

# CENTRAL MIDWEST BALLET *Academy*

# January

## *Important Dates*

January 4 – Classes resume for Pre-Pro & Standard Div.

January 9 – Classes resume for Junior Div.

January 16 – No class for Martin Luther King Day

## *Ballet Term of the Month* Coupé Back



Photo Credit: Kat Steinnon

Dancer: Nana, Pre-Professional Division

In this position one foot is pointed and the ankle is attached to the back of the other leg below the calf.

## *Molly's Memo*

Thanks to Middleton Mayor Sonnentag for his proclamation about The Little Matchstick Girl! We thought it was great too.

-Molly

## *Pre-Professional Division*

Pre-Professional is for serious students, some of whom may want a career in dance. This level provides the most performance opportunities and the widest variety of teachers.

They have class four days a week, but are highly encouraged to take extra classes. You can meet the students of the pre-professional division below!



**Ella** loves CMB because of the focused and supportive environment. Her favorite part of class is grand allegro because it is big and exciting. It allows her to work on her jumps and build strength.

**Katie** likes how the teachers teach us how to behave in a professional environment, not just how to dance. Katie's favorite part of class is the waltz because she loves how you get to move to the music and let go.

**Cindy** loves CMB because she knows that she will get stronger and learn something every class. Her favorite part of class is jumps, especially leaps and beats because they help her build strength and always make her feel like she's flying.

**Nana** really likes how the faculty push you to be the best dancer you can be. Her favorite part of class is grand allegro because it allows her to build stamina at the end of class and gives her a fun, bubbly feeling.

**Lilly** loves CMB because she knows she will have a blast in every class, but also get lots of corrections. Her favorite part of class is adagio because she finds that with the slow, controlled movement she feels very lengthened.

**Grace** likes how CMB is a smaller school and feels like a family. Her favorite part of class is center, because you get to work on what you were working on at the barre, but bring more artistry into it.

**Sophie** I'm so happy that I get to dance with such a great group of pre-pros!



**About the Editor**  
Sophie is a sophomore at West High School and dances in the Pre-Professional division.

Photo credit: Kat Steinnon