

CENTRAL  
MIDWEST  
BALLET  
*Academy*

# August

## Important Dates

August 11 - End of Junior division summer session

August 15 - Open classes resume

August 18 - Picnic

August 22-26 - Intensive

August 27 - Free line dancing lesson

## Ballet Term of the Month

### En Face



Photo Credit: Kat Steinnon

Dancer: Heidi, Standard Division

En Face means facing forward, so in this position the dancer is completely front, facing the audience.

## Molly's Memo

"Well, I've never line danced before, but this will give me a chance to wear my cowboy hat from when I lived in TX."

-Molly

## Picnic

The CMB picnic gives students a chance to chat with people in other levels or catch up with friends who have been away over the summer, making it a great way to start off the school year. This year it is at the Goodman Aquatic Center in Verona, and there will be line dancing - great practice for the Toe-down Hoedown in September!

## Summer Programs

So far this summer CMB has had two camps for children eight through twelve. Both of these camps, Beyond Ballet and Onstage & Backstage, have focused on opening dancers up to different parts of the dance world. Beyond Ballet gave students the opportunity to try different styles of dance. Onstage & Backstage involved dancers in other aspects of a production such as costumes, makeup and choreography.

Later this month we will have an intensive for dancers ten and up that is more focused on improving their ballet technique. Along with our fantastic ballet instructors we are lucky enough to have several other people teaching classes to supplement our dancers' ballet training. Karen McShane Hellenbrand is a floor barre teacher certified in the Zena Rommett technique who will be teaching at the intensive. Sarah Mendelin, who is also a member of the board, will be teaching our Pilates classes. Finally we have Laura Moyer and Jan Mussallem who will be giving injury prevention and cross-training seminars and workouts.



**About the Editor**  
Sophie is a sophomore at West High School and dances in the Pre-Professional division.

Photo credit: Kat Steinnon