

# IMPORTANT -- END OF YEAR NEWSLETTER



Our third semester will **end May 31<sup>st</sup>**.

## **Dance Out: Franktown Lilac Festival May 28<sup>th</sup>**

- **10:30am SHARP – NSOHD dancers meet at Centennial Hall (fully dressed and ready as per the instructions below)**
- **10:45am – 11:45am Performance at Centennial Hall stage**

NSOHD dancers have been invited to perform as part of the Franktown Lilac Festival, on May 28<sup>th</sup>. 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/dances they have learned during the 2021-2022 year and we will also invite audience members to join us to try some highland steps, with our students and teachers leading.

**If your dancer will NOT be able to attend, please let us know.** This will help us plan the groups and timing of the one-hour that our dancers will have on the stage.

### **INSTRUCTIONS To participate in this dance out. Students must:**

- have their hair pulled back into a bun (use gel and hairspray to tame loose ends);
- remove any jewelry;
- wear a clean black body suit;
- wear clean white knee socks;
- wear highland ghillies (or other black ballet slippers they use for class);
- wear a huge smile and have fun!

NSOHD has plaid red circle skirts for all of the dancers to borrow for this event.

**Please Note: during classes on May 17<sup>th</sup> we will be labelling, pinning and temporarily adjusting skirts to fit each of our dancers.** Skirts must be returned at the end of the dance out – thank you!

If your dancer has a proper **Kilt** or **Aboyne** outfit, please let me know and we can incorporate their proper highland attire into our performance.

### **Ottawa Highland Dancing Association (OHDA)**

Registration for the June 12<sup>th</sup> competition is under way. Dancers must be formally registered with ScotDance Ontario (a certified highland dance teacher must sign the registration form) in order to compete and dancers must be outfitted in proper kilt attire. If you are interested in having your child compete, please discuss this opportunity with Victoria.

### **Our Dancers Have Homework: Practice, Practice, Practice!**

Remember to practice over the summer! In order to commit the dance steps to memory, and progress to more complicated dances, at least one night per week of practice at home is necessary over the summer, as follows:

- 15 minutes 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 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.

### **Thanks to our Junior Teachers**

Miss Adie and Miss Mhairi have brought a wealth of experience and energy to our classes. They are both accomplished highland dancers from Beckwith, with additional experience and training in multiple genres of dance. We are quite fortunate to have their talents and passion available to share with our students! While Ms. Adie will be back with us in September (yay!), we are saying good bye and good luck to Ms. Mhairi, as she leaves us to continue her education at university in Bournemouth, England -- to pursue her career goal of becoming a chiropractor! Thank you for all your help, Mhairi. We are very excited for you and very proud of you!

### **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 normally featured at each event, 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.

Please check out the list of highland games on our website or consult our Spring Newsletter for dates and links.

### **Mark Your Calendar!**

Fall Highland classes for 2022-2023 will begin on **September 13<sup>th</sup> at Centennial Hall**. Registration will open at the end of August and relevant information will be posted in our private Facebook Group and on our website: [nsohd.ca](http://nsohd.ca)

### **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*