



DANCE WEAR REQUIRED:

For the safety of your child, we request 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: 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 but tummies must be covered. 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.

Hip Hop: Tan Jazz unless specified by teacher

Lyrical/Modern: Tan Jazz for Lyrical I/II, Foot Undeez for Modern I/II

Cheer: New clean white indoor only tennis shoes; we do not sell or require specific cheer shoes.

Please see our 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 15th*.

Look for more information in upcoming newsletters for show times.



RECITAL 2018:

We have tentative dates of *Friday, May 17th* for dress rehearsals & *Saturday, May 18th* and *Sunday, May 19th* 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.



Meet our fantastic staff. . .



Miss. Lorainna: Competition Dance/Production Miss. Lorainna began dancing and performing since the age of 3. 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 Orchesis I and II dance companies. She is a certified LTD cheerleading judge and does freelance choreography for high school cheer squads, including the 3-time state Champion DC-G Cheer Squad. Miss Lorainna also does choreography for several high school dance teams 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.



Miss. Paige: Baton/Dance Miss. 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 newly married and lives in Beaverdale with her husband, Tyler, and beagle, Jack.



Miss. Anne: Dance/Technique Miss. 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, MO. She moved to DSM in 2012 and currently resides in Beaverdale with her husband, Kramer.



Miss. Hannah: Dance and Production Ms. Hannah has been dancing since the age of 6 years old. She grew up dancing at the Superstars Performing Arts Studio in Norwalk, as well as competing for her high school dance team. After high school she danced for the Scarlets Dance Team at the University of Nebraska-Lincoln for her freshman year of college, and then transferred to Grand View University to continue dancing and to further continue her education. She graduated from Grand View University in April 2015 with her Bachelor's degree in Psychology and her Bachelor's degree in Human Services. She attended Mercy College of Health Sciences from 2015 to 2017, and graduated with her Bachelor's of Science in Nursing. She currently works at Mercy Medical Center as a Registered Nurse, specializing in ENT, Diabetes, and Med-Surg. Miss. Hannah lives in Des Moines and loves spending time with her family and friends.



Miss. Kelsy: Cheer/Dance/Tumbling Miss. 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. Miss. 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.



Miss. Jamie: Dance/Technique/Co-Owner Miss Jamie joined the Superstars at age 3 and has taught at the Superstars for 14 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.



Miss. Aubri: Apprentice Miss Aubri has been dancing since 1st grade. She grew up involved at her hometown studio, studying Tap, Lyrical, Jazz, hip-hop and Pointe and was also a part of their competition team traveling most weekends. Aubri was a four year Varsity Dance team member and captain her senior year. She was also on the Iowa State Dance and Drill Team All Iowa Squad for 2 years. Aubri continued dance clubs and classes at Iowa State and also currently choreographs for several high school dance teams and solo competitors. She now works in West Des Moines as a Recruiter and Customer Relations Associate and when not dancing can be found traveling!



Miss. Jenny: Dance Miss. Jenny earned a B.A. in Business Management with a Minor in Dance from UNI. During her time there, she was a member of the Orchestis 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! Jenny lives in Ankeny with her husband Matt and their three daughters - Ella, Olive, and Isabella.



Miss. Haley: Dance Miss. Haley has been dancing since she was four years old. In high school, she was on the competition team at her studio and was a member of the Ankeny High School Varsity dance team for three years. Her favorite dance style to compete in is jazz and lyrical/contemporary. She is currently a sophomore at Grand View University majoring in Kinesiology and minoring in Psychology and Theology. She is planning to go onto graduate school after graduating from Grand View in order to become an occupational therapist. Haley is a member of the dance team at Grand View as well, and loves being on a college team. In her free time, Haley enjoys going to concerts, spending time with family and friends, and being involved in other clubs at Grand View.



Miss. Lauren: Apprentice Miss. Lauren grew up in the Superstars family. She started out as a competition cheerleader in 3rd grade. She then joined the competition dance team in 6th grade while also participating in tap, jazz, hip hop, musical theatre, lyrical, contemporary, and pointe. Lauren continued to dance for Superstars throughout high school. During her time on the competition dance team, Lauren did many solos, duets, and trios alongside the team routines. Lauren's favorite genres to perform were musical theatre, hip hop, and ESPECIALLY tap. Some of Lauren's favorite solos were musical theatre routines to "Eye of the Tiger" and "C'mon Everybody" and tap routines to "Rhythm Nation" and "Switch". The most unique routine she did was a Star Wars pointe duet. Lauren is currently studying Psychology and Criminal Justice and recently transferred to Iowa State where she plans to participate in dance clubs. Outside of her love for dance she enjoys yoga, makeup, her pets, and baking. Once a Superstar, ALWAYS a Superstar!

OFFICE STAFF:

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

Sandi Ellis is starting her sixth 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 fifth year in the office. Michelle's daughter Kelsey is on the Phoenix Competition Dance Team. Michelle is the receptionist on Monday nights.

Sharon Southwick is starting her third year in the office. Sharon has two daughters involved at the Superstars; Mya is on the Pyxis Competition Dance Team and Norah is on the Lynx Competition Dance Team. Sharon is the receptionist on Tuesday nights.

Kim Young is starting her sixth year in the office. Kim's daughter Sophie is on the Phoenix Competition Dance Team. Kim is the receptionist on Wednesday nights.

STUDENT HELPERS

- * **Allison Kinman (Mon. PreK Dance II)** is a member of the Lynx Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern and Hip Hop classes. She is a tenth grader here in Dallas Center-Grimes.
- * **Kelsey Mays (Mon. Dance I)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is an eleventh grader in Waukee.
- * **Emma Bushnell (Mon. PreK Dance I & II)** is a member of the Lynx Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a seventh grader here in Dallas Center-Grimes.
- * **Merideth Fiori (Tues. Pre-Comp)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a **SENIOR** here in Dallas Center-Grimes.
- * **Holly Ellis (Tues. Dance II)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a **SENIOR** here in Dallas Center-Grimes.
- * **Madisyn Mann (Tues. Hip Hop II)** is a member of Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is a ninth grader in Woodward-Granger.
- * **Makenna Gregurek (Wed. Dance II)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Modern and Pointe classes. She is an eleventh grader in Johnston.
- * **Sophie Steingreaber (Wed. Tumbling K-3)** is a member of the Lynx Competition Dance Team & Hip Hop Production. She also takes Tap, Jazz, Lyrical, Modern, Pointe and Hip Hop classes. She is an eighth grader at St. Pius.
- * **Mia Mattingly (Wed. Cheer I)** is a member of the Lynx Competition Dance Team. She also takes Tap, Jazz, and Modern classes. She is a ninth grader in Johnston.
- * **Lakyn Lamb (Thurs. PreK I)** is a member of Hip Hop Production. She also takes Tap, Jazz, Modern and Hip Hop classes. She is an eighth grader here in Dallas Center-Grimes.
- * **Kylie Dunn (Thurs. Dance I)** is a member of the Lynx Competition Dance Team. She also takes Tap, Jazz, Lyrical and Tumbling classes. She is a ninth grader here in Dallas Center-Grimes.
- * **Jaida Mitchell (Thurs. Dance II)** is a member of Lynx 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.
- * **Teija Mitchell (Thurs. Hip Hop II)** is a member of the Phoenix Competition Dance Team. She also takes Tap, Jazz, Lyrical, Modern and Pointe classes. She is an eleventh grader in Johnston.

Please let us assist you in any way we can!

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