



FEBRUARY

NEWSLETTER



## Thank You!

A big thank you to everyone who came out for our 2nd Annual Vegas & Vino Casino Night to raise money for G-Force Dance Company.

## Closed for Spring Break!

The studio will be closed for Spring Break in March.

There are no classes from March 21st through March 27th.

## More Info

## Adaptive Force Performing Arts February 2016 Newsletter

Dear AFPA Family,

Needless to say February has flown by and was busier than ever! That's one of the reasons why it took us so long to get this month's newsletter out.

- The performance and competition teams attended Velocity this month, which was also the first official competition of the season.
- Music has been selected, all classes have started learning their recital routines and costumes are being ordered.
- We've been working on the half-time performance number for the Phoenix Suns game in April. For more information, please [click this link](#).

It may be busy in the studio, but we love every minute of it. We hope you do, too!

Warmly,

Mike & Amber Wittmers  
Proud Owners of AFPA

Coming Soon...  
Stay Tuned!

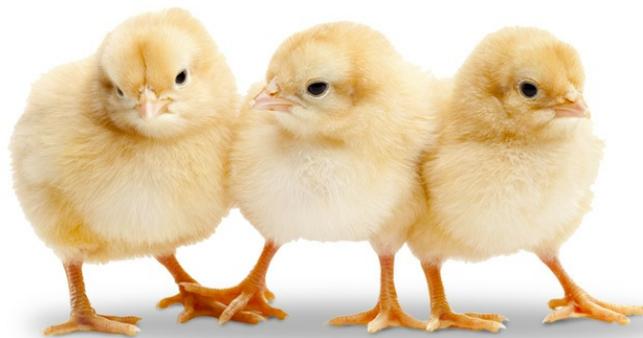
Be sure to check out our March newsletter for information about our G-Force Dance Team's community performance on Saturday, April 30th. The team will be performing at the Foothills Caring Corps Tea Appreciation event to be held at the Sanderson Lincoln Pavilion near the Carefree Sundial from 10 am to noon.

## Spring For Charity Photography Event Supporting G-Force Dance Company March 3rd at Baby Lux!

Schedule a mini photo shoot with your kids and adorable baby chicks just in time for Easter & spring. The photo sessions are being held at Baby Lux in DC Ranch on March 3rd from 9 am to 5 pm. Reservations are recommended.

Please call Marriott Photography to reserve your spot at 480.473.8334. For every portrait session a \$25 donation will be made to AFPA's 501c3 non profit, G-Force Dance Company, supporting the advancement of student dancers and the arts.

To view a flyer for more information, please [click here](#).



## Hat's Off To Our February Students of the Month

## **Haley Schroeder - AFPA Academy**

### **Dancer**

Haley is 8 years old and first joined AFPA back in 2011. All of Haley's teachers love having her in class. She is kind to all her fellow dancers, respectful to her teachers, and is always in the best of moods. In class, Haley pays close attention to the instruction she is given and when on stage, she has a smile that can light up the room. This year, Haley has been working hard at home on her flexibility and Miss Jael has seen an improvement. We are so lucky to have Haley at our studio and part of our AFPA family!



## **Erin Gerveler - AFPA Performance Team Member**

Erin is 14 years old and in her second year at Adaptive Force Performing Arts. As a part of our Tension Force, Erin studies Ballet, Tap, Jazz, Contemporary, and Hip-Hop. This year, Erin has worked very hard in class and her teachers really appreciate her focus and attention to detail. Erin is a great performer and always comes to class knowing what was taught the week before. We are so proud of Erin's progress this year and look forward to seeing her on stage in the recital!



## **Karys Doan - AFPA G-Force Competition Team Member**

Karys is 11 years old and this is her first year as a G-Force Competition Team Member. Since joining our AFPA family last season, Karys has improved tremendously!

She works hard in ballet and loves being on stage. Her stage presence always draws attention and earlier this month, she was awarded a scholarship at the Velocity Dance Convention/Competition we attended. Karys is great with acro tricks and does everything with 110% energy. She is friendly to everyone she meets and her teachers love her passion for dance. We are so happy to have Karys on our competition team!



## February Teacher Spotlight: Meet Mr.

Ika

Each month we will introduce you to an AFPA faculty member so you and your dancer can get to know them a little better. This month's Teacher Spotlight is dedicated to our hip hop teacher, Mr. Ika. Below are the highlights of his interview.

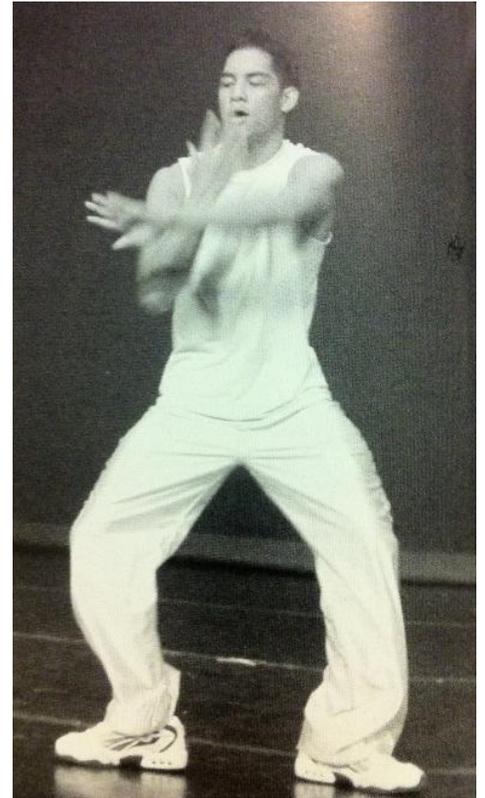
### **Where did you grow up?**

*I grew up in Anchorage, Alaska. Lived there until I turned 22.*

**At what age did you start dancing? Do you have any pictures of you performing when you were little?**

*I started dancing around 3rd grade. My neighbor moved in and showed me a "6-step" and the music video to "Eric Sermon, Keith Murray, & Redman - Rappers Delight". I remember as a kid, going to the furniture store and grabbing the large cardboard boxes*

*and making a dance floor on the side of my apartment building to practice. High school was my first experience in taking a technique class and learning the foundations of the classical styles of dance.*



**Who did you look up to your who inspired you to dance?**

*At first, I looked up to whoever was on the music videos dancing, like MJ, Rocksteady, etc. But, my first inspiration to dance was a local dancer named Mark Morta. Mark*

*Morta was one of the best breakers LOL! My High School Days in the entire state. Being that he was transplanted from California, every dancer knew who he was, and knew he was something special.*

*I went to watch him perform at his high school dance performance as a young kid. He did a hip hop showcase and a breaking showcase with all the other hip hop dancers at that school, but the thing that impressed me the most was that he was also in the ballet and jazz numbers, too.*

*Witnessing him doing this, made me realize what it meant to love dance in all forms. That performance changed my perspective on what I was doing with my dancing, and evolved into the mentality*

*that movement is universal.*

**Do you have any hobbies, or what do you like to do when you are not dancing?**

*Okay, LOL, here we go. I do photography/ videography/ music production/ songwriting/ poetry/ graphic design/ cooking/ movie watching/ dog training. My wife and I are huge Foodies, so we love going to new restaurants to try different things.*

**Favorite or most unusual place you have traveled?**

*That's a tough one, but I'll probably have to go with Nepal. I was able to go there with a hip hop diplomacy team to connect with the local*



*community. I was surprised by how big of a hip hop community that Nepal had. In fact, they called their scene Nep-Hop. From radio stations, to hip hop schools, they were a connected community.*

*What made this trip most memorable for me was experience the Nepalese culture. It's a very spiritual country that takes great pride in their spirituality. Being able to see this, as well as the third world culture, made me very self-aware and appreciative of what I did have.*

**What do you usually order from Starbucks?**

*Yeah, I'm not much of a Starbucks drinker...*

**If you weren't a dance instructor, what would your profession be?**

*I was in the military for 8 years, as an IT person. So probably something along the lines of that.*

**If you could hang out with anyone famous who is still alive or dead, who would it be and why?**

*Probably Justin Timberlake. Dude is our generation's MJ. He made it from a band of boys (boy band) into his own, and has been pretty iconic since. I have watched most of his "Studio-Session" videos online and I think that our conversations about music, art, and life would be one for the books.*



Vegas Week on  
Season 8 of SYTYCD

# I ♥ HIP HOP

## HIP HOP DANCE TIPS

### TIP #1: THE FOUNDATIONS

So many dancers will claim that they love hip hop dance, but not have any idea of what the original styles of hip hop dance were.

The importance of this is not only to learn the movements, but to learn how the movements originated. They were created by people who had no training and were making the movements up in the streets. When you learn the foundations, you also learn the heart behind what was being created. And when you have a **STRONG FOUNDATION**, then you can build on that beyond limits.

## TIP #2: ENGAGE YOUR CORE

Studio dancers have strong postures and lengthy lines, but with this hip hop specifically, the heart of the movement is in your core. When we groove to the music, we use our whole body to connect. Try not to only focus on what your limbs are doing, but also see what the rest of your body is doing to reinforce that movement from the limb. That way, we aren't just doing steps and arm movements, but we are projecting them as a full body movement. So use your core to help project your energy out to your limbs.

*(Thank you Mr. Ika for providing tips for this month's dance corner. Do you have a question? Email it to [info@adaptiveforce.com](mailto:info@adaptiveforce.com) and we will try to answer it in next month's newsletter.)*



Mr. Ika In Action At A  
Breakin' Battle