

The Studio & Santa Cruz Ballet Theatre | partners in excellence serving Santa Cruz County for over 30 years  
Diane Cypher, Artistic Director | Pamela Martin, Music Director | Sandy Nelson, Academy Registrar | Wendy Butler, SCBT Administrator

## Welcome to our 2023-2024 Season!

The upcoming year is Santa Cruz Ballet Theatre's 40th season, and the 47th year in business for The Studio, School of Classical Ballet. Our two organizations have worked together to train dancers and present performances for all these years.

**THE STUDIO AND SCBT ~ PARTNERS IN EXCELLENCE and, though intertwined, are two different organizations:** SCBT is a non-profit organization governed by a Board of Directors; The Studio is a business owned and directed by Diane Cypher. The Studio employs faculty and offers classes; SCBT hires choreographers, musicians and stage crew and presents performances.

If you are calling to let us know you will not be in class  
**Please call The Studio phone: (831) 479-1600.**

## Congratulations, Nutcracker dancers!

A beautiful cast has been assembled for this year's holiday production. We welcome dancers from local studios such as Elaine's Dance Studio, Dancenter, and Pacific Arts Complex, who join our own students from The Studio to dance in this year's *Nutcracker* ballet. Having dancers from other schools join us makes for an even more enriching experience for our own dancers, and hopefully for them too.

In the spirit of collaboration, we are excited to announce that dancers from the Tannery World Dance and Cultural Center will join us on stage in our spring In Concert performances. We will feature Debra Pearse Rogo's *Ballet de Suess* on this concert, featuring Petite and Senior Company dancers.

### SCBT 2022-2023

#### Performance and Events Calendar

Season Kick-Off Event ~ Sunday, Nov 12  
"The Nutcracker" with live orchestra ~ Dec 9 and 10  
Santa Cruz Symphony Concerts ~ Feb 23 and 25  
Spring In Concert performances ~ April 20 and 21  
The Ballet Alliance Festival in Spokane ~ May 6-9  
Emerging Choreography Showcase in conjunction with  
The Studio Student Demonstration ~ May 18

*Plus other opportunities as they arise throughout the year, including SPECTRA lecture demonstrations for schoolchildren*

#### 2 Congratulations, 2023-2024 Senior Company dancers

Ruby, Emily, Cracolice, Jada, Lauren, Elise,  
Juliette, Fiona, Maddie, Olivia, Sarah, Mikayla



Our programs foster camaraderie as our students learn and grow together

### Season Kick-Off Event Sunday, November 12



Location: outside on the patio at  
Hope Church in Soquel

This is a fun community-building event with a pot-luck style meal and a performance by our 2023 Petite Company dancers. All families are welcome! More information will be distributed as details are finalized.

*Thank you to guest choreographer Flora Chatwin, who started Nutcracker rehearsals with a bang by creating new choreography for our Garland Dance!*



THE  
BALLET  
ALLIANCE  
*Festival 2024*  
SPOKANE, WA

**Petite Company dancers** who are at least 10 years of age qualify to participate in the annual Ballet Alliance Festival next spring.

Refer to information posted across from the Company bulletin board at The Studio.

We encourage all new parents to read this informative article from a 2021 newsletter with tips on how to help your dancer succeed. Click **HERE** to read.

### **ADDITIONALLY: HOW TO HELP YOUR DANCER SUCCEED**

We are busy, and many of us are running back and forth, from work to home to soccer practice to tutoring, and all of this in the traffic of our county which has gotten worse and worse. We have two income families, which means everyone is busy all the time. We have increased expectations for our offspring, in all avenues: academically and in extra curricular activities. The pressure for them to shine and succeed sometimes causes them anxiety, and living through the Covid pandemic highlighted that suffering from anxiety does not help anyone succeed in anything.

We are happy to say that the professional ballet training you have enlisted in by joining The Studio and SCBT will help your dancer to learn and master many valuable skills, not just ballet technique. They will learn time management and organization. They will learn empathy for their peers, how to work together as a group and how to cooperate with others. They will learn to take instructions and multi-task as they execute the results. They will learn how to focus on large-scale concepts and the most minute details. They will learn how to focus.... period. They will learn respect, of their instructors, of their fellow classmates, of their audience, and — most importantly — of themselves. They will learn the value of striving for long-term goals and will reap the benefits of succeeding in that pursuit. Beauty and grace! They will learn those skills as well as all of the many physical and mental skills which are nurtured in classical ballet training.

Ballet dancers are indeed as physically fit as the top athletes in any field, and they make it look effortless at the same time. This road is not an easy one; there are no shortcuts. But if your dancer sticks with it, the rewards will be mighty. We look forward to helping our students on their way to becoming accomplished dancers!

Additional helpful information in the next column ....



### **Quick Reference Guide for parents: How can I help my dancer today, now?**

**Be as prompt as possible** when picking them up from school and driving them to The Studio for class or rehearsal. *Easier said than done* with schedules and traffic, we know.

If you or the carpool is running late, **stay calm**. We cannot control everything. Staying composed will help your dancer not panic and will help them have an easier entry to class.

If possible, **arriving 10-15 minutes before class starts** will help your dancer adjust and be prepared. Take little ones to the restroom. Put ballet shoes on, change clothes if they are not already dressed. **Taking a few minutes to mentally shift from school to ballet will help your dancer have a better class.** They need time to switch gears. Dancers in Levels I and up will be taught how to physically prepare as well: stretches and exercises that will help them prepare for class, will get both their mind and body ready for what's to come next. Intermediate and Advanced dancers have about 30 minutes of preparation they should do, but less is okay in a pinch.

Remember the **dress code**, which is in place to help the instructors teach the students. **This includes hairdos.** By Primary, we expect hair to be in a bun away from face and neck for girls, and controlled for boys. By the age of 9 or 10, the dancer should be able to learn how to put their hair up themselves. There are several instructional videos on YouTube which are great, this good one is presented by Bloch: [Click HERE for Tutorial](#)

There are also a plethora of videos which cater to special needs: short hair, thin hair, a kid who won't sit still easily!

Worst-case scenario: you are late or don't have the right accessories to make a good bun, **a tight ponytail and a couple of hair clips will do the trick in a pinch.**

Please make sure your dancer has **cover-ups over their dancewear.** Shorts, sweat pants, t-shirt, hoodie, sweater, booties to cover ballet shoes, or sneakers and then change into ballet shoes. Dancers should NOT be out in the parking lot without coverups over their dancewear and should not wear ballet shoes on the pavement.

We are here to help you and your dancer succeed —

**Welcome to our 2023-2024 Season!**



*Photos by Jim Schwartz. Top: Milana Beck in Pre-Ballet; Milana is currently majoring in Dance at UC Santa Barbara. Boys are ready to take on Boys Class (at right is Otto Redlien who enters college this fall, at left is Ryan Gonzalez who is currently studying law). Left: a young student changes shoes before class with quiet concentration. Above: dancers stretching in class; many stretches taught in class can be done on your own time safely and to great effect.*