



SPRING NEWSLETTER



With two extra weeks added to make up for the cancelled classes in February, the second semester will end on **April 12th**.

Our third semester will last seven (7) weeks and will commence on **April 19th and will end May 31st**.

The tuition fee will be **\$84.00** for the semester. Please remit the fees before April 19th via e-transfer to vnichols@bell.net or nsohd@bell.net.

Dance Out: Franktown Lilac Festival

NSOHD dancers have been invited to perform as part of the Franktown Lilac Festival, on May 28th. This is an optional “dance out” for our students and we hope everyone will be interested and excited about participating. We will showcase our highland dancing students and the steps they have learned during the 2021-2022 dance year. Details will be forthcoming in April, once the Festival committee confirms their plans.

Our Dancers Have Homework: Practice, Practice, Practice!

Along with the stamina and strength, Highland Dance requires memory work, determination, persistence and dedication.

In order to commit the dance steps to memory, and progress to more complicated dances, at least two nights per week of practice at home is necessary, as follows:

- 15 minutes x 2 per week for primary dancers. Dancers should practice pas de bas (16 of these in a row) and high cuts (4 of these at one time). There are many good YouTube videos that dancers can use at home to follow, as part of their practice: <https://youtu.be/MHqVLBJRts>
- 30 minutes x 2 per week for beginner and novice levels. Practice the Fling and Sword dances. Warm up first and then perform each dance, start to end. Then practice specific steps such as shedding, spring points and high cuts. For additional guidance, please see the videos posted in our Facebook group.

Practicing in front of a mirror, or in front of family and friends, is a great way to encourage mastery of the steps. Remember dancers should point their toes and turn-out their legs! Using a skipping rope to warm up for 5 minutes is also a great way to increase “elevation” when dancers are jumping. Elevation and being “light on our feet” are key to avoiding touching the swords.

Summer Drop-in Classes

Pay-as-you-go drop-in classes may be available to all dancers in June and July. Dates will be posted in advance, in the NSOHD Facebook group.

Have you met our Junior Teachers?

Miss Adie and Miss Mhairi bring a wealth of highland dancing knowledge and experience to our classes. They are accomplished highland dancers from Beckwith, with additional experience and training in multiple genres of dance. They have both enjoyed much success performing and competing in solo highland dances and with choreography teams. We are quite fortunate to have their talents and passion available to share with our students!

Highland Games Are Back for 2022!

Highland Games are magical festivals that bring together Canadians of all backgrounds to celebrate and enjoy Scottish sport, music and culture. Visitors can enjoy exceptional opportunities to discover the history and traditions of Scotland. If you are looking for a wonderful family adventure, close to home, I encourage you to check out these events.

Highland dancing performances and competitions are featured at each, and most include piping and drumming competitions, massed bands, Scottish vendors and foods, Scottish heavy athletic events, Ceilidh and other entertainment and games for children of all ages.

Ticket information and schedules are available through their respective websites:

- Jun 17-18 Cobourg Scottish Festival & Highland Games
<https://www.cobourghighlandgames.ca/>
- July 1 – 3 Kincardine Scottish Festival & Highland Games, Kincardine
<http://kincardinescottishfestival.ca/>
- Jul 29-30 Glengarry Highland Games, Kenyon Agricultural Society Fairgrounds, Maxville
<https://glengarryhighlandgames.com/>
- Jul 31 Montreal Highland Games
<https://www.montrealhighlandgames.com/index.html>
- Aug 12-14 Fergus Highland Games, Fergus
<https://fergusscottishfestival.com/>
- Aug 20 National Capital Highland Games, Rideau Carleton Raceway, Ottawa
- Aug 27 North Lanark Highland Games, Fairgrounds, Almonte
<https://almontehighlandgames.com/>
- Aug 28 Caitlin Stewart Memorial Highland Dance Competition, Nick Smith Centre, Arnprior
<https://www.facebook.com/events/robert-simpson-park/caitlin-stewart-memorial-highland-dance-association/456125101797795/>

Other local events with dates pending/unknown for 2022 are:

- Highland on the Rideau Scottish Festival, Smiths Falls <http://www.gordonpipeband.com/hotr/>
- Kingston Scottish Festival, Rob Roy, Kingston <http://kingstonscotfest.com/>

Mark Your Calendar!

Fall Highland classes for 2022-2023 will begin on September 13th at Centennial Hall. Registration will open at the end of August and relevant information will be posted on our Facebook Group and website.

Feedback and Questions

Thank you for allowing me to share the gift of highland dancing with your child/ren. Your feedback and questions are always welcome. Highland dancing is a personal journey and no two dancers are alike. Please don't hesitate to provide me with your ideas, comments and concerns. My goal is to help your child enjoy the benefits of highland dancing – from physical fitness, to agility, to developing skills that will positively contribute towards their own life story. I am looking forward to travelling this journey with each of them, for many years to come!

*Warmest Regards,
Victoria*