

VOL. 2 | OCTOBER 2022

IN THE LOOP

Updates for Families at MC Dance



ANNUAL FAIR ON THE SQUARE

MC Dance Groove Crew & Competition Teams participate in Fair on The Square every year. This has become a fun tradition and we want to thank you all for attending their performance! It was a great day in our community.

"SPLIT" OBER

New this season is a "SPLIT" OBER! This is a fun event encouraging dancers to start stretching those legs and preparing for the Splits test we have in April!

1. Dancers will complete a two different logs. A stretching log and practice each of the splits log for 10 days! Logs can be picked up from the front desk and are also attached to this newsletter.
2. Turn in your log for a "SPLIT" OBER pin and be entered in a drawing to win a \$50 gift certificate to the dance boutique and MC Dance Swag Bag of goodies!
3. All logs must be turned in by October 31. Drawing will be on November 1.



UPCOMING:

October:

- Monday, October 24 - October 29: Wear Your Favorite Costume to Class
- October 31: Closed for Halloween
- October 31: "SPLIT OBER" ENDS

November:

- November 7 - 11: Dancers Measured for Costumes
- Tuesday, November 15: Costume Fees Drafted
- Monday, November 21 - November 27: Studio Closed for Thanksgiving

December:

- Sunday, December 3: Participate in the Huntsville Christmas Parade 6:30pm/ **Decorate Float at 1pm
- Monday, December 12 - December 17: POLAR EXPRESS WEEK & Parent Observation Week/Wear Christmas Pajamas
- Saturday, December 18 - Sunday, January 8: Studio Closed: Christmas/Winter Break



SHOWCASE THEME!!

Well.. Can you guess our Showcase Theme this year?
All we can say is this is going to be TOTALLY RAD!
Can you spy one of your teachers in our fun photo shoot?

MC DANCE



BESTIE WEEK WAS GR8!

We loved seeing new and friendly faces in class during Bestie Week. Remember you will receive a \$25 credit on your account for referring a friend to MC DANCE! Thank you for your support.

WE ACCEPT ENROLLMENT YEAR AROUND!!!



Dance Book
feature:



Found on [Amazon](#)

STICKER CLUB!

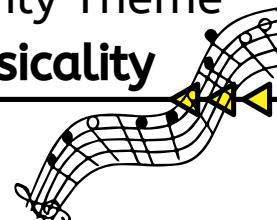


Not to late to join the STICKER CLUB!!
October - Free MC Key Chain

Costume Fee
drafted
November 15!



Monthly Theme
Musicality



**Don't miss class
November 7 - 11!**

*We will be measuring dancers
for showcase costumes*



Questions?

email us at info@mcdanceco.com
or

Check with Ms.Cassidy at the Front Desk

Please write
us a review!



Google/Facebook/Yelp

Happy Birthday!

Cashtynn Ebarb
Wilhemina Adler
Brylee Belovsky
Ashley Westbay
Kennedy Waters
Murphy Plunkett
Blake Rumfield
Liliann Calhoun
Jayna Norris
Brylee Stubblefield
Khamyle Rolling-brown
Lake Oltman
Camryn Cox
Madison Foster

Stretching



L o g

Name : _____

Hold Stretches for a minimum of 30 seconds each . Turn in by October 31.

DATE	LIST THE STRETCHES YOU DID	Parent Sign



Splits

Log



Name : _____

Check off each time you do your splits.
Write down how long you held each split.
Turn in by October 31

Date	Right Split	Left Split	Middle Split	Parent Sign



Tips on how to do your stretches at home



1 Create a comfortable spot
for your practice

2 Get your stretching accessories and
play some tunes

3 Stay safe, prevent injury

4 Warm up with cardio

5 Pick out your 5 stretches

6 Enjoy your stretch!

