



MARCH

NEWSLETTER



## Save The Date: Recital Pictures

Please mark your calendars! Recital pictures will be on May 7th - 14th.

It's important for your dancers to be present so they don't miss the opportunity to be photographed in their costumes with their dance class.

More details and a photo shoot schedule will be sent home soon.

## PHX Suns Half-Time Performance April 11th

Adaptive Force's performance and competition teams are performing during half-time at the Phoenix Suns game on Monday, April 11th.

## Adaptive Force Performing Arts March 2016 Newsletter

Dear AFPA Family,

With spring break behind us, we are looking forward to the next month of preparations for our 5th annual recital. Dancers have been learning their routines in class and soon costumes will start coming home.

It's an exciting time for your dancers whether this is their first recital or they've danced in recitals since they were five. Sharing their talent and showing off what they've learned this year, makes all of their hard work as well as many hours spent training in the studio well worth it.

Please keep an eye out for ticket information and more details about recital preparations in the next few weeks.

Warmly,

Mike & Amber Wittmers  
Proud Owners of AFPA

## Congrats Awesome March Students of the Month

Want more info?

[Click here.](#)



### **Tatum Johnston - AFPA Academy Dancer**

Tatum is 13 years old and has danced with us for three years. Tatum is currently enrolled in Jazz and Musical Theater. She has a natural stage presence and is a true performer! Both Miss Chanel and Mr. Mike have commented on how Tatum is always ready for a challenge and really brings 100% effort in class. We are so happy to have Tatum dancing with us!

### **Sheridan Kilgore - AFPA Performance Team Member**

Sheridan is 9 years old and part of our Friction Force Team.

This is her third year at AFPA and we are so happy about the student she has become.

Sheridan always enters the studio with a smile and has made friends in every class she takes.

Miss Jael has mentioned how well Sheridan takes class. As a dancer who is always paying attention and willing to try new things, we have seen a lot of growth from Sheridan this year. We are so proud of her hard work!



### **Zoe Milne - AFPA G-Force Competition Team Member**

Zoe is 15 years old and dances on our Senior Competition Team. She



has been dancing at AFPA since 2012 and is one of our most dedicated students. This is Zoe's first year competing and we are so proud of the challenges she has taken on this year. Zoe has worked very hard in contemporary and tap. She has been recognized by guest teachers and at master classes for her focus and energy. Not only has Zoe been a hard working student but she also assists Mr. Mike's Tap 1 class and Miss Megan's Petite classes on Saturdays. The kids love her and she's become a very reliable helper around the studio. We are so happy to have Zoe as a part of our AFPA family and can't wait to see where her dancing takes her!

## Spring For Charity Was A Huge Success!

Thank you to everyone who supported the 8th Annual Spring For Charity photo event by Marriott Photography. They photographed 51 children, eight chicks, two ducks and one bunny.

The event raised \$600 for the G-Force Competition Dance Team. We thank Marriott Photography for choosing to support our amazing performing artists this year!



Announcing a New PiYo Fitness Class - Get in Shape for Summer!



**No Weights. No Jumps.  
Just Hardcore Results.**

**PiYo Live** is a dynamic, athletic, and music driven workout inspired by Pilates and Yoga that also incorporates balance, flexibility, body weight strength, coordination, and cardio.

**Tuesdays & Thursdays 8:00-9:00am**  
Adaptive Force Performing Arts Dance Studio  
PiYo Certified Instructor: Patricia Martelly

**602-451-8899**



*Also offering Zumba® Fitness  
and R.I.P.E.D. Fitness classes.*

## G-Force Dance Team To Perform at Foothills Caring Corps Tea Appreciation on April 30th

Adaptive Force Performing Arts will perform at the Foothills Caring Corps Tea Appreciation, hosted by the English Rose Tea Room, on Saturday, April 30 at the Sanderson Pavilion in Carefree.

The audience will be entertained by dancers ages seven to

16, and enjoy performances in a

variety of dance styles from musical theater, hip-hop and tap to jazz, lyrical and contemporary. In fact, many of the dance routines have received high scores and awards at local and regional youth dance competitions.



Donning creative, fun costumes in 10 dance numbers with a cast

of more than 40 dancers is donating their time to give back to the community in which they live and go to school.

"Our dancers are excited about the opportunity to share their talent with the community," explains Mike Wittmers, owner and creative director at Adaptive Force Performing Arts. "Even though our competition dance team trains in the studio on average 17 hours a week, attends five competitions and conventions each year, and performs at our annual recital in May, our dancers are still committed to giving back and making a difference."

Whether it's working at the Foothills Food Bank, participating in the Autism Speaks Charity Walk or collecting pet supplies and food for Woofs, Wiggles n Wags, the Adaptive Force Performing Arts competition dance team finds time to help others in a hands-on way.



## March Teacher Spotlight: Meet Miss

### Chanel

This month's AFPA dance teacher spotlight shines brightly on Miss Chanel. We want you and your dancer can get to know her a little better. Below are the highlights of Miss Chanel's interview.

***Where did you grow up?*** Tucson, Arizona

***When did you start dancing? What style(s) of dance did you start with?***

*I started dancing at age five in a jazz/tap combo class.*

***What choreographer do you most admire and why?***

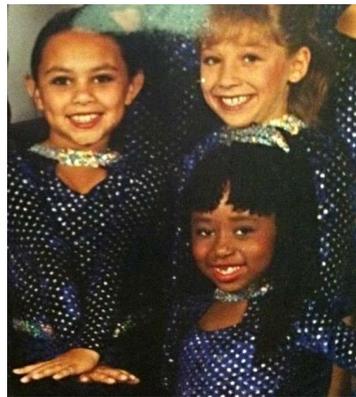
*This answer is constantly changing, but right now Kyle Hanagami. He has such an incredibly smart and unique commercial style that*

*I admire. He's also battling leukemia and still keeps dancing. Definitely a lesson in strength and living life to the fullest despite the cards you are dealt.*



**Were you a competition dancer? I sure was!**

**Do you have any pictures from when you danced as a kid? Yes. Locked in a very safe vault. :-)**



Look what we found in the vault. So cute.

**What do you like to do when you're not dancing? Travel! I have insatiable wanderlust.**

**What inspires you to dance/choreograph? Music!** If dance is my first love then music is my second. It's nearly impossible for me to not choreograph something in my head to every song I listen to.

**Favorite movie/musical? Spanglish.** It hits right in the feels.

**Who is your "go-to" artist/band?** Another answer that is constantly changing. My "go-to" of the moment would have to be Rhye.

**If you were stranded on a deserted island, what are three things you'd want with you? A captain and a yacht to get me off of said island.**



Circa 2008



## MISS CHANEL'S CONTEMPORARY DANCE TIPS

### **TIP #1: Stretching & Flexibility**

Stretching is a key component of any contemporary routine. Because contemporary dance involves the ability to create interesting shapes, flexibility is important. Stretching exercises, such as deep lunges and splits, are good to include in your stretching routine. For lunges, step forward with one leg and lower your hips until your knees are bent at 90-degree angles. Hold and then repeat on the other side.

Practice leg lifts by lying on your side with legs stacked and your head resting on your arm. Slowly raise the leg on top as high as it can go without causing pain. Splits are also a very common part to stretching for contemporary. However, make sure your muscles are properly warmed up and you are able to reach that level of flexibility safely.

## **TIP #2: Strengthen & Stretch Your Feet**

Like ballet, contemporary dancers need to have strong and flexible feet. Just like warming up your other body parts before dancing, you need to stretch your feet. One way is to manually stretch them. Begin by resting one foot across the opposite thigh. Taking the working foot in both hands, apply gentle pressure to the top of the toes to stretch the bony arch of the foot. Release your grip and attempting to maintain the position of the foot.

The manual stretching technique allows you to gauge and fully control the amount of pressure you apply to the arch, which is a key safety consideration. You don't have to wait for dance class to stretch your feet. You can do this while you are watching TV, listening to music, reading...having strong and flexible arches are key to achieving many of the contemporary dance moves in performances.

*(Thank you Miss Chanel 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.)*