



JANUARY NEWSLETTER



Stay Up To Date

In case you didn't know, we post important dates for events and activities on our AFPA website.

Click here for direct the links to our:

[Dance Calendar](#)

and

[Events Calendar](#)

Adaptive Force Performing Arts January 2016 Newsletter

Dear AFPA Family,

January is more than half over and we can't believe all that is on the horizon for our AFPA dance family. From learning recital routines and competition season kicking off to performing during a Phoenix Suns halftime, we are up to our eyeballs in costumes, choreography, music and more.

How can you help manage the madness? Please read emails, papers that come home and ask your dancer if they are outgrowing dance shoes, tights and other essentials. By keeping on top of the information, all of our lives will be a little easier and stress levels a tiny bit lower.

But please, don't be afraid to ask us questions. We aim to be clear in all of our communication, but sometimes things slip through the cracks. Your questions may even help us all, including other dance parents too. Our door is always open.

2015 was amazing for AFPA and 2016 is shaping up to be a great year already!

Warmly,

Mike & Amber Wittmers
Proud Owners of AFPA

AFPA Performance & Competition Teams To Perform During Phoenix Suns Halftime!

For the past few years, the AFPA Performance and Competition Teams have been invited to perform during a Phoenix Suns basketball home game. It is a great honor for us to perform on the same court where professional NBA athletes compete.

This year's performance will be during the halftime of the Phoenix Suns versus the Sacramento Kings on Monday, April 11, 2016. Tip off is at 7 pm.



The G-Force Dance Company is selling tickets at reduced prices for friends, family and fans.

Ticket forms will soon be available at the studio front desk or to [download here](#). Ticket orders are due by Monday, Feb. 22, 2016.

January Students of the Month Announced

Isabella Lomeli - AFPA Academy Dancer

Isabella is 13 years old and in her first year at AFPA. She is

currently training in Tap, Jazz, and Contemporary. Isabella enters the studio with a smile and has quickly made friends here at AFPA. On days that she arrives early, Isabella will even put her tap shoes on and ask to go in to the dance room and practice before class! Whether it's rhythms in tap or technique in Jazz, Isabella works hard at getting things right. Her teachers love having her in class and we can't wait to see her progress this year!



Olivia Nasta - AFPA Performance Team

Olivia is 11 years old and in her second year at AFPA. As a member of our Friction Force, this is her first year on Performance Company. Olivia's progress this season has been tremendous. Her flexibility and strength have both increased and she is now able to accomplish three turns confidently on both sides! (Not an easy feat!) All of her teachers love her enthusiasm and passion for dance. She gets along with all of her peers and accepts all critiques with a positive attitude. We are so happy to have Olivia as positive addition to our AFPA family!

Ella Skov - AFPA G-Force Competition Team

Ella is 13 years old and currently attending Sonoran Trails Middle School. This is Ella's third year with AFPA and first year on the Competition Team. Ella trains in all subjects and gives one hundred percent in each class. Her teachers have all made note of the leadership qualities Ella shows in competition rehearsals. We are very excited to see Ella shine on the competition stage and wish her the best of luck in her first competition season!





January Teacher Spotlight Jael

Andresen

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 ballet teacher, Jael Andresen. Below are the highlights of her interview.

Where did you grow up?

Tempe, AZ

What did you want to be when you were little?

A ballerina! Never wanted to be anything else.

At what age did you start dancing?

I took gymnastics when I was four and started ballet when I was six.



Did you have a favorite dance teacher growing up and what made them your favorite?

Yes! Her name was Nadja, she was totally crazy, most passionate person I've ever met. I attribute my wild love for ballet completely to her. And I still visit and take class from her!

What is your favorite food?

I'm pretty obsessed with coffee...That counts, right?



What is your favorite movie?

Roman Holiday with Audry Hepburn.

Do you have a favorite animal?

Probably elephants, but I really like sharks, too. It's a tie.

What is your favorite music style, band, or singer?

I love all music styles. But classical and rock and roll are my faves. I think Fredrick Chopin and Brandon Flowers are geniuses. So you can see I'm all over the map.

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

I would go with Mother Theresa. She impacted so many people's lives in such a positive way by simply loving and caring for them. She's always been a hero of mine.

You're Invited to Vegas & Vino Casino Night!

Join us for a night of fun, food and wine on February 27, 2016. Doors open at 6:30 pm and cards start flying at 7 pm. Ticket are available at the studio front desk.

Each \$40 admission ticket includes unlimited food, two drink tickets, \$200 of "Casino Cash".

It's a fun night for couples, friends, neighbors, co-workers and

more!



Enjoy playing roulette, black jack, craps and bingo.

Take a spin of the money wheel or do the balloon pop raffle, bid



on silent auction items and try to win amazing prize raffle baskets. Almost everyone who attends walks away with a prize!

New this year! Poker Tournament! The tournament requires separate registration to secure your seat at the table. A \$20 Poker Tournament buy-in is paid upfront and is in addition to price of admission. Prizes will be awarded to winners! Don't miss the chance to play!

Interested in sponsoring a table, providing a giveaway or more? We have a few more sponsorships available for business owners looking for creative ways to advertise and market their business!

[Click here for more information on Casino Night.](#) All proceeds benefit our 501c3 non profit G-Force Dance Company.



Dance Tips

Question: What can dancers do to help prevent knee, ankle and/or leg

injuries?

Answer: Did you know that simply wearing a leg warmer on a problem joint while you're dancing and icing it at the end of the night, can help prevent and lessen the severity of injuries?

Also, make sure to stretch your calves and quadriceps before you leave the studio at night. Just taking a couple of extra minutes while you're body is warm will help you in the long run.

Tightness in those specific muscle groups can ultimately lead to knee and ankle issues. You need to keep your instrument (a.k.a., body) healthy and strong.

(Thank you Miss Jael for providing an answer to this month's dance tip question. Do you have a question? Email it to info@adaptiveforce.com and we will try to answer it in next month's newsletter.)

