



JANUARY 2017

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**HAPPY NEW YEAR!!**

**Competitions / Conventions**  
January 1/13: NUVO  
Feb 2/10: KAR  
Feb 2/24: 24 Seven

**BIRTHDAYS**

January 1st- Isha Das (15)  
January 8th- Isabella Clark (13)  
January 14th- Ava Schnell (7)  
January 16th- Meredith Carroll (7)  
January 20th- Bella Anderson (10)  
January 21st- Kailyn Yi (13)  
January 29th- Kylee Northrop (14)  
January 29th- Avalon Nuno (9)

**CRAIG'S CORNER**

-Take the time to start the New Year off right by creating short and long term goals for yourself and share them with a friend. Make sure to write them down that way you will remember and by sharing you will hold yourself more accountable.

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

New morning Classes on Thursday and Friday.

8am - Dance for Fitness Adults  
9am - Pointe / Pre-pointe Adults  
10am - Kids dance / Ballet 3-7

-Thank you for your continued support!

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**Happy New Year and Welcome Back!**

Visions Dance Company "End of the Year" Review V will be June 2017 (exact date and location TBA soon) Classes being invited to participate in the show will be receiving informational slips in class. Please be on the lookout for these in your daughters dance bag this week or next week. We have some great new ideas in store for the show this year and we know it will be the best one yet!

For those of you who haven't heard yet, Miss Laura and Mr. Craig are pregnant and they are expecting a **BABY GIRL** July 17th, 2017!

**Company News**

\*Costumes are coming along very nicely. We should be receiving the finished group costumes soon and we will be working hard to get those ready for the stage.

\*Please remember to keep MARCH 10-12th open for KAR Competition. Everyone will be going but it will be decided soon exactly what groups/privates will be going.

\*Only 13 more weeks until our first mandatory competition- Showstoppers. That's only 13 more weeks of rehearsals. Please try and be present at all company classes!

**Top Technique Tip**

Your body may be a little more sore or tired than usual these first weeks back to dance after having a 2 week break. Take extra time to stretch properly (at least 10 minutes) before privates and take an extra 5 -10 minutes to stretch after class to prevent muscles from getting sore.

It's a new year so that means it's time to set some new DANCE GOALS for 2017! What do you want to accomplish in 2017? Set your goal and let VDC help you get there!



Laura Russom- Owner / Artistic Director

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