

FEBRUARY 6, 2011

Competition season is upon us! It must have been really stressful the last few weeks with snow days, canceled schools, etc. But, rest assured, everyone you meet at competitions have had the same obstacles.

The first contest in Pt. Huron, Michigan in late January was a great success, and today our friends at East Central High School are hosting their first contest of the 2011 season.

PICTURES, VIDEOS...

Do you have fun pictures of your team and/or great videos to share with everyone?

Please email them to Paula Reed (our webmaster) at [pcpaula@woh.rr.com](mailto:pcpaula@woh.rr.com) so that your team will be recognized

**Remember, that you can submit pictures or videos of your team to Paula at any time in the following way. Also, if your team has its own website, she can create a link to your website from the SCAU website.**

\*\*Email your photos to [paula@pcpaula.com](mailto:paula@pcpaula.com)

\*\*Email your videos to [paula@pcpaula.com](mailto:paula@pcpaula.com) (or if they are on YouTube, send her an email with how to find it)

\*\*You can "snail mail" them (burned on a CD) also. For the address or to answer any questions about format, please contact Paula Reed ...

Paula Reed

Cell 937.414.7603

Home 937.898.5372

[paula@pcpaula.co](mailto:paula@pcpaula.co)

## Contest News

**February 13:** Ursuline Academy (Cincinnati, Ohio): (Brenda Elmore)

[Brenda.Elmore@alkermes.com](mailto:Brenda.Elmore@alkermes.com) CLOSED

**February 19:** Oak Hills High School (Cincinnati, Ohio): (Donna Holtman)

[donna@hscustomhomes.com](mailto:donna@hscustomhomes.com) 513-641-2459 CLOSED

**February 20:** Groveport High School (Columbus, Ohio): **ALSO THE COLUMBUS**

**REGIONAL CHAMPIONSHIPS** HURRY! schedule in process  
(Julie Elk) [rainbow1997@hotmail.com](mailto:rainbow1997@hotmail.com)

**February 26:** Whitehall High School (Columbus, Ohio): (Staci Fletcher)  
[stacifletcher@gmail.com](mailto:stacifletcher@gmail.com) 614-496-3864

**February 27:** Pt. Huron High School (Pt. Huron, Michigan): (LaNeisha Murphy)  
[lmurphy@phasd.us](mailto:lmurphy@phasd.us)

**March 5:** Centerville High School (Centerville, Ohio): (Carolyn Zangri)  
[caro43@aol.com](mailto:caro43@aol.com) 937-434-6420

**March 6:** East Central High School (Leon, Indiana): ALSO INDIANA STATE  
CHAMPIONSHIPS! (Jeannie Herman) [jherman@sunmandearborn.k12.in.us](mailto:jherman@sunmandearborn.k12.in.us) 812-  
576-1900 ext. 13840

**March 6:** Hazel Park High School (Hazel Park, Michigan): **ALSO MICHIGAN  
STATE CHAMPIONSHIPS**  
(Flo Crachiola) [seemrsc@comcast.net](mailto:seemrsc@comcast.net) 248-547-1468

**March 12:** Tipp City High School (Tipp City, Ohio): (Denise Moore)  
[dmoore@tippcity.k12.oh.us](mailto:dmoore@tippcity.k12.oh.us) 937-238-9587

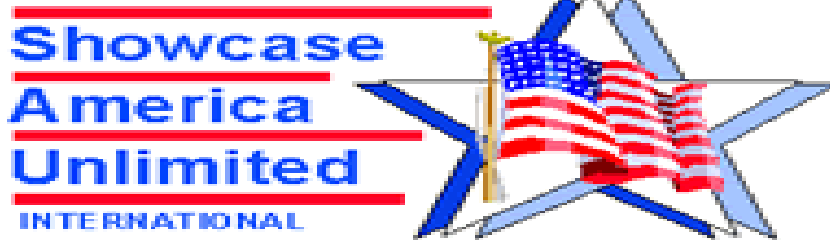
**March 13:** Harrison High School (Cincinnati, Ohio): Cheryl Gorenflo  
[cheryl.gorenflo@southwestschools.org](mailto:cheryl.gorenflo@southwestschools.org)  
513-305-5387

**March 19:** Butler High School (Dayton, Ohio): **ALSO DAYTON REGIONAL  
CHAMPIONSHIPS** (Pam Drewry) [drewrype@aol.com](mailto:drewrype@aol.com) 937-890-8687 CLOSED!

**March 26:** Oak Hills High School (Cincinnati, Ohio): **ALSO CINCINNATI  
REGIONAL CHAMPIONSHIPS**  
(Katie Cook) [kramerck@fuse.net](mailto:kramerck@fuse.net) 513-347-3677

**March 27:** St. Ursula High School (Cincinnati, Ohio): (Molly Brun)  
[brunsm3@xavier.edu](mailto:brunsm3@xavier.edu) 513-600-0555 (GREAT NEW CONTEST - WHY NOT DO A  
DOUBLE WEEKEND IN CINCINNATI?? GREAT LAST WEEKEND BEFORE

**APRIL 8, 9, 10:** OHIO STATE CHAMPIONSHIPS AND NATIONAL CHAMPIONSHIPS



(Northern Kentucky University) (Linda Hall) [linda@scau.org](mailto:linda@scau.org)  
Officer competition on Friday; Juniors and Seniors on Saturday;  
Elementary/Primary and Best of the Best on Sunday.

\*\*\*PLEASE REMEMBER THAT MANY OF THESE CONTESTS FILL UP AND THEN HAVE TO BE CLOSED OUT DUE TO SPACE AND TIME LIMITATIONS. GET YOUR REGISTRATION IN EARLY (A GENERIC FORM IS ATTACHED) AND/OR EMAIL THE CONTEST DIRECTOR AND LET HER KNOW YOU INTEND TO ATTEND.

PLEASE be considerate of your fellow coaches and meet the deadlines so that they can properly prepare and not have to change the schedule time and again for late entries. We all know how busy this time of year is---try to be considerate of those coaches who are sponsoring contests and carrying an even heavier load.

#### **COMPETITION ETIQUETTE**

As we head into competition season, there are a few items of propriety that need to be reinforced as we visit each other's schools. Please remember, that since SCAU is not a profit organization, the profit that is made at each contest actually goes to the host team. So, please keep in mind that every penny counts to that team. Here's how you can help.

1. When the contest director sends out the time schedule, please **do not mass copy the schedule** for your parents and fans. They rely on program sales to make a profit. It's OK to give them your performance times, but let them purchase a program to see the whole schedule.
2. Please do not bring outside food into the competition. Again, concession sales are vital in the profit margin for host contests.
3. Remember, that usually, you are dressing in school classrooms and facilities. Please leave the dressing room looking the same as it did when you arrived, including moving desks, tables, etc. back into their original positions.
4. Get your registration in on time! Sending in late registration and/or payment really holds everyone up. It keeps the schedule from being completed, keeps the finances handcuffed, keeps us from assigning the correct number of judges---you name it! Imagine if everyone failed to meet the deadline! Contests would be canceled!

5. Encourage your dancers to meet dancers from other teams and to be in the performance area to cheer them on. It boosts your own dancers' confidence to be concerned with how other people perform.
6. At awards---Warn your dancers that everyone can see everything they do. The audience knows who is text messaging, who looks disgusted, who looks bored. Judges and parents tell me all the time about the girls who were rolling their eyes at the Star Spangled Banner or looking disgustedly at the announcer. What image do they want the rest of the audience to have about them? Here's a rule I used to have with my team. Before we went to awards, I always said, "No matter what." and made them repeat, "No matter what." back to me. That simply meant----No matter what happens, we will act like it is the greatest award in the world. If we are angry, upset, indignant, confused---those reactions are saved for our dressing room only. When we are in public, we are gracious and happy for our competition.
7. The most successful parent groups I've ever seen are ALWAYS WITHOUT EXCEPTION a reflection of the team's director. How the director reacts to the results is how the team reacts; how the team reacts is how their parents react. Making excuses, blaming other teams, blaming judges, blaming individual team members is NOT what successful coaches do. Imagine your favorite college football coach (Jim Tressel, Urban Meyer, Lou Holtz --for us old people, The Boudins, Pete Carroll, Brian Kelly---if you're not still mad about his leaving) going into the locker room and saying, "Well, if only those officials were more fair and didn't call that holding penalty; if only we didn't have to play at the other team's field; if only their players weren't so big..... They would have no respect of either their players, their fans, or the public.

One very successful coach on our circuit has a meeting with all of the parents (it's required) before their season begins. She reviews the flash photographer/video rules, what she expects of them in the stands, how the day works...everything before the dancers ever get on the floor.

### **FACEBOOK**

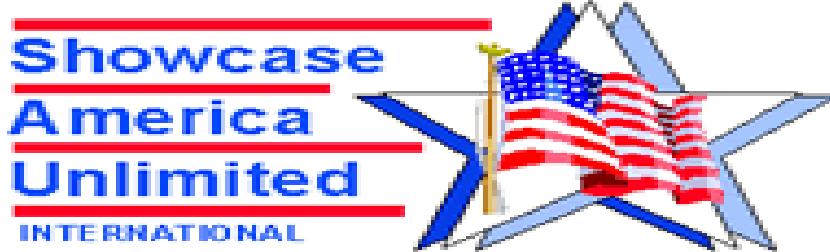
Please make sure your dancers and parents are registered on our Showcase America Unlimited Facebook Fan Page. That way, you will receive the emails from us, but the fans and dancers can stay involved with the happenings. There will be a discussion board every week where dancers can talk to other dancers (and we have complete administrative control, so we can monitor daily what kids are saying). So far, we have over 200 fans on that page. Let's get all of them on there.

### **NATIONALS ROOM RESERVATIONS**

Remember to get your reservations in to the hotel of your choice as soon as possible if you have not done so already.

For rooms 1-4, use the following link:

[https://resweb.passkey.com/Resweb.do?mode=welcome\\_ei\\_new&eventID=2643264](https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=2643264)



For 5 or more rooms, call 1-877-465-9282

### **JUDGING CRITIQUES**

*Following competitions this year, some directors will receive a quick note to help us improve judging on our circuit. You will be asked (anonymously, of course) to rate judges based on their comments and scoring at local contests. Those ratings will be passed along to the judges to help them improve their level of service to you.*

### **BIG SENIOR NEWS**

*For our Class of 2011, we have a special treat. While those dancers are always recognized at Nationals, this year, we are going to try to involve as many of the dancers as would like in a group lyrical dance. This will give our seniors one last time to dance together at State/Nationals.*

*The song is "Brave" by Idina Menzel (you can download it on iTunes if you like, but we will be shortening it significantly). The routine will be videotaped and then emailed to directors by March 1st. The dancers can then learn it on their own and will perform it all together on Saturday night at Nationals. Should be a great moment for our senior dancers.*

### **ARE YOU WORKING ON YOUR SPORTSMANSHIP AWARDS?**

*In last month's newsletter, we introduced the 2 new sportsmanship awards (one for teams and one for individual dancers) who are making a difference in the dance world in the area of sportsmanship. Information was detailed in the January newsletter and is on the website: [www.scau.org](http://www.scau.org)*

### **STATE/NATIONALS SUNDAY FORMATTING:**

*Remember, that at the request of the membership to make Sunday's Best of the Best even more special and selective that some things will have changed for Saturday's and Sunday's competition at Nationals.*

*For Juniors and Seniors, Saturday's awards will look like this:*

*\*Rating Ribbons*

*\*Ohio Championships for Ohio teams*

*\*National Championships for all teams in each category, size and age (example: 2nd place; Junior AA Pom, etc.)*

*\*Grand Championship will be determined by Saturday's scores, but announced on Sunday*

*\*Medals in each age and size (Junior A, AA, AAA; Senior A, AA, AAA)*

*\*High Points in each age (4 junior; 4 senior)*

*On Sunday, the top teams (in score order), will be moved forward for Sunday's Best of the Best. A percentage will be chosen from Saturday's competition which represents the upper echelon of scores. Those teams will re-compete on Sunday. The judges will determine the cut-off score for Sunday's qualifiers. All of those routines will compete on Sunday for overall Sweepstakes awards (only divided by age).*

### **DEADLINES COMING SOON!**

#### **MARCH 15:**

**1. SCHOLARSHIP APPLICATIONS: --details on [www.scau.org](http://www.scau.org)**

**One addition here: Because of John Dowler's tremendous gift to our organization from his estate, we would like one of the scholarships every year to be awarded to a dancer who follows in John's legacy. Please note on your application if you have marching band experience, color guard experience, or field commander/drum major experience. Those dancers will be considered for the John Dowler Scholarship**

**2. NOMINATIONS FOR 5 STAR AWARD--see website**

**3. DIRECTOR OF THE YEAR---see website**

#### **MARCH 30TH:**

**1. SPORTSMANSHIP APPLICATIONS FOR TEAMS--see website**

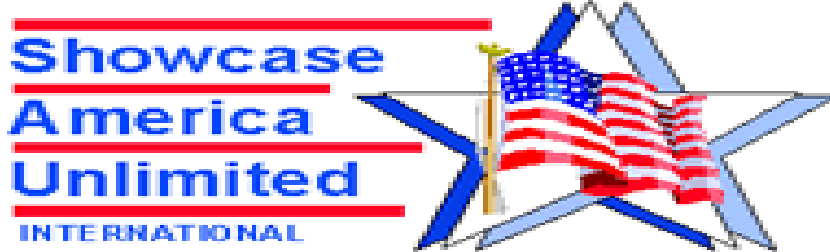
**2. SPORTSMANSHIP APPLICATIONS FOR INDIVIDUAL DANCERS--see website**

### **IMPROVING YOUR DANCERS' TURNOUT!**

*One of our greatest challenges is always improving our dancers' turnout and extensions of their feet. Here are some hints, exercises, and videos that you might be able to use to improve your dancers' technique:*

SOURCE:

<http://nextdance.com/blog/how-to-improve-your-turnout.html>



As a ballet dancer, one of my greatest sources of stress is turnout. I have absolutely no natural turnout (unlike my non-ballet-dancing boyfriend, who has perfect turnout. Don't you hate when that happens?!), so I have always looked for ways to help improve my turnout. For a while I was doing pretty well, but then I had to stop dancing for a couple of years and completely lost all my turnout. So how does one improve their turnout? Here are a few tips:

- 1 Ronde de jambes. Keep your leg turned out as far as you can, keeping the top of the foot facing the ceiling until your leg is at 4 or 5 o'clock (where tendu en avant is 12 o'clock), then only letting your leg turn in until the top of the foot is facing away from the barre. This forces you to be aware of the muscles used to turn out your leg, and work the muscles so you have better control of them.
- 2 The "frog" stretch. This is the popular stretch where you lay on your stomach with your knees bent, legs turned out, and feet pressed together. This stretches your inner thighs, which will help enable better turnout, especially in plié.
- 3 Stretching your hips. There are two ways you can stretch your hips out. The first is by laying on your back with one leg stretched out away from your head, bend the other leg to your stomach and then twist slightly so that leg is going over your body. You should feel a stretch in your hip and butt areas. The other way to stretch your hips is to sit up with your knees bent and your feet on the floor (as if you were about to do sit-ups), and then taking one foot, flexing it, and putting it above your other knee, then pushing the knee of the turned out leg away from you gently. These should be done after exercises that work your hip muscles, so you don't bulk up around your hips and make it harder to achieve the turnout you want.
- 4 Always turn out from your hips!!!! This is extremely important. If you turn out from your knees or your ankles while trying to get a perfect first or fifth position, you risk serious injury and lifelong problems, which can ruin a dance career.

If you follow these tips on a regular basis, you will be on your way to the turnout that you desire!

A couple of YouTube Videos you might be able to use:

<http://www.youtube.com/watch?v=kfJ8znI-UIE>

<http://www.youtube.com/watch?v=nC1O2Da1Qhg>

### **TEEN ATHLETE EATING DISORDERS**

*As coaches and teachers, it our responsibility to become knowledgeable about issues facing our dancers. This month's article is a primer about eating disorders among athletes and dancers:*

- 5 Are you preoccupied with food?
- 6 Do you binge eat?
- 7 Do you restrict your food intake?
- 8 Do you feel that food controls your life?
- 9 Have you ever forced yourself to vomit after a meal?
- 10 Have you ever abused laxatives?
- 11 Are you preoccupied with your body and weight?

**If you answered YES to ANY of these questions, this information is for you...**

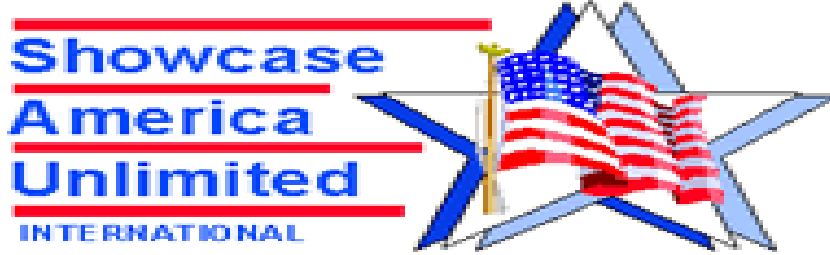
## **What is an Eating Disorder?**

Eating disorders are serious psychological and medical conditions. They usually begin with a preoccupation with weight and dieting that results in severe disturbance in eating habits and other problem behavior.

### **Anorexia Nervosa**

Anorexia Nervosa (AN) involves restriction of food intake. Anorexia Nervosa is characterized by extreme weight loss; intense fear of weight gain; body image disturbance, and in women, the absence of menstruation.

### **Bulimia Nervosa**



Bulimia Nervosa (BN) is characterized by recurrent episodes of binge eating accompanied by purging behavior, such as self-induced vomiting, fasting, misuse of laxatives and/or excessive exercise. Individuals with BN generally have a self-evaluation that is strongly tied to body weight and shape.

## **Binge Eating Disorder**

Binge Eating Disorder (BED) involves the consumption of large portions of food during discrete time periods and a sense of lack of control over food. BED usually includes a preference for eating alone; eating more rapidly than normal; and eating to the point of feeling uncomfortable, even sick.

## **Disordered Eating**

Only a small percentage of the population meet the criteria required to be formally diagnosed with an eating disorder. However, a staggering number of individuals meet some of the criteria for one or more of these conditions; of those who seek treatment, most will fall into this category, sometimes referred to as subclinical or partial syndrome. It has been estimated that as many as 50% of college women have eating disorder symptoms. Even when criteria for a formal diagnosis is not met, an eating problem can be quite debilitating and dangerous, and should be taken seriously.

## **Athletes at Risk**

While the incidence and prevalence of eating disorders in athletes is similar to the general population, one study found that out of 1,445 Division I college athletes, 58% of females and 38% of males were at high risk for developing eating disordered behavior. Eating disorders are complex conditions with no simple explanation for how they develop or who will develop them. Athletes are at risk for many of the same reasons that non-athletes are – intrapsychic, familial, societal and biological factors have all been implicated in the development of eating disorders. However, there are several risk factors in the athletic environment that may make athletes more vulnerable to the development of eating disorders including:

- 1 Perfectionism
- 2 High need for achievement
- 3 Increased awareness of one's body and athletic performance
- 4 Training since childhood
- 5 Pressure from coaches to achieve a body ideal . Certain sports may also put athletes at greater risk:
- 6 Sports that emphasize appearance and weight
- 7 Sports that focus on the individual rather than the team
- 8 Endurance sports

## **Health Risks for Athletes**

Eating disorders are serious medical conditions with risks including:

- 1 Reduced bone density
- 2 Muscle loss and weakness
- 3 Severe dehydration
- 4 Electrolyte imbalance
- 5 Overall fatigue and weakness
- 6 Risk of heart failure
- 7 And in females, the Female Athlete Triad: disordered eating, loss of menstrual periods and osteoporosis

## **Seeking Help**

It's never easy to ask for help. College students in need of assistance often resist seeking help for fear of being perceived as "weak" or even "crazy." Perhaps, as a student athlete, you're concerned about what your teammates or coaches might think. Asking for help is not a sign of weakness; it's a sign of strength. If you have a problem with food, you owe it to yourself to get the help you need. As a student athlete, you study hard for your grades and you train hard for your sport. Why would you neglect your emotional and physical health? There are confidential resources, both on and off campus, that can assist you.

## **Helping a Fellow Athlete**



Perhaps you know someone who is struggling with an eating disorder. Consider the following tips for talking to a friend:

- 1 Set aside a time to talk in private.
- 2 Communicate your concerns in a caring and respectful way. Share specific memories of times when your friend's eating and/or exercise behaviors have concerned you.
- 3 Explain that you think there may be a problem that requires professional attention.
- 4 Avoid a power struggle. If your friend will not acknowledge a problem, restate your concerns but remain open and listen to what she or he has to say.
- 5 Be prepared to offer resources. Remember you cannot force someone to get help.

After talking to your friend, if you are still concerned about his or her health and safety, talk to a trusted adult such as a parent, coach, counselor or physician.

More info at: <http://www.noah-health.org/en/mental/disorders/eating/living/athletes.html>