

GRIMES SUPERSTARS

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NEWSLETTER
SEPTEMBER 2015



Welcome to the Superstars!

Grimes Superstars would like to take the opportunity to welcome all new and returning Superstars and say **Thank You** for choosing us. We are honored you have chosen the Superstars; and are committed to providing a positive environment for our students and their families and are eager to begin another season.



THIS IS OUR ONLY FORM OF COMMUNICATION:

Please take the time to read the monthly newsletters. Newsletters are sent to the email address provided at registration. The newsletters will also be posted on our website (www.grimessuperstars.com) as well as the bulletin board in the lobby. If you are not receiving a monthly newsletter via e-mail, please see the receptionist. Thank you!



POLICIES:

Please read through them carefully. Policies were handed out with your registration material. If you don't have a copy, please feel free to print out a copy from our website (www.grimessuperstars.com).



PLEASE NOTE OUR STUDIO RULES:

- No one is allowed in the studios without staff supervision.
- Absolutely no street shoes!
- No food, drink or gum.
- Cell phones must be silenced or turned off while in class.
- Pull hair back for class.
- Visit the restroom before you come to class.

**LIVE
LOVE
DANCE**

Parents: Don't forget to write your student's name inside their shoes, dance bags, etc.

Please do not leave children unattended in the lobby.

For their safety, do not let children climb or play on the benches or chairs in the lobby.



DANCE TECHNIQUE:

Those interested in developing their dance skills are welcome to attend dance technique! Dance Technique is offered most **Saturday's from 9:00-10:15am**. Dance technique is extra time for students to work with a teacher to focus on fundamental elements and strengthen their technical abilities, including flexibility, leaps and turns. Supervision is provided for safety and encouragement. Cost is \$5/week paid each week for Superstars students (\$10 for non-Superstars students with a signed release form). No commitment! Pay only when you come, come whenever you want and stay as long as you want! Punch cards available (6 classes for \$25). A maximum of three Saturday technique classes will be offered per month and the Studio will send the technique dates out via email as well as post them under the "Schedule" tab on the website.





DANCE WEAR REQUIRED:

For the safety of your child, we enforce appropriate dance attire.

TUMBLING STUDENTS: must wear leotards, biketards (females), or form fitting clothing to ensure safety of the students and staff. All students need to have their hair pulled up and away from the eyes. An unobstructed view is imperative for the safety of the athlete.

DANCERS/CHEERLEADERS: nothing baggy will be allowed. We require stretchy, close-fitting clothing. We recommend Lycra or spandex and prefer leotards, biketards, or sport bra tops, dance tops and dance pants. You choose the color and/or print. We realize our students come in all shapes and sizes and want them to feel comfortable dancing, tumbling & cheering. If they chose to wear a t-shirt, please tuck it in or tie it so it's not loose.

For their safety, **NO BAGGY CLOTHING OF ANY KIND WILL BE ALLOWED.**



DANCE SHOES:



Grimes Superstars switched shoes vendors last year due to multiple customer service and quality issues with the previous shoe vendor. Students are not required to ordered new shoes because of this change; if the shoes from the previous vendor fit there is no need to order new. Superstars have try-on shoes available from the new vendor for tap, ballet, and jazz shoes. As a reminder the shoe requirements for each class are noted below:

Tan Tap Shoes, Pink Ballet Shoes, and Tan Jazz Shoes. For our cheer classes, students will need to purchase clean white tennis shoes, we do not sell or require specific cheer shoes.

Please see your policies for required shoes for each class. Black shoes leave marks on our dance floor, so they will not be allowed (other than competition teams and boys). We can order quality dance shoes for you at a much lower cost than specialty dance shops, and receive them within one to two weeks. Please see a receptionist if you are in need of dance shoes.



CLASS SIZES ARE LIMITED:

Please bear with us as we evaluate your child's class. We want to make sure your child is in the appropriate level to ensure they will benefit from their class. We believe in quality over quantity, and prove it by limiting our class sizes, here at the Superstars we *choose* to limit our classes to 16 students or less, and 12 or less for Preschool classes.



CHRISTMAS SHOW:

Reserve the date and plan to come see our talented Superstars perform at our Christmas Show! The Grimes Superstars Christmas program will be held on [Saturday, December 12th](#). Look for more information in upcoming newsletters for showtimes.



RECITAL 2016:

We have tentative dates of [Thursday, May 19th](#) & [Friday, May 20th](#) for dress rehearsals & [Saturday, May 21st](#) and [Sunday, May 22nd](#) for Recitals. At this time we ask that you please reserve the entire weekend. All classes will perform in one show, with the exception of competition team and older students will perform in all recitals. We will do our best to have the shows performers divided by March 1st so you can plan your weekend accordingly. Thank you for your patience at this time!





Meet our fantastic staff. . .

Paige Curtis: Baton/Dance/Tumbling Ms. Paige has been dancing and twirling since 6 years old. She performed and competed for her hometown studio, the Norwalk Superstars, where she still continues to teach private baton lessons. Paige was the captain of her high school dance team and continued on to dance in college for Grand View University where she was also captain her senior year. Competing in college allowed her to dance at state, regional, and national competitions. Paige also competed in baton competitions all around the country including AYOP Nationals at Notre Dame University, where she earned the title of National Show Twirling Champion. She is now a graphic designer for a company in West Des Moines and is the Head Dance Coach for Simpson College in Indianola.

Kaitlin Dilsaver: Dance Ms. Kaitlin has been dancing since she was 3 years old, attending Betty Hill Dance Studio. After graduating from Roosevelt High School she started teaching dance classes at UDSGC in Urbandale. She has since graduated from DMACC with an AA and transferred to Iowa State where she is currently studying Kinesiology. Ms. Kaitlin has been part of the Grimes Superstars family for the past 4 years and says it has been the most rewarding experience! The best part is being able to see all of our wonderful dancers grow and shine.

Kelsy Glas: Cheer/Dance/Tumbling Ms. Kelsy started dancing at the age of 3, tumbling at the age of 4, twirling baton at the age of 10 and cheering at the age of 11. She has always loved being part of a team but also enjoyed the opportunity to do solos as well. Ms. Kelsy was a national champion in dance and baton, as well as a 2 time junior Olympic gold medalist for baton. She is currently studying at DMACC and plans to graduate in the spring and then transfer to major in Psychology. Once all of her schooling is done she plans on working as a Radiologist. In her free time she likes spending time with her parents, siblings and husband.

Lorainna Nedved: Dance Ms. Lorainna began dancing at the age of 3 and has never stopped. Along with dancing at the local studio she was on her high school dance and cheer squads and was also a member of the Just For Kix National Performance Team and performed with them at the Citrus Bowl and Outback Bowl half time and pre-game shows. She was also a member of the Iowa State Dance and Drill Team Association All Iowa Squad. Lorainna attended Iowa State University where she studied Dance and Theatre while also cheerleading and dancing with Orchesis I and II dance companies. Lorainna is also the national choreographer for America's US Miss Scholarship Program and World's Glamorous Miss Pageants. She is a certified LTD cheerleading judge and is the reigning Mrs. Iowa United States 2012. She and her husband Matt currently live in Des Moines with their daughter Gwendalyn and 3 furry friends.

Jamie Stringer: Co-Owner/Director & Dance Jamie joined the Superstars at age 3 and has taught at the Superstars for 13 years. Ms. Jamie twirled and danced competitively, winning many state, regional and national titles. Jamie graduated from the University of Northern Iowa, where she was a member of the dance performance company, Orchesis. Through her many years of teaching Ms. Jamie has taught baton, all genres of dance, and served as competition co-director for the Superstars in Norwalk. She is excited to have three of her former students on the staff this year and Jay, Dawn, and Jamie are so proud of the amazing women and instructors that they have become. Jamie and her husband, Tony are proud parents of current Superstar, Breckin and future Superstar, Rhylin.

Hannah Urlis: Dance Ms. Hannah has been dancing since the age of six. She grew up dancing at the Superstars Performing Arts Studio in Norwalk until she graduated from high school. She competed with the studio as well as competing for her high schools dance team. After high school she danced for The Scarlets Dance Team at the University of Lincoln Nebraska for her freshman year and then transferred back to Grand View University to continue dancing and to further continue her Nursing education. She hopes to graduate with her Bachelors degree in Nursing in the next couple of years. She loves teaching kids and watching them learn to dance because it is something she is so passionate about.

Jenny Zimmerman: Dance Ms. Jenny Zimmerman earned a B.A. in Business Management with a Minor in Dance from the University of Northern Iowa. During her time there, she was a member of the Orchesis Dance Company, an auditioned company focusing on the fine arts of dance, and Young People's Dance Theatre, which brought dance education programs to local schools. She is a certified Pilates Instructor, which she incorporates into her technique classes, and has her State of Iowa Coaching Certification and Substitute Teaching Authorization. Ms. Jenny loves helping children discover the joy of dance! She has been with Grimes Superstars since they opened, and owned the studio from 2007-2013 until she moved to Missouri and then Arizona, following her husband's career path. Ms. Jenny is so happy to be back in Iowa and returning to the studio. . . once a Superstar, always a Superstar! Ms. Jenny lives in Ankeny, with her husband, Matt, one year old daughter, Ella and their Yorkie-Poo, Grizzly.

OFFICE STAFF:

Lettie Bushnell is starting her second year in the office as the office manager. She has two daughters involved at the Superstars; Carly is on the Mini Competition Dance Team and Emma is on the Pyxis Competition Dance Team & Hip Hop Production. Lettie is here to help you throughout the week.

Sandi Ellis is starting her third year in the office. Sandi's daughter Holly is on the Phoenix Competition Dance Team. Sandi is the receptionist on Thursday nights.

Michelle Mays is starting her second year in the office. Michelle's daughter Kelsey is on the Phoenix Competition Dance Team & Hip Hop Production. Michelle is here to help you on Monday nights.

Kim Young is starting her third year in the office. Kim's daughter Sophie is on the Phoenix Competition Dance Team & Hip Hop Production. Kim is here to help you on Tuesday and Wednesday nights.

STUDENT HELPERS:

Holly Ellis is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical & Hip Hop classes. She is a ninth grader here in Dallas Center-Grimes.

Merideth Fiori is a member of the Phoenix Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical and Hip Hop classes. She is a ninth grader here in Dallas Center-Grimes.

Makenna Gregurek is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz and Pointe. She is a seventh grader in Johnston.

Allison Kinman is a member of Hip Hop Production. She also takes Tap, Jazz and Hip Hop. She is a seventh grader here in Dallas Center-Grimes.

Madisyn Mann is a member of Hip Hop Production. She also takes Tap, Jazz, Ballet and Hip Hop. She is a sixth grader in Woodward-Granger.

Kelsey Mays is a member of the Phoenix Competition Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Hip Hop and Tumbling classes. She is an eighth grader in Waukee.

Alexis Riesberg is a member of the Phoenix Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical and Hip Hop classes. She is a ninth grader at Dowling Catholic.

Sophie Young is a member of the Phoenix Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern and Hip Hop classes. She is an eighth grader in Johnston.

Please let us assist you in any way we can!

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