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 Kerrisdale: 604-264-0009 1-877-270-0018 5635 West Blvd, Vancouver

FinePointes

"FIRST POSITION IN DANCEWEAR SINCE 1987"

"ALWAYS ONE STEP AHEAD"

Dear Dance Enthusiasts:

Welcome to summer! There are many exciting things in store for our customers over the next two Seasons! Over the years, we have seen how important it is to emphasize good health and sensible eating habits – for busy dancers or athletes on a tight schedule. Sometimes this can be difficult to achieve.

With that in mind, we are delighted to introduce a NEW regular feature to our *"Finepointes"* Newsletter highlighting health, fitness & nutrition, written by Nicole Stewart, M. Sc; a certified Life Coach and registered Kinesiologist, and Holistic Nutritionist Trisha Sedgwick. Be sure to check this issue - we look forward to your response.

On this note - we will soon be offering an organic nutritional support system called **Isagenix**. The products are endorsed by *Dr. Jack Canfield* author of *"Chicken Soup for The Soul"* Series, and *Dr. John Grey*, author of *"Mars and Venus Exercise and Diet Solutions"*. The featured products include natural electrolyte energy and mineral drinks and Protein shakes which will be available at both Limbers store locations.

To view further information log on www.limbers.isagenix.com. Or contact Trisha Sedgwick at 604-817-7226

-- Also, talk to us about our new team dance tracksuits, Available in five different colours and styles, from Frontline. **Frontline** is well known for its dance pants, Tee shirts and and their fabulous dance sneakers with interchangeable colour chips.

-- For all you Ballroom dancers – watch for new Spring styles from **Dance Naturals** and **Werner Kern**. Some styles will feature the *lower 2" heel* that you have been asking for.

-- **DON'T MISS OUR --**

"BALLROOM MADNESS SHOE CLEARANCE SALE"
 COME EARLY FOR BEST SELECTION!
JUNE 18-27, 2004

CAROL AND ROBYN



The Nutritional Demands of an Athlete

by, Tricia Sedgwick

An Athlete's nutritional requirements are far more demanding than the average person. The athlete needs to maintain vitality, build and repair tissues that are under stress, and replenish calories and nutrients utilized during performance. While it is important to increase the amount of calories consumed in order to compensate for what is lost during exercise; it is imperative that you make smart food choices. Smart foods are nutrient dense or contain the maximum amount of nutrients per calorie. Foods that are nutrient dense nourish the body and provide increased energy for performance.

Unfortunately, in modern society we are surrounded with nutrient deficient foods that are simultaneously high in calories. Included in this category are refined, processed, or packaged foods that are drastically modified from their natural state and, moreover, are added with toxic preservatives and chemicals. It is becoming an epidemic that we as a society, are becoming overfed yet undernourished with "empty calories". Poor dietary choices often result in a lack of energy, sluggishness and fatigue during and after training.

It is best to overcome this problem by making whole food choices that are close to their natural form. Fresh fruit, vegetables and legumes that are locally grown and organic are excellent choices. *(con't on page 8)*

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Opinions expressed in articles and letters published in Finepointes do not necessarily represent the opinions of Limbers Dancewear, Limbers Dance Discount, or the editor of this publication. We reserve the right to edit articles and submissions Received for length, clarity and content.

WE WANT TO HEAR FROM YOU

If you have a comment, letter or Suggestion you would like to see in our newsletter, please contact the editor at:

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SUBMISSION DEADLINE
AUGUST 1, 2004

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V3M 1W7

STORE HOURS

Weekdays: 10:00 AM – 6:00 PM
Saturday: 10:00 AM – 5:30 PM
Sunday: 12:00 PM – 5:00 PM



From the Editor:

“I’m walking on sunshine oh oh...and don’t it feel good! YEAH” are words to a song that makes me think of summer, beaches and all that goes with it! The dance season winds down a bit over the holiday months but a few productions will pop up from time to time. Keep on the lookout for dance. For many studios, academies and companies, the summer studies begin. Check out the listing of many of the year-end shows and summer studies.

We are please to talk with *Nicole Caron* in this issue of *“A Conversation with...”* who now makes her home with *The Alberta Ballet Company*. Our exciting Nutrition Column with *Trisha* and *Nicole* will be both informative and beneficial for everyone. And as we mentioned in our last issue of *“Finepointes”*, the other half of BC 10 Dance Ballroom Champion, *Nadiya Dyatlov*, in *“Up Close and Personal”*. **And Congratulations!** to our sponsored couple *Joel and Clara*. **They have been crowned 4 time B.C. Closed Champions!**

Boy oh boy- new items are arriving all the time at *Limbers* for fun, dance and leisure. From Ballroom to Jazz, from Swing to Ballet too, new shoes, clothing and interesting accessories, are available at either *Limbers Store Locations*. So come on in and check us out.

Keep your eyes peeled for your *“Back to Dance”* fall issue in September for the new dance season. Wonderful, new and innovative items are arriving to get those creative juices running.

In the meantime, lean back, stay cool and be safe over the summer months!
Keep Dancin’
Cindy Funk

IT'S SHOWTIME

- June 3-4: **Vancouver Academy of Dance**
Richmond Gateway Theatre
- June 4-6: **Deas Island Dance**
“Beauty and The Beast”
- June 5: **Caulfield School of Dance,**
Terry Fox Theatre
- June 5: **Goh Ballet,** Vincent Massey
- June:11-12: **Richmond Academy of Dance**
Gateway Theatre
- June 12: **Onedance Creative Centre**
Capilano College Theatre
- June 15: **Danzmode Productions,**
semi-pro, Michael J. Fox
- June 20: **Pacific Dance Arts,**
Michael J. Fox Theatre
- June 22: **Danzmode Productions**
Shadbolt Theatre
- June 18 –19: **Spotlight Dance Centre**
Massey Theatre



WE'RE GOING MAD AGAIN

W O W!
**ANNUAL BALLROOM
MADNESS SHOE
CLEARANCE SALE!**

JUNE 18 – 27, 2004
(WHILE IN STORE STOCK LAST)

**IN STORE SHOPPING... NO
HOLDS --OR SPECIAL ORDERS
FOR DISCONTINUED SHOES NO
LONGER IN STOCK.**

“When they’re gone...they’re gone!”



Curtain Call

Alpha Ng: Singapore Ballet Theatre
Jenna Savella: apprentice with *National Ballet Company*
Christie Manning: Cruise Line
Stephanie Moseley: now with *Janet Jackson*
Maki Onuki: apprentice with *The Washington Ballet*



“HI Pointes!”

“Thanks for your newsletter. It is a pleasure to receive it and as well, it is informative...”

Jill Reid, Director of Dance Saskatchewan Inc.

“Thanks for the copy of Limbers Newsletter. We didn’t know That Peter was being interviewed. What a neat news- letter. *We enjoyed reading all of it.*”

Nancy Gleeson

“Thank you very much *Finepointes* for the wonderful job you have done with this newsletter. It is great to receive it and see what other dancers of B.C. are doing! Congratulations!

Nicole Caron, Alberta Ballet

“Thank you very much. I enjoy your publication of *Finepointes* very much...” **Natalia**

YOUR CORNER:

Hailey Thomas Jenkins: *Atlanta Ballet Summer Program*
Alex Wong: Studio Company at *ABT*

Arts Around town:

- June 3 – Sept: **Bard on the Beach,** www.bardonthebeach.org
- June 7: K.D. Lang, Orpheum theatre, 280-3311
- June 25 -30: Vancouver International Jazz Festival www.coastaljazz.ca/jazzfest.ca
- June 25: She Stands Still: Firehall Arts Theatre; Tasha Faye Evan
- June 25 – July 4: Jazz Festival International, Victoria www.viczjazz.bc.ca
- June 25 – July 4: Jazz City International Music Festival: www.jazzcity.ca
- June 30: Al Green, Coastal jazz Festival: www.coastaljazz.ca
- June 25 – July 4: Jazz Festival Calgary www.jazzfestivalcalgary.com
- July 2: Aaron Neville, Coastal jazz Festival: www.coastaljazz.ca
- July 8-18: **Dancing on the Edge,** Firehall Dance Theatre
- July 13: Warped Tour: UBC Thunderbird Stadium
- July 14-15: **Dances for a Small Stage,** Crush Champaign Lounge
- July 22: Nelly Furtado, Orpheum theatre 280-4444
- July 23-25: Hope Mountain Blues Festival: 604-869-0574
- July 23-25: Mission Folk Music Festival, 604-826-5937
- July 26: Burnaby Blues Festival: Deer Lake Park
- July 29&31: Symphony of Fire: Fireworks display English Bay
- July 31 – Aug 1: Mt. Baker Blues Festival www.freesprt@televar.com
- Aug 2-15: Festival Vancouver: 45 extraordinary concerts in 14 days 604-888-1152
- Aug 13-15: Abbotsford International Air Show, 604-852-8511
- Sept 3-6: **Vancouver International Tap Dance Festival**
www.vantapdance.bc.ca

***Vancouver is becoming...
 “The Hot Bed of Tap”***

Vancouver Tap Dance Society presents
 The ***Vancouver International Tap Dance Festival 2004*** this Sept 3-6.

From *Beginner Tap to Advanced*, there will be 43 workshops to choose from.

Guest teachers will include: ***Diane Walker, Brenda Bufalino, and Sam Weber***

Van “the man” Porter, Jason Samuels, Lane Alexander, Terry Brock, Tasha Lawson, Brenda Cowie - Teachers Forum
 Don’t be Disappointed, Register Early.
 Space is limited. **604-253-0293**

A MUST SEE PERFORMANCE!

“Expressions of Rhythm”

Sept 6th Vancouver Playhouse Theatre

An amazing showcase featuring the guest artists who are some of the greatest Tappers around! *This is a must see. You will mesmerized, and inspired. Tickets 604-253-0293 or www.vantapdance.bc.ca This show will be sold out!*

“It will knock your taps off!”

***Ballet Victoria
 Announces that World
 Renowned Ballerina; Karen Kain
 Is delighted to become
 Their Honourary Patron!***

Press release: Mr. Anthony Edginton
www.balletvictoria.ca

“A Conversation With...”

Nicole Caron (Alberta Ballet)

FP: Hello Nicole. Why don't you start by giving us a brief history Of your dance training.

NC: I trained at the *Richmond Academy of Dance* from '92-'2002 attended summer schools at the *Royal Winnipeg Ballet & National Ballet of Canada, ABT and Banff*. I was hired b *Alberta Ballet* in August of '02.

FP: AT what age did you start dancing?

NC: Since I was 3 years old. That makes sixteen years now.

FP: Nicole...take us through your audition process.

NC: When I began to look for work, I engaged on a 3-week tour in Germany and Eastern Canada. The auditions process started out exciting, promising and hopeful. But after several rejections - being 17 – and not “*being experienced enough professionally*”, it became very disappointing. Auditions were long tiring, and a humbling experience. It was however, an eye opener to see where I fit in amongst others auditioning from all over the world.

FP: Your first thoughts when you were given a contract.

NC: They were full of joy, excitement and encouragement. I was so happy to be able to justify all my years of training. I had finally made it as a professional ballet dancer!

FP: Tell us about your first day with the company.

NC: First day. Exciting, but I was also very nervous. Being the “new girl” and the youngest in the company, those feelings were soon put to ease when I was introduced to everyone. They were all so nice and helpful.

FP: Who were your inspirations?

NC: Throughout my training and professional career, my family, friends, teachers, coaches and the dancers I now work with.

Perhaps the most inspiring and who convinced me that I could pursue my dream was my dance teacher, *Annette Jakubowski* and her staff at the *Richmond Academy of Dance*.

FP: What do you like to do on your days off?

NC: I usually try to relax, run errands, watch movies, and go shopping.

FP: Do you have a favourite book, movie or TV program?

NC: My favourite book is one I read in Grade six and still think of often. It is called “*Where the Red Fern Grows*”, a sad tale About two dogs. Movie is “*Chicago*” and TV is “*Friends*,” *The Simpson's*” and “*Seinfeld*”.

FP: What have you discovered about yourself, you may not have known before?

NC: That I'm quite capable of living on my own, managing my budget, and keeping my home clean and organized.

FP: Okay Nicole, what mysteries would I find in your dance bag?

NC: A lot of stuff actually. Warm-ups, several pairs of Pointe Shoes, foot-roller, tennis & golf balls to roll the back of my foot or leg on, water bottle, power bars, gum, body spray, sewing kit, Lip chap balm, nail polish & lotion.

FP: Wow! Going on now, how do you keep each performance fresh?

NC: Nutcracker is the most difficult, since we also tour with it to 4 or 5 cities, performing 30-40 shows. The costumes, sets, choreography, remain the same. Learning and performing new roles, seeing the different children in each city (knowing I was one of them a few years ago), and never really knowing what you will perform on what night, depends on other dancers, who may be injured, or a sickness that comes and goes through a long

run of the show.

FP: If I went back stage to see you before show time, what would I see you doing?

NC: Maybe undergoing physiotherapy, chiropractic or massage therapy; so I can perform better. I might be styling my hair, doing make-up, or eating some protein. Other times, I'm listening to music or talking. Sometimes, I 'm allowed to announce the half hour call before show time on the PA backstage.

FP: What is your choice of Pointe Shoes?

NC: Freed Studios and I go through a lot in a season. I use at least 2-3 pairs per show. I easily wear out over 120 pairs of shoes in a season.

FP: What advice would you say to those who have dreams of being a professional dancer?

NC: Believe in your dream and be prepared to work hard for it. Respect your teachers and coaches for the experience and take in as much as you can. Be aware of your reputation because the dance world is actually quite small. Treat others as you would like to be treated. One last thing...no one can teach you *how* to feel. If you love to dance then show it! Never give up! If you want It bad enough, you can do it!

FP: Where would you like to see yourself in five years?

NC: I would like to see myself dancing in Europe. I love to travel to foreign countries, and I am intrigued by the cultural richness of the European community.

FP: One last question Nicole. What is the hardest part of being a professional? What is the most rewarding? Oh, I guess that makes two!

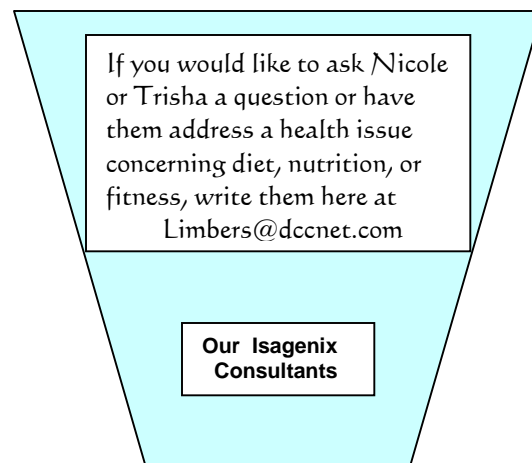
NC: The hardest part is the long days, sore feet, and aching muscles. The most rewarding thing is having a career in a job that I have dreamed of since childhood.

FP: Thank you so much Nicole, for taking time out of your very busy schedule to talk with us.

NC: Thank you very much *Finepointes* for the wonderful job you have done with this newsletter. It is great to receive it and see what other dancers from B.C. are doing! Congratulations!

FP: Little one, it has been a pleasure for sure.

You can see **Nicole** as well as all the other dancers in **Alberta Ballet** on their website at www.albertaballet.com



Across the boards:

New at Limbers and some coming soon*

Capezio PP01 full suede sole jazz oxford jazz shoes

Capezio PP02 Men's suede sole jazz oxford jazz shoe

Capezio PP03 pull one s/s jazz bootie

Capezio Glisse 102ES harder ¾ shank pointe shoe

Capezio ABT empire style chiffon dresses

Sansha: Ovation ¾ shank pointe shoe

Sansha: demi-pointe pointe shoe

Sansha: girls/ladies bodysuits*

Bloch: RAD approved s/s/ ballet slipper

Bloch: RAD approved ballet slipper full sole

Bloch: RAD approved demi-pointe pointe shoe

Bloch: Tap Flex pull on style tap boot

Bloch: Axiom Pointe Shoe*

Mondor: Skating tights #3310 footed #3396 over boot

Mirella: Practice tutu's White/Black

Gilda Marx: Body suits in various styles

Fashions coming from Body Wrappers, Sansha,

So Danca, Danskin and more

OUR SUPPLIERS

| | |
|---------------------|-----------------|
| Angelo Luzio | Big Star |
| Bloch | Bunhead |
| Body Wrappers | Caryn |
| Capezio | Danskin |
| Dasha | Dance Magazine |
| Dance International | en Pointe |
| Dance Naturals | Freed |
| Frontline | Harmony Wear |
| Gilda Marx | Mirella |
| Mondor | Pointe Magazine |
| Sansha | So Dansa |
| Supa Dance | Werner Kern |

New items added to our inventory
are arriving daily!



UP CLOSE...

And Personal Nadiya Dyatlova

FP: Hi *Nadiya*. Please give us a brief history of your dance training.

ND: I started dancing when I was 7 in Ukraine because my Mom always had a dream of my becoming a famous dancer. I got involved very quickly and really started to love practicing. I thought that I found myself in what I was doing. I tried hard, attended a lot of competitions. I had a few different partners earlier, but I met *Vadim* who is very talented and understanding, I started dancing more seriously with him.

FP: What is the most challenging dance that you feel you have accomplished?

ND: All ballroom dances are much harder than they look from audience side. It is always hard to work on technique, which is very important in all 10 dances. I think I do not have any trouble with it because I always practice it and try to improve.

FP: What have you found out about yourself as a competitor dancer?

ND: I love to compete! Not only in dancing. It is like a game where winning or loosing depends on you and the fortune. The competition atmosphere makes you use your skills more and try harder, so you can achieve greater results. As for dancing, for me it is not only competition, it is a presentation, acting and enjoyment.

FP: When you came to *Canada*, what changes did you undergo?

ND: When I first came to *Canada* I felt like I came to another planet! Everything looked so different for me! The life style in general is not like that in Europe, but I enjoy it here, the difference of the lifestyle is really exciting.

FP: Where would you like to see yourself in 5 years time?

ND: I really want to be a top dancer on the World level. And I have a dream of becoming a World Champion as an amateur dancer.

FP: What are your feelings about *Dancesport* becoming an *Olympic Sport*?

ND: I really want dancing to become an *Olympic Sport*. Because it will be better recognized by people. And more people would get involved. Governments will support it; also more companies would sponsor dancing events and couples. And wouldn't it be wonderful to be an Olympic Champion?

FP: How do you balance dance training with your education, with social friends and with family?

(Con't on page 7)

BALLROOM, SALSA & SWING... ON THE HORIZON

- June 10-22: Colorado Star Ball, Denver CO www.coloradostarball.com Ballroom
June 12: **Dance Pacifica, Victoria, B.C.** info@vbds.or 250-598-7818
 June 13 – 15: Carolina Star Ball; Greenville, SC e_mathews@msn.com Ballroom
 June 13- 15: Chicago's Crystal Ball Dance competition, Chicago, IL www.chicagocrystalball.com Ballroom
 June 13 – 15: Oklahoma Dance Fest; Oklahoma City, OK www.oklahomadancefest.com
 June 13- 15: Jack & Jill O'Rama, Anaheim, CA www.jackandjilloramachallenge.com Swing
 June 15 -20: Las Vegas Dance Camp: Las Vegas, NV www.dancevision.com/camp Ballroom/Swing
 June 18 – 20: The American Open
June 13-15: **Vancouver Vibrations, Surrey B.C.** http://www.geocities.com/vibration_2000/ Country, Line Dance
 June 24: Swingin' Under the Stars™ Scandinavian community Centre, 604-294-277
 June 19-22: Sizzlin' Salsa, Laughlin NV www.dancefun.com Salsa
 June 19 – 21: Colorado country Classic: Denver CO theclassic@lindbergcompany.com Country/Swing
 June 26 – 29: Northcoast Ballroom Championships, Independence, OH www.northcoastballroomchampionships.com Ballroom
 July 3 – 6: Desert Classic Festival: Palm Springs CA dancephoenix@cox.net
 July 8-10: Dancesport Montreal, dancesport@total.net
 July 9 – 11: Portland Dance Festival, UCWDC **Canadian Dollar at Par** rshotts@teleport.com
July 10 – 13: Danse Sport Montreal; Montreal QC www.dancesportmontreal.com Ballroom
 July 31 – Aug 3: National Jitterbug Championships, Los Angeles, CA www.camphollywood.net Swing
 Aug 1 – 3: Summit of the Rockies Dancesport championships; Denver CO www.summitoftherockies.com
 Aug 14 – 17: Nevada Star Ball; Las Vegas, NV www.nevadastarball.com Ballroom
 Aug 15 – 17: Cascade Ridge Dance Festival; Kennewick, WA 509-453-0285 Country
 Aug 12 – 15 Salsa Summer Splash; Palm Springs, CA 714-840-8463 Salsa
Aug: TBA Hot Tamales Dance Festival, West Vancouver, B.C. 604-921-9791
 Sept 2-6: U.S. Dancesport Championships, Hollywood, FL www.americanballroom.com Ballroom
Sept 24-27: Canada Dance Sport Championships www.canadadancesport.com



LINKS

- Allegro Dance Studios: www.allegrodancestudios.com
 Ballet British Columbia: www.balletbc.com
 The Country Grapevine www.countrygrapevine.com
 Crystal Ballroom: (no www) <http://crystalballroom1.tripod.com/home>
 Dance Brazil: www.dancebrazil.com
 Dance Realm: www.dancerealm.com
 Dance Sportal: www.dancesportal.com
 Dance Spots: www.dancespots.net
 Dirk Design: www.dirk_design.com
 The Grand Ballroom: www.grandballroom.com
 GrupoAmerica: www.grupoamerica.net
 Harbour Dance Centre: www.harbourdance.com
 The Quick Cobbler: www.quickcobbler.com
 Sweet Swing BC: www.sweetswingbc.com
 Surrey Festival of Dance: www.surreyfestival.com
 Vancouver Dance Academy: www.vancouverdance.ca
 Vernon Soh: www.worldlatindance.com
 Yasel Dancesport: www.geocities.com/yasel_dancesport/
 Our Sponsored Couples: www.dancediscount.com



We ship locally and world wide and with very exciting **prices.** Check out our various lines of dancewear, shoes, tights, accessories and more. On line shopping is easy and convenient. **Limbers@dccnet.com**
www.dancediscount.com
 International orders by **UPS Expedited or Air Mail**

Nadiya Continue:

It is difficult to make a fair balance between dance training and my study. And it is true that I have to spare most of the time for dance training to make myself prepare for competitions, I usually study in the morning so that I have time for dance training either in the afternoon, or in the evening depending upon my daily schedules. Usually, I have at least one day per week that is kept for my friends and family.

FP: Do you have a favorite book, TV Program or movie?

ND: I am very much interested in Psychology. I like Psychological and mystic thrillers. My favorite book is "Chaika" written by **Richard Bah**.

FP: When did you realize that **Vadim** would be your ideal dance partner?

ND: I realized when I first met **Vadim** that he was very passionate about dancing, serious and to my mind he was much more mature and serious in his thoughts than all the other people of our age around us. My realization that **Vadim** is an ideal partner got stronger when we became *Austrian Open Junior Latin Finalists* in November 2002, followed by *Youth Canadian Latin Champion Champions* and *Youth Canadian Champions* in 2003, and being placed 17 out of 57 couples in the *World Youth Latin Championships* in Singapore, August 2003. **Vadim** is not only ideal partner-he is ideal person to deal with. And even if we will decide someday to go in separate directions, I am sure that he will remain as one of my best friends in life for many years ahead.

FP: Do you have any other forms of dance that you do and what one do you like the most outside of ball-room?

ND: I personally think that to be a good dancer you have to appreciate other forms of arts and know more about them. I prefer jazz and ballet. It helps a lot in our dancing.

FP: You just completed in the *Canadian Closed Championship* in Montreal and placed very high. What new challenges await you both in the coming months?

ND: We are planning to go to *Blackpool* (UK) in the end of May this year. This competition is the biggest and the most prestigious in the World. We will practice hard and of course try to raise some funds to go to the *World Championships* in Shanghai (Nov). If you are interested in more details, please visit www.onlinevadim.com

FP: Do you do all your training in Vancouver?

ND: No, we also train in Ukraine when we visit there. Also we took some lessons in Calgary and Toronto prior to competitions.

FP: What have you learned about yourself, that perhaps you didn't know before?

ND: I learned that sometimes I take things much too seriously than they are and forget that life is not that complex when we know what to do.

FP: Who designs your gowns *Nadiya*?

ND: It is me...I love doing this! Sometimes the design comes to me in my dream. My dresses are my style, so they show how I understand dancing and shows my personality.

FP: What advice would you give to other young dancers wanting to engage in competitions?

ND: I suggest all dancers to find their goal and pursue it, no matter what. I suggest young dancers to draw a clear picture of the way in their mind, and just try to follow. Believe in yourself and you'll have enough power to achieve any results.

FP: What does having sponsorships mean to you?

ND: It means a lot for us! **Vadim** and I am very thankful to our sponsors: "*Limbers Dancewear*" for their help and support. Without their help, we would not be able to achieve what we have achieved and to become the Canadian Champions the second time this year! Also to *Natalia* and very grateful to *Naoki*.

FP: How much do you travel in a competition year? What countries will you compete in this year?

ND: We try to travel as much as possible but it is very hard to raise that kind of money that would help us to reach our full potentials. This year we are aiming to go to England, Austria, and China. We hope some company with international marketing needs will consider sponsoring us. More details about that and results of our competitions can be referred to **Vadim's** website.

FP: Do you have a favorite colour?

ND: I like bright colors, especially pink and blue.

FP: Who choreographs your dance numbers for shows?

ND: There is a teacher in Ukraine **Alex Litvinov**, who helps us do this. We also play a big role in preparing things. Sometimes he gives us an idea and the rest is left to us. So we also took part in choreographing and designing costumes. We love to share our love for dance with as many people as possible and we are available for demonstrations and performances. Thank you for interviewing me and hope to see you and all readers online at www.onlinvadim.com or www.danceway.com.

FP: Thank you so very much **Nadiya** for your time and special words. The best to you both at *Blackpool*.



Ballroom Shoe Suppliers
Angelo Luzio, Capezio, Dance Naturals,
Freed, Supa Dance and Werner Kern

Nutritional Demands con't

They have higher vitamin and mineral content and are free of concentrated pesticides and carcinogenic chemicals used to preserve the crop for nutrients. All grains that are white are refined! The outer coating has been stripped of the array of vitamins and minerals it had once contained through this process. Some examples of nutrient deficient simple carbohydrates include: white flour, rice and pasta.

Intake of nutrient rich foods often results in the eating of more quality foods but less *quantity*, as your nutritional demands will be satisfied sooner. A healthy diet allows for cravings to subside because we have fulfilled the demands our body is making in order to perform and function daily. Sugar cravings are only a result of a bodily imbalance or nutrition deficiency.

Honor your body by adopting more mindful and wise eating habits, as it will not only make a difference in your performance but in all aspects of your life.

Tips: for Performance Enhancement and Recovery:

- Make sure you're well hydrated before, during and after exercise
- Eat lighter foods prior to exercise such as fruits, veggies, and legumes. Heavy proteins and fats can leave you feeling heavy and sluggish.
- Up to ½ hr. after performance, replenish the body with a high quality electrolyte and protein drink. A liquid form ensures quick and efficient absorption of nutrients.
- **Note** Many commercial drinks are filled with sugar and fillers that are of less quality. It is important to choose high quality drinks or even make your own. "Isagenix-Want More Energy Drink" is a great alternative as it is loaded with vitamins and minerals from an organic place source.
- **Tricia Sedgwick is a certified Holistic Nutritionist. 604-817-7226 or beyond nutrition@shaw.ca**

Honor and Trust Your Body – Nicole Stewart, M. Sc

"Self-/respect is the Fruit of Discipline"—Abraham Heschel

Nicole received her Masters of Science Degree in Movement Science from Florida State University and a Bachelors of Human Kinetics Degree from the University of British Columbia. She has been a practicing Kinesiologist for the past 7 years and recently became a certified Life Coach training with Dr. Martha Beck who is a monthly columnist for O" The Oprah Magazine and is the best selling author of The Joy Diet, Expecting Adam and Finding Your own North Star, For appointments 604-340-9034 info@nicolestewart.ca

As a former member of the Canadian Women's World Cup Soccer Team, I know all too well about the physical demands required to perform at the highest levels of competition. Not only did my body have to undergo the daily fitness and skill training rigors associated with any high level sport, but it also had to heal from many physical injuries that I sustained through my soccer career. My body had to endure high levels of stress as I continually pushed myself to succeed. I feared making mistakes on the field and when I did falter, I would feel a physical stress-response that jolted through my entire body. This fear response eventually took up so much of my energy that it started to exhaust my body. My body indirectly was trying to communicate to me through the manifestation of breathing and digestive problems, but I never listened to my body, which even then was a struggle.

On my journey to recover from a car accident, I was forced to face the following questions: Over the years had I ever treated my body with respect? Was the very Body that I expected to perform daily at such intense physical and mental capacities, communicating to me? Did I ignore these messages? Did I want to excel and succeed so desperately that I put my own health at risk? When I realized the answer was YES to all of these questions, I knew there was something I had to learn from this experience.

This led me to believe that if I had been more aware of the physical sensations in my body and how they correlated with my fears, then I would have been able to learn from and face the fears that were stopping me from living my dream of playing soccer. In the end, my fear of making a mistake actually became a reality: I was not able to play soccer at the level I had before my car accident. I was so busy focusing on the outcome of succeeding that I forgot about being aware in the present moment. My entire body needed time to heal after the car accident but I never gave it the time. My question to you is "Can one connect with both their mind and body so that we listen to what our heart is saying instead of our forever thinking minds?" Imagine waking up each day and honoring your body and spirit by living a life of joy instead of a life driven by fear; having the freedom to practice your chosen sport, at what ever level it may be, from a place of pure joy. Now isn't that what life is all about? Now as a wiser 30-year old mother, I am able to reflect on my athletic experiences and share with you how many of my physical and mental struggles have ironically become my personal strengths which I have been able to bridge over to professional life. If we were to look at sport as "the game of life" what would we learn about ourselves? Athletic experiences can be one of our greatest teachers about our own strengths and weaknesses.

It is my dream that athletes can be taught at an early age about the power of sport and the life skills and lessons it can provide to everyone involved. Below, I have given you one exercise that will help you move closer towards greater awareness and trust your body. **Exercise: "The body compass, Establishing Basic Direction"**: You will experience your turn self-predominately through your body, not your brain. Our bodies know the low-down on how we are really feeling, and they can't keep a secret, in fact they will give us away every time, no matter how hard our minds try to cover up and play nice. The following exercise allows you to become more aware of how your body reacts to stress. Close your eyes, breathe deeply, relax and vividly recall an exceptionally painful event or very unhappy period in your life. Notice how this memory is making you feel, not emotionally, but physically. What bodily sensations or symptoms are connected to the negative event? Take a moment to really feel your physical body. Now write down the physical sensations of your feeling (crushed feeling), a burning stomach, and nervous palpitations? Now assign a score to this negative feeling, with the worst possible manifestation ranking a -10. Repeat the following exercise, but I want you to focus on one of the greatest experiences in life. This can be a moment, an entire life phase, or anything in between. Now list the physical sensations associated with happiness, give their feelings a name (soaring, grounded, light). Now that you are more aware of how your body reacts to these two parallel situations lets continue into "real life" situations.

List your school, professional or athletic obligations, relationships, or other significant life factors. I want you to picture fulfilling each responsibility; being present in each situation. Begin to notice your physical reactions when you bring them up in your mind's eye. Remember to listen and pay attention to the physical sensations in your body. If your body is giving you an intense version of a negative feeling then you know that you need to pay attention to that event. Why am I feeling this way? What belief is blocking me from moving forward? However, as those events produce more positive responses then we know that we are headed towards a life filled with more joy. One fun test that you can try with a friend that helps prove the power of your thoughts is to have one person hold up their arm and think either a negative or positive thought. The friend will then try to push the arm down for each thought. You will notice that if you think a positive or true thought versus a negative or false thought the body is a lot stronger. This is ultimately how negative thoughts or beliefs can hinder your performance. Happy Navigating!

