



ARTISTRY IN MOTION

IHSDTA

Oh, The Weather Outside Is FRIGHTFUL, For Dancers!

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One of my biggest concerns for my dancers is if they are stretching enough during these cold winter months. I also have had dancers plagued with injuries as the ground becomes icy and they are too busy to pay attention to treacherous weather conditions. I always like to take this time when the weather changes and lifestyles bustle with activity to remind my dancers to stretch more, remember the value of a good warm up, and always be aware of the ever changing weather as it brings many dangers to the dancers body.

In an effort to find the best ways to stretch and keep the bodies ready for cold conditions, I have done a lot of research about the importance of this activity. I often find that when an expert expresses his/her opinion on a dance topic, my dancers are often more apt to listen than if they think it just came from me.

Attached are some interesting tips for stretching that some of your dancers may need reminded of.

Laura Davies, McMaster University Dance Centre, addresses stretching in a head to toe approach. She states that dancers must watch posture while they dance. Keep the neck long, shoulders forward, torso lengthened and hips even, that you will see significant improvements in your flexibility. In her research she has found that proper alignment improves stretches and decreases injury. She also asks teachers and coaches to consider reminding their students that breathing through their nose and exhaling

through your mouth, such as in Pilates, can maximize your stretch and relaxation.

Further, warm muscles are much more elastic than cold ones. A short run, doing an easy cardio routine, or short dance number can help dancers increase muscle warmth and flexibility.

After all of this proper stretching remind your dancers that hip flexors and gluts need more stretching time than the average 15-30 seconds. Be sure to hold all stretches until you feel the tension in the muscles release.

You can check out the complete article on stretching at www.dancescape.org. Other interesting on-line stretching articles can be found at www.dancespirit.com and www.young-dancers.org.

Special points of interest:

- The southern regional is February 18 and the northern and central regional dates are February 25th. Make note of this.
- The IHSDTA is looking for feature teams for our newsletter- contact our secretary, Tami Haas at thaas@tms.cville.k12.in.us if you are interested.

A Word from Our Judges

In this section of “A Word from Our Judges,” Cindy Oler and Laurie Carr offer their suggestions on how to get the most out of your tapes, your score sheets, and critique sessions.

HOW TO GET THE MOST FROM YOUR TAPES

Since Critique won't be offered at all competitions this year, we thought we'd make some suggestions for getting the most information from your judges' tapes. When you are offered the chance to attend a Critique, please make sure that you have listened to your tapes beforehand and come in prepared. You want to be able to hold a conversation with your judges that will benefit your future performances.

Make a chart or graph of your show on the side of a piece of paper. Draw three columns, one for each judge. As you or a designated person listens to the tape, write down positive and negative comments. When you are done with all three tapes, you should have a good idea where your strong and weak areas lie within your routine. Remember that early in the season, messy formations detract from your judges reading your drill and will have an impact on the general

effect of your routine.

If you hear language or terminology on the tape that you don't understand, please ask. We are always happy to help. So are any of the veteran coaches in this organization.

Just because a judge suggests a change, you are under no obligation to go home and rewrite your routine. However, should you hear three contests in a row that the “turn combinations don't enhance the choreography”, then you might seriously look at an alternative.

Your tapes are made with your students in mind. It can be a very effective learning tool for your team to hear the “same comments” from someone else.

At the end of the day, if you feel that your taped comments do not verify the scores that you received, know that we are here for you. If we were or were not your judges that day, we are always accessible. All you have to do is ask.

Laurie Carr, lcarr@firstbankrichmond.com
Cindy Oler, scata.scata@verizon.net

Thanks to Cindy and Laurie for this submission. We will continue to feature words from our judging coordinators in each edition



“Strong lives are motivated by dynamic”



“Make good habits and they will make you.”

Parks Cousins

Contest Dates and Deadlines

Please observe all contest deadlines. We have many great hosts this year. Please come out and improve your dance team by supporting as many invitational competitions as you can!

December Contests and Deadlines

12/10-Washington and Pierce MS

Deadline: November 11, applications still being accepted

12/17-Highland HS

Deadline: November 18

January Contests and Deadlines

1/7-Munster and Brown County

Deadline: December 9

1/14-Portage and Tuttle

Deadline: December 16

1/21-Northrop and Terre Haute

Deadline: December 23

1/28-Lake Central and Attica

Deadline: December 23

February Contests and Deadlines

2/4-Crawfordsville and Lincoln

Deadline: January 6

2/11-Greenfield and Lafayette Jefferson

Deadline: January 20

2/18-Homestead High School and Southern Regional

Deadline: Homestead January 20

Southern Regional January 13

2/25-Northern Regional and Central Regional

Deadline: January 13

March Contests

3/3 and 3/4-State Finals



“To succeed you have to believe in something with such a passion that it becomes a reality.” Anita Roddick, founder of The Body Shop

Please Support Our Sponsors

The companies that support the IHSDTA provide products and services for our dancers throughout the year. Our major sponsors include:

Bateman Photography	www.batemanphoto.com	Dancewear.com	www.dancewear.com
Dance World Bazaar	www.dawobiz.com	Mr. Video	www.mrvideoonline.com
St. John Sports			

Please consider supporting these sponsors for your teams dancewear, shoes, and other needs. Make time to stop by their booths at the IHSDTA competitions to see what they can do to help your team!

Preparing for Competitions 2005-2006

Since competition season is right around the corner it is important to recall the many things that veteran coaches have done in the past to have a successful season.

1. Learn About the IHSDTA if you are new to the organization-remember to continually check the website, www.ihsdta.org, for updates on competitions and carefully read all contest rules.

2. Provide written information to your parents-try to let your parents know as much as you can about the competition no later than one week before the competition. Give directions to the host school, bus leave time, starting and ending times of the competition, items to pack, reminders about lunch money. Also be sure to tell your parents that the IHSDTA does not allow any outside food or drink into any host school. You may also want to stress the importance of sportsmanship and positive team presentation.

3. Study Your Judging Sheets-know what judges in the IHSDTA will be looking for and the

requirements for different categories. This will also help you be prepared for the critique sessions and listening to your critique tapes.

4. Prepare Your Team-no matter what category you dance in, your team should be synchronized with strong arm movements and and proper arm placement. Along with this good showmanship, proper technique, and clean transitions makes for an exciting show. Set goals for each practice and plan ahead so you can clean your entire routine with time to spare before each competition.

5. Provide Mental Toughness-take time to talk to your team about what will happen at the competition. Set goals for the competition that do not involve trophies or awards. Discuss sportsmanship and the behavior you expect to see at awards. Remind your team that you are going to be positive and you would like them to be to, which makes everything more fun for everyone.

6. Evaluate Your Experience-talk with the team/parents and see what went well, as well as what could be improved for your next time out!

FOR QUESTIONS
ABOUT THE NEW
VARSITY DIVISIONS
PLEASE CONTACT
THE IHSDTA
BOARD MEMBERS,
WE WILL BE GLAD
TO ASSIST YOU!

IMPORTANT DATES!

SCHOLARSHIP REMINDER

The IHSDTA scholarship packets are due by December 31st. Applications can be loaded from the internet. Any questions about the scholarship can be directed to jbay@sacs.k12.in.us.

ALL STATE REMINDER

Directors must turn in the name of any dancer who wishes to try out for the all-state team to Sandy Taylor, IHSDTA Vice President by January 13.



IHSDTA

Artistry in Motion



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WE'RE ON THE WEB
IHSDTA.ORG

Sportsmanship Is Contagious.

Teach your dancers about the importance of being a honorable winner and a graceful loser. These lessons are as important to our dancers as technique, choreography, and stamina.

We Care! Contact Us!

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Send us an e-mail!