



SPRING NEWSLETTER

The second semester will end on **March 7th**.
Our third semester will last ten (10) weeks and will commence on
March 21 will end May 23rd.

Registration is now open at NSOHD.ca

The tuition fee will be **\$130.00** for the semester. Please remit the fees before
March 21st via e-transfer to nsohd@bell.net.

Dance Out: Franktown Lilac Festival

NSOHD dancers have been invited once again to perform as part of the 2023 Franktown Lilac Festival. 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 2022-2023 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. 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.

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). Please refer to the videos of Miss Adie, posted on the studio Facebook Group.
- 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. We can also add other videos upon request to the studio FB Group, if there is something specific that your dancer would like. Remember dancers should point their toes and turn-out their legs!

Additional Lessons and Summer Drop-in Classes

We recently started offering Wednesday evening private and semi-private lessons. If interested, these must be booked in advance. We have also received requests for an additional class each week and therefore I am considering adding a few Saturday morning classes during Semester 3. Some Saturdays would not be available due to teacher attendance at highland dancing competition but those would be known in advance. There would be a non-competitive and a competitive class. If demand warrants, these would be a drop in, pay-as-you-go classes. Would your dancer(s) be interested in attending some additional Saturday morning classes?

Pay-as-you-go Tuesday classes may also be available to dancers in June. Dates will be posted in advance, in the NSOHD Facebook group.

Dancer Jackets and Hoodies

Highland Wordsearch

S C E B D X Y H M Z J F I Z G
A E P L P G C D D A B P E J S
U K I L T Q N F V A K S F H S
S L P L X A H I F P P K C K D
T D N C L E I Q L F Y U B T E
R S R T J I G X O F S R W F V
W H O O F X H C R T I A C P R
U C H Q W V C G A V C R Y W X
S O O Y L S U R V I F X V E G
J O E P D M T S H M K S C B Y
G R F U A A S V A C R T N Z H
A B O Y N E G C F A H R O R K
M C L A C Y L A B C A Y D X V
E U B F E R P Y X V S F S S E
R D O S G Z J M N N Z I D P G

After some challenges with the logo peeling on our hoodies, we have made arrangements with another supplier in Stittsville for embroidering the logo and names for our studio gear. Both sports jackets and hoodies will be available. If you are interested in either of these items, please let us know. An order form available at the beginning of semester 3, for those who are interested. The price of the sports jackets will be approximately \$73 each, plus tax. Dancer's name embroidered on the arm will be \$7.50 plus tax. Hoodies will be approximately \$55 plus tax (exact price to be confirmed shortly).

Mark Your Calendar!

Fall Highland classes for 2023-2024 will begin on September 12th at Centennial Hall. Registration will open at the end of August and relevant information will be posted on our Facebook Group and website.

DANCE	BROOCH	ABOYNE
GHILLIES	FLORA	FLING
JIG	HORNSPIPE	HIGHCUTS
LILT	LEAP	KILT
TARTAN	SWORDS	SCOTLAND



*Warmest Regards,
Miss Victoria & Miss Adie*

