

**FEBRUARY 2017**

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
1	2	3	4

**February 14th - Valentine's Day**

**Competitions / Conventions**  
VDC Watch Week 20-25th

**BIRTHDAYS**

- Feb 2nd- Emma Schnell- (10)
- Feb 5th-- Chase Russom- (11)
- Feb 12th-- Sophia Noh- (13)
- Feb 21st-- Chad Russom- (9)

**CRAIG'S CORNER**

-Please be sure to clean the tables of any food items when finished eating so the dancers can use the tables for homework

-VDC Photo Shoot Images are still available for purchase. Please email me for more information.

-Reminder that tuition payments are due by 8th of the month

-If you have any questions about your account please contact me directly or see the front desk

-Thank you for your continued support!

www.visionsdancecompany.com  
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\*VDC would like to announce the addition of a **MINI BALLET** (ages 5-8) class on **Fridays from 10am-11am with Miss Laura.**

\*VDC "End of the Year" Review location and date are being finalized.

\*Participation letters will be handed 2/6-2/11 and will be due back to front desk by 2/18. Choreography for recital dances will begin the week of 2/20.

**Congratulations!**

\*Sr. Company member **Kailyn Yi** for placing 3rd overall at NUVO Dance Convention and placing in the top 24 for her classical variation by Miss Tara at YAGP Los Angeles.

\*Competition is in **5 weeks** dancers! That means it's time to get in competition mode! Work Hard, Work Smart, Take Extra Classes, schedule extra privates if needed!

\*Competition mode also means its time to start thinking about being on stage in costumes and looking our best and healthiest for the stage! Proper nutrition and healthy eating habits are always promoted here at VDC.

**\*FEB. 20-25th: WATCH WEEK**

Miss Laura will be coming into each company class and watching the dances. Make sure you are ready!!

**Top Technique Tip**

**With a New Year comes new goals!**  
**FOOD for thought...**

Healthy Eating Habits and Nutrition is important for everyone, especially athletes such as dancers.

VDC provides the use of refrigerator and a microwave so please feel free to bring snacks and healthy meals with you to dance to snack on in between classes. As dancers, our body is our tool/instrument and we need it to be the healthiest it can be to work at its best ability at all times.

Laura Russom- Owner / Artistic Director

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