



# USA Dance Inland Chapter #4012

July - August 2010 Newsletter

[www.usadance-ie.org](http://www.usadance-ie.org)

Issue No.124

## ENTERTAINMENT – AT WHAT PRICE?

By Thelma Korpman, Chapter President

It seems like I was just writing about injuries on "Dancing With the Stars" (DWTS) such as ruptured Achilles tendons, rib and foot injuries, etc. etc. The same problem is now plaguing "So You Think You Can Dance" (SYTYCD). Each week the elimination becomes obvious by seeing who is injured. I had picked Alex, the ballet dancer, to win the entire event and he was the first to go with an Achilles tendon injury which required surgery. That injury has the potential to end his entire career. The next to go was Ashley who considered herself a lyrical dancer. Her injury is scheduled to resolve within 6 weeks so she will be able to tour with SYTYCD. She was eliminated from the competition the week after Alex. The following week comes Billy's knee injury. The doctors "cleared" him but he opted not to dance. The judges voted not to eliminate anyone even though Billy chose not to dance. They will eliminate two dancers the following week. They clearly want to give Billy a chance at making the finals since they do not feel that his knee injury will prohibit him from moving on in the competition. The other two were eliminated according to the rule of putting a competitor that cannot dance into the bottom three and he or she is then required to do a solo and dance for their life (to stay in the competition). Perhaps Billy understood that his entire future was on the line if he danced on an injury and was ready to sacrifice his place in this competition. What must be remembered when comparing DWTS and SYTYCD is that dancers in SYTYCD are highly trained young career athletes in their own genre of dance while the intrigue of DWTS is watching non-dancer "stars" for the most part learn the basics of dancing at many different ages.

This is the first season of SYTYCD that has experienced so many injuries. The executive producer of SYTYCD, Nigel Lythgoe, commented on the number of injuries and that they are looking for a cause. Certainly each contestant is at the top of his or game and is fit. So why the injuries? What has changed in this season is that the dancers so do not dance for the first few weeks with each other. Rather they are dancing with "All Stars" which are seasoned dancers that dance at a higher level. The all-stars were former contestants on SYTYCD that have gone on to dance careers. The choreographers are top in their field and are able to create routines that are excessively demanding because the contestants along with the all-star partners can rise to this new level and beyond. As I see it, the problem comes when dancers cross over into different styles of dance. Alex, a gifted ballet dancer is accustomed to pointing his toes and moving the way only a ballet dancer can move. He danced a hip hop routine with a seasoned all-star which achieved the level of an expert in hip hop. I would not be surprised if the different shoes he danced in & the different way he used his foot strained the Achilles tendon. Then the acute Achilles injury occurred during rehearsal of a "Bollywood" routine. I wouldn't be surprised if the scenario was the same for Misty May Trainer on DWTS when she went from playing volleyball barefoot in the sand to dancing on 2 ½ inch heels. This can lead to different use of the foot straining the Achilles leading to injury.

I don't know what Nigel's investigation into the injuries will show but I will conclude this article with my own thoughts:

1. Dancing is a sport. Sports are strenuous and can lead to injuries. My painful knees remind me of that every day.
2. These contestants are trained usually in one genre of dancing. Using the body differently by dancing in another genre may be the cause of the injuries.
3. These contestants are young and at the top of their game. If they are getting injured then perhaps they are being pushed too hard.
4. These contestants are being paired with seasoned professional dancers and have been able to keep up. The choreographers are creating spectacular routines with unbelievable difficulty. This combination makes for wonderful entertainment --- but at what price?

## RESOLUTION FOR NATIONAL DANCE DAY JULY 31

Congresswoman Eleanor Holmes Norton (D-DC) submitted a resolution to Congress to recognize July 31 as "*National Dance Day*." She is a long time proponent of healthy lifestyles and wishes to promote dance education and physical fitness across the United States. Holding a National Dance Day in the nation's capital sends the right message ---fight obesity and promote fitness. Nigel Lythgoe, executive producer of "So You Think You Can Dance" believes that having a National Dance Day will promote health and self-esteem through the art form of dance. On the show, he is promoting National Dance Day on July 31 and featuring clips across America of how National Dance Day is being celebrated. Don't forget to dance on July 31 and every other day of the year!!!!

# D & D Dance Center Spring Showcase





# Inland Chapter of USA Dance Public Dances and Events

Date	Event	Studio	Time/Admission
October 2 Saturday Afternoon	Public Showcase at the Culver City Veterans' Memorial Auditorium	<b>USADance LA Chapter Fundraiser</b> See <a href="http://www.usadancela.org">www.usadancela.org</a> for details and registration	General admission is \$10. Students (25 and un- der) and Seniors (60 and over) pay \$5  Performers \$50 each (includes admission)
Saturdays	Public Dance (call for schedule)	<b>Shake It Up Dance Studio</b> 14 E State Street , Redlands (909) 335-5959 <a href="http://www.shakeitupdance.com">www.shakeitupdance.com</a>	8-9 pm Lesson 9-12 Dance \$10 (includes lesson)
2nd, 4th Saturday	Public Dance (call to confirm)	<b>Kipp Duran's Dance Studio</b> 10 E. Vine Street, Suite 213 Redlands (951) 283-2035	6:30-7:30 pm Lesson (Included) 7:30-9:30 pm Dance \$8
1st, 3rd, 5th Saturday	Public Dance (call to confirm)	<b>Steppin' Out with Cindy Roberts</b> 9506 Magnolia Ave., #210, Riv. (951) 785-1674 <a href="http://www.steppinoutwithcindy.com">www.steppinoutwithcindy.com</a>	8:00 to 12:00 pm Dance \$10 8:30 to 9:30 pm Lesson (Included)
One Saturday of every month	Public Dances on: 8/7, 9/11, 10/2, 11/6, 12/4	<b>Loma Linda Senior Center</b> 25571 Barton Rd, Loma Linda (909) 799-2820	7-11:00 pm \$5
Select Fridays and Sundays	Public Dance with Live Band	<b>D &amp; D Dance Center</b> 1445 Spruce St, Riverside (951) 248-0599	Contact Studio or visit their website for details: <a href="http://www.dancelesson.com">www.dancelesson.com</a>

**Note:** Prices are set by the studios and subject to change. USA Dance members may receive a discount on dance nights.

## D & D Dance Center Spring Showcase, continued



**USA DANCE MEMBERSHIP APPLICATION FOR INLAND CHAPTER #4012**

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Name: \_\_\_\_\_ Birthday: \_\_\_\_\_ Signature: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:[h] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ [w] (\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Email: \_\_\_\_\_

**Membership Category** (Annual cost per person) Renewal: Y N Member # \_\_\_\_\_

Adult Athlete (19, over) \_\_\_\_\_x\$60=\$\_\_\_\_\_ Are you willing to help USADance? Y N How? \_\_\_\_\_

Student Athlete (College to 34) \_\_\_\_\_x\$20=\$\_\_\_\_\_ Social Dancer? \_\_ Competitor? \_\_ Style: Pro/Am? \_\_ American? \_\_

Minor Athlete (18, under) \_\_\_\_\_x\$15=\$\_\_\_\_\_ Occupation \_\_\_\_\_ International? \_\_

Social Ballroom Dancer \_\_\_\_\_x\$35=\$\_\_\_\_\_ Hobbies: \_\_\_\_\_

Social Adult Dancer (most people) \_\_\_\_\_x\$25=\$\_\_\_\_\_ Return application and check (payable to **USADance**) to:

**Plus Local Chapter Dues** \_\_\_\_\_x\$10=\$\_\_\_\_\_ USADance c/o Martin Smaha Questions? (909) 825-1695

Total Check Enclosed \$\_\_\_\_\_ 823 Elmwood St., Colton CA 92324



**Birthday Wishes**

Marigail Rogers  
Betty Richards  
Jerry Beckley  
Mel Hodell  
Martin Smaha

Michael Chu  
Edward Graff  
Mim Frantz  
Patricia Nihart



**New Members**

Join today!

**USA Dance Inland Chapter #4012**

c/o Martin Smaha  
823 Elmwood St.  
Colton, CA 92324