



## 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. Newsletter links are sent to the email address provided at registration. The newsletters will also be posted on our website ([www.grimessuperstars.com](http://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](http://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. (water bottles are fine)
- Cell phones must be silenced or turned off while in class.
- Pull hair back for class.
- Visit the restroom BEFORE you come to class.

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 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 WITH a tank, 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 carries Revolution brand shoes for tap, ballet, and jazz.

As a reminder the shoe requirements for each class are noted below:

PreK/Dance I (K) Combo Classes: Tan Tap Shoes and Pink Ballet Shoes

Dance II - Dance V: Tan Tap Shoes and Tan Jazz Shoes.

Lyrical/Modern: TBD

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 competitive price as compared to local 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 and see our talented Superstars perform at our annual Christmas Show! The Grimes Superstars Christmas program will be held on [Saturday, December 10<sup>th</sup>](#).



Look for more information in upcoming newsletters for show times.



**RECITAL 2016:**

We have tentative dates of [Thursday, May 18<sup>th</sup>](#) & [Friday, May 19<sup>th</sup>](#) for dress rehearsals & [Saturday, May 20<sup>th</sup>](#) and [Sunday, May 21<sup>st</sup>](#) for Recitals. At this time we ask that you please reserve the entire weekend. All classes will perform in one show. Competition teams 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. . .



**Ms. Paige: 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 working in marketing for a financial company in west Des Moines and is the Head Dance Coach for Simpson College in Indianola. Paige is also engaged and getting married in September 2017!



**Ms. Kelsy: Cheer/Dance/Tumbling/Baton** 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 graduated DMACC with her AA degree and now attends Grand View University to Major is Psychology. She's also on the Grand View Vikings Dance Team. Once all of her schooling is done she plans on working as a Radiologist. In her free time she likes spending time with her family.



**Ms. Anne: Dance** Ms. Anne began dancing at the age of 3 at DanceArts in Columbia, Missouri. Throughout the years, she had the opportunity to dance *The Nutcracker* with the Minnesota Ballet and the Moscow Ballet, as well dancing in countless community musicals. Anne began teaching dance in 2007 at Theater Reaching Young People and Schools (TRYPS) Summer Camp. She is an alumna of the Missouri Fine Arts Academy, a three-week summer residential program for highly motivated high school student artists in visual arts, theatre, dance, creative writing, and music. Anne retired her pointe shoes when she left to pursue her degree from Truman State University, but was able to continue in her love of dance through teaching ballet, lyrical and hip hop at The Dance Studio in Kirksville, Missouri. She moved to Des Moines in 2012 and currently resides in Beaverdale with her husband, Kramer.



**Ms. Lorainna: Competition Dance/Production** 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 for 3 years. Lorainna attended Iowa State University where she studied Dance and Theatre while also cheerleading and dancing with Orchestis I and II dance companies. She is a certified LTD cheerleading judge and does freelance choreography for high school cheer squads, including the 2 time state Champion DCG Cheer Squad. Miss Lorainna also does choreography for several high school dance teams and show choirs and is part of the directorial team for Urbandale Community Theater working as their choreographer. Lorainna and her husband Matthew live in Beaverdale with their Superstar daughter Gwendalyn and 3 furry babies.



**Ms. Chloe: Dance** Ms. Chloe has been dancing since she was 3 years old. She performed and competed at Melinda's School of Dance. Chloe was the captain of her high school dance team & cheerleading team. She continued on to dance in college at Kirkwood Community College where she also was the assistant coach. Ms. Chloe is currently in her first season with the Iowa Barnstormers Dance Team. She is also a sales rep for a company in Des Moines & enjoys spending her free time at community events with the Iowa Barnstormers!



**Ms. Jamie: 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 for over ten years. 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 Breckin and Rhylin.



**Ms. Hannah: Dance and Production** 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 education. She graduated in April 2015 from Grand View University with her Bachelor's in Psychology and Human Services. She plans to graduate from Mercy College of Health Sciences in August 2017 with her Bachelor's of Science in Nursing. Ms. Hannah loves teaching kids and watching them learn to dance because it is something she is so passionate about.

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**Ms. Jenny: 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 and Young People's Dance Theatre. She is a certified Pilates Instructor and has her State of Iowa Coaching Certification and Substitute Teaching Authorization. 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 at the Superstars! Ms. Jenny lives in Ankeny with her husband, Matt, their two daughters, Ella and Olive, and Yorkie-Poo, Grizzly.

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## OFFICE STAFF:

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

**Sandi Ellis** is starting her fourth 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 third year in the office. Michelle's daughter Kelsey is on the Phoenix Competition Dance Team & Hip Hop Production. Michelle is the receptionist on Monday nights.

**Sharon Southwick** is starting her first year in the office. Sharon has two daughters involved at the Superstars; Mya is on the Pre-Competition Dance Team as well as Dance Production and Norah is on the Pyxis Competition Dance Team & Dance Production. Sharon is the receptionist on Tuesday nights.

**Kim Young** is starting her fourth year in the office. Kim's daughter Sophie is on the Phoenix Competition Dance Team & Hip Hop Production. Kim is the receptionist on Tuesday and Wednesday nights.

## STUDENT HELPERS

**Hannah Daley (Tues. PreK)** is a member of the Lynx Competition Dance Team & Dance Production. She also takes Tap, Jazz, Lyrical, Modern & Hip Hop classes. She is an eighth grader in Johnston.

**Holly Ellis (Thurs. Dance III, Hip Hop III)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical & Pointe classes. She is a tenth grader here in Dallas Center-Grimes.

**Merideth Fiori (Wed. PreK II, Lyrical I)** is a member of the Phoenix Competition Dance Team & Dance Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a tenth grader here in Dallas Center-Grimes.

**Makenna Gregurek (Wed. Tumbling 1)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Modern and Pointe. She is a ninth grader in Johnston.

**Allison Kinman (Mon. Dance I)** is a member of Dance Production. She also takes Tap, Jazz and Hip Hop. She is an eighth grader here in Dallas Center-Grimes.

**Madisyn Mann (Wed. Cheer I)** is a member of Dance Production. She also takes Tap, Jazz, Lyrical and Hip Hop. She is a seventh grader in Woodward-Granger.

**Kelsey Mays (Mon. Dance II, Tech.)** is a member of the Phoenix Competition Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a ninth grader in Waukee.

**Teija Mitchell (Thurs. PreK I)** is a member of the Lynx Competition Dance Team. She also takes Tap, Jazz, Lyrical, Modern and Pointe classes. She is a ninth grader in Johnston.

**Alexis Riesberg (Thurs. Dance I, HH I)** is a member of the Phoenix Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical and Pointe classes. She is a tenth grader at Dowling Catholic.

**Sophie Young (Tues. Pre-Comp)** is a member of the Phoenix Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a ninth grader in Johnston.

**Please let us assist you in any way we can!**

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