

NHSDA (National Honors Society for Dance Arts) is a program that gives back to the community through dance. They work to help kids whose families are financially insecure or are in a rough situation and give them the entertainment and sheer joy of dance. Here are some of the projects they are working on!!

### **Shadowbrook Church Dance Day!!**

This project is just beginning at All Stars!! The officers of NHSDA are meeting with the managers at this church to discuss having a few “dance days” where we teach special needs children simple dance routines to allow them to have a pleasant distraction from any hardships they may face. This project will give so many the outlet they need to express their feelings, as well as give kids hope and faith in their futures.



### **Assisted Living Facilities Performances**

In an effort to continue ALL STARS community outreach, NHSDA members Hope Hensley and Madelyn Drane are heading the project to secure shows for assisted living facilities,

These shows will be a great way to give back to the community. The dance classes associated with these shows and exact dates and times will continue to be announced, so be on the lookout.

**Join NHSDA in their mission to spread the love of dance!!  
Ask the front desk for more information  
about this amazing program!**

healthy

DANCER



## Part 1: Healthy Recipe!!!

These snacks are great to refuel after a long rehearsal with healthy snacks!! Plus, these look amazing!! Here is how you make them!!



### Ingredients:

- One apple sliced thin
- 1 ½ tbsp of peanut butter
- 2 tbsp of chopped walnuts
- 2 tbsp of mini chocolate chips
- 1 to 2 tbsp of unsweetened coconut (can be shredded or flaked)
- 1 tbsp of caramel sauce

### How to Assemble:

1. Place the peanut butter in a wad in the center of the plate
2. Arrange the apple slices around the peanut butter in any design you want
3. Sprinkle the walnuts, chocolate chips, and coconut on top of the apple slices (toppings can vary)
4. Drizzle the caramel syrup on top of the creation
5. Enjoy!!

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## Part 2: Injury Prevention: Hip Injuries

Hip injuries aren't very common with dancers, but they are very dangerous if they develop. The hip joint is very fragile, so stretching it regularly will help prevent any injuries. Some great stretches for this include attitude swings and lateral swings.

Attitude swings are easy and fun stretches where you stand and swing a bent leg back and forth without having to hold your core. This exercise is meant to loosen your hips so that you can get higher extensions and a stronger core when you are dancing. However, it also helps prevent injuries of the hip flexor and other tendons in the hip.

Lateral swings are very similar to attitude swings, but they happen to be even more fun!! You still swing your bent leg back and forth, but you swing your leg across your body and out to the side. This exercise does the exact same things as attitude swings, but it stretches different tendons due to the different location of the leg.

Both exercises mentioned will help you prevent future hip injuries. Injuries of the hip may not seem extreme now, but they can greatly affect your future dancing career. Doing these exercises will help to prevent future pain in the hip joint.

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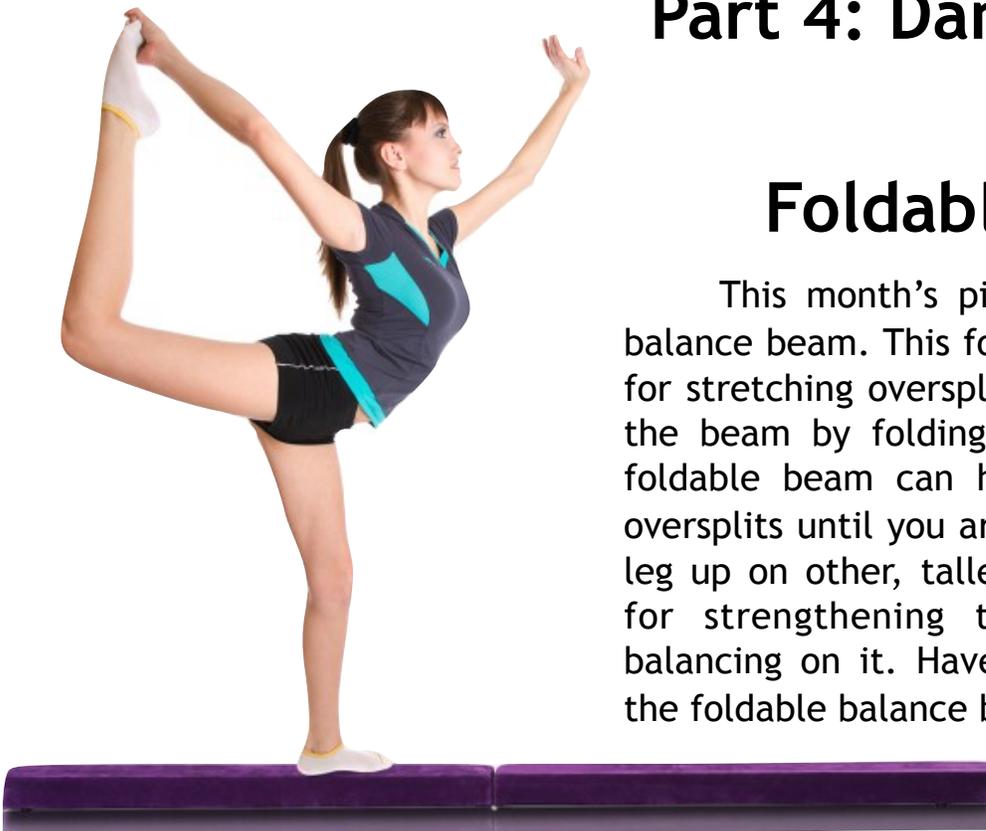
## Part 3: Exercise of the Month; Bridge

Bridge exercises are very common, and I bet you do them in every class. However, this version of a bridge is better for your hips, abs, glutes, and lower back. Begin by laying on the floor with your knees bent, almost in a sit-up position. Next, place your hands beside you, and align yourself by making sure your knees are in line with your shoulders, and that your knees are directly over your ankles. Then, press your hips up while holding your core. This will stretch out your hips and lower back, leaving you with better posture and the ability to have great extensions. Also, doing this exercise will prevent any hip pain that you might have as you age. Doing this exercise will help you have a great dancing career, as well as advance your technique in every style.



## Part 4: Dance Equipment of the Month: Foldable Balance Beams

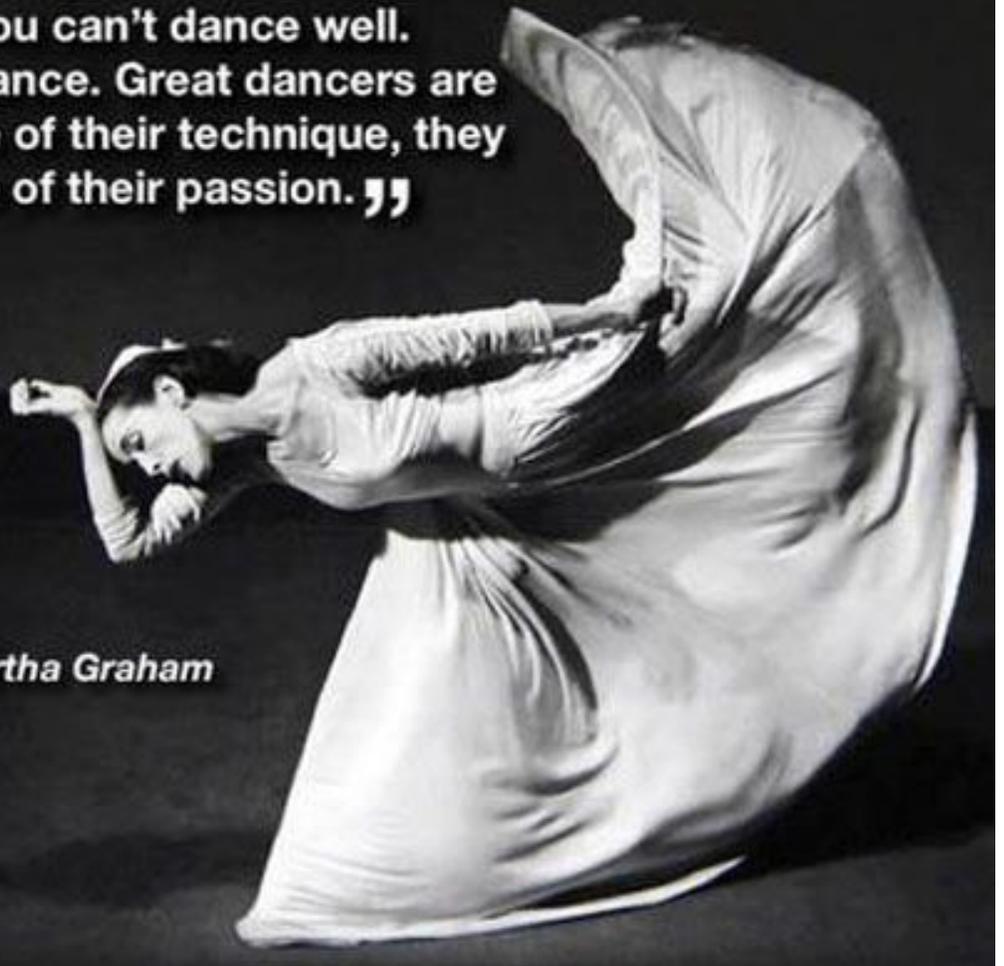
This month's piece of equipment is a foldable balance beam. This foam beam is a great piece to use for stretching oversplits. You can adjust the height of the beam by folding it. When used to stretch, the foldable beam can help you begin developing your oversplits until you are advanced enough to prop your leg up on other, taller objects in life. It's also great for strengthening the muscles in your feet by balancing on it. Have fun getting working hard with the foldable balance beam!!



“ Nobody cares if you can't dance well.  
Just get up and dance. Great dancers are  
not great because of their technique, they  
are great because of their passion. ”



*Martha Graham*



## Must Watch!

There is a special edition of Must Watch this month!! Did you hear about the phenomenal performance of Misty Copeland at the Grammy's? She was AMAZING!!

If you don't know who Misty Copeland is, she is a famous ballet dancer who is known as the best ballerina of the century. She has perfect form, and she expresses herself in beautiful ways as she dances. If you saw her on the Grammy's, she had perfect balance when she did the classic 32 fouettés center stage. Ballet respects her as one of the greatest dancers in history.

At the Grammy's a few weeks ago, the makers of the Grammy's wanted to give a director, who was retiring after the show, a special sendoff. They designed a special number that showed the importance of performing arts in education. The number included chorus students, celebrity singers, and famous Misty Copeland dancing through the crowd. The performance was inspiring, and it seemed like a perfect sendoff for the director.

If you missed this performance when it was aired, feel free to check it out on Youtube!! This performance is truly a Must Watch!!

