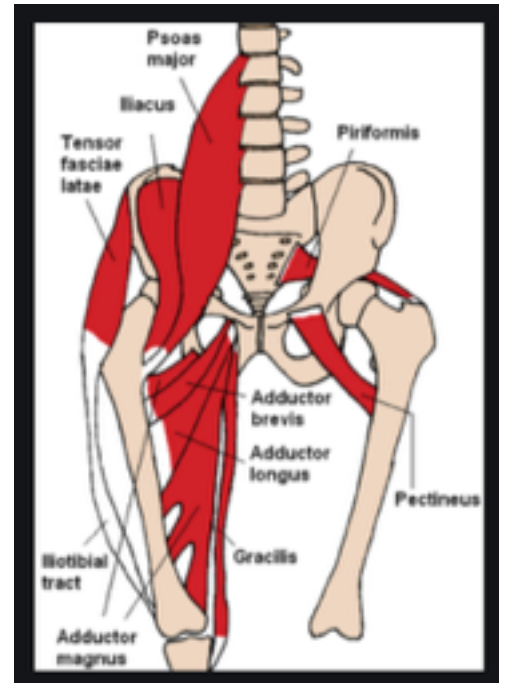


Injury Prevention: Knee Pain

This month's edition of Injury Prevention has to do with knee pain. They might not hurt now, but you could have severe pain later in life if you are not careful. Luckily, there is a simple way to prevent this.

DON'T FORCE YOUR TURNOUT!!

I know all of your teachers have said this before, but it is extremely important to your future health. Forcing your turnout strains your knees. Repeating this over days, months, and years can cause really bad walking pains later in life. If you are wondering how to naturally develop your turnout, remember your turnout comes from your hips, so learn to engage your core muscles through your pelvic floor and lower back, using your hip abductor and gluteal muscles. This is a slow process, but you will be better off if you take it slow. Slow and steady wins the race!



Dance Equipment: Rubber Ball



This month's piece of equipment is the rubber ball! I know it sounds like it has nothing to do with dance, but it can be extremely helpful, especially for those preparing for pointe! The rubber ball is great for rolling knots out of your feet, calves, and thighs. Tennis balls can be used for the same goal, but I find that the rubber ball is more stable than a tennis ball. For example, when you roll out your feet and push too hard, the tennis ball will fold in. Since the rubber ball is solid in the middle, it will stay solid when you put more pressure on it and hold together better than the tennis ball. If you want one, there are available at All Stars for \$2+tax. If you want more ideas as to what is beneficial with the ball, you can ask Mrs. Victoria after class for exercises.

September

*Congratulations on
your special day!*



Birthday, Name & Age

- Sep 1: Elizabeth Dovin 5!
Jaina Kersey 11!
- Sep 4: Elora Abercrombie 11!
- Sep 7: Raquel Calderon Fallas 10!
Caroline Laschinger 17!
- Sep 12: Kierstin Rawls 15!
- Sep 14: David Craciun 9!
- Sep 15: Abby Eison 10!
Caroline Noll 8!
- Sep 16: Isis Abercrombie 19!
- Sep 17: Jamie Byrnes 8!
- Sep 18: Amelia Ramsey 7!
- Sep 19: Allison McGuire 14!
Sophia Tiborcyszeghi 11!
- Sep 21: Cynthia Molnar 15!
- Sep 24: Isabella Herghelegiu 10!
Sophia Jones 8!
- Sep 25: Addison Barrett 14!
- Sep 26: Aislyn Shepard 8!

Happy Birthday!! :)

DON'T

FORGET



Sat, Sep 19, 1-4pm FREE
Dance Classes in the Parking
Lot to celebrate:

National Dance Day!*

**Cancelled if it Rains*



Sep. NHSDA meetings: Sep 11 & 15



Please vote for ALL STARS for
BEST OF GWINNETT 2020

Our goal is to meet and exceed your expectations for the best dance school experience, to be creative with virtual, parking lot and in-studio classes keep you dancing safely. If you feel we're doing a great job, please place your vote for ALL STARS as best Performing Arts School.
https://www.guidetogwinnett.com/best-of-gwinnett/vote?profession_fname=arts-entertainment