

## WORD FROM THE DIRECTORS

For Studio de danse Imperium's team, 2018 rhymes with novelty! New experiences, activities, promotions and new ways to communicate including this newsletter! Through this new media, we wish to share the success of our dancers with the Spotlight section, to inform and sometimes even educate you on different aspects of dance with the help of our precious collaborators in the Welcome to the Stage section and to remind you of upcoming events in the column on the right. On that note, happy 2018 to all our readers!



## UPCOMING EVENTS

### January 13th, 2018

Apprenticeship workshops for inter/advanced dancers at Studio de danse Imperium

### January 20th, 2018

Junior Apprenticeship workshops for beginner dancers at Studio de danse Imperium

### February 4th, 2018

Competitive program's mid-year event at Salle Pauline-Julien

### March 15th, 2018

Competition season begins (Gatineau, Laval, Mont-Tremblant, Brossard and Quebec)- We wish good luck to all our competitive level dancers!

## WELCOME TO THE STAGE



**Jodi Tkatch**  
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Hey everyone at Imperium Dance Studio!! Before we begin let me introduce myself.... My name is Jodi Tkatch and I am a dance mom! YUP I said it...I am a dance mom but I am also a behavior therapist, personal trainer and have a certification in nutrition. I am not a nutritionist but I know A LOT about food. With your competition season coming up, I thought I would share some tips on what to eat for the big day!

First, what to eat BEFORE a competition? This is a loaded question...but primarily .... You are already nervous and excited and surely don't want to have an upset stomach on stage! However, it's important for dancers to stay fit and have lots of energy for performance. Let's first look at the food to AVOID prior to a workout/competition: Beans and cruciferous veggies, Dairy, Fried or fatty foods, Carbonated beverages, 100% fruit juice, Sweets.

Secondly, here's what you SHOULD eat prior to competition.

1-2 hours before	30-60 minutes before	15-30 minutes before
<p>Eat 300-400 calorie meal higher in complex carbs and moderate protein but still low in fat and fiber.</p> <ul style="list-style-type: none"> <li>- Oatmeal with fresh berries</li> <li>- 1/2 bagel with nut butter and 1/2 banana</li> <li>- Turkey sandwich on whole grain</li> <li>- Yogurt with fruit or smoothie bowl (yup ... here you can have the dairy because its 1-2 hrs prior)</li> <li>- Grilled chicken and lentils</li> <li>- Tuna pasta</li> </ul>	<p>Eat a 150 calorie snack with complex carbs and some protein, low in fat and fiber.</p> <ul style="list-style-type: none"> <li>- Small protein shake</li> <li>- 1/4 - 1/2 cup Yogurt + a few almonds</li> <li>- 1/2 Apple or banana and 1 T nut butter</li> <li>- String cheese and crackers</li> <li>- 2-3 Protein balls</li> </ul>	<p>Eat a small serving of simple carbs: avoid eating a big serving of protein and carbs.</p> <ul style="list-style-type: none"> <li>- 1/4 cup raisins, or a couple dates</li> <li>- 1/4 - 1/2 banana</li> <li>- 1 Protein ball</li> </ul>

So there you have it, a few tips on what to avoid and what to eat PRIOR to exercise! Bottom line is that you have to fuel your body with something. Performance on an empty stomach will NOT result in your best performance plus you run the risk of light headedness or even fainting. NOT good. Choose what works best for you. Experiment during the year with eating prior to your dance class and know what works best for you, then you will be ready for optimal nutrition for competition. I haven't mentioned water....that's an entire other subject and very important as well, so please hydrate the day before competition and little sips prior. Water is best, and not those sports drinks as they are loaded with sugar.

Good luck everyone and if you have any questions please do not hesitate to contact me! :)

## SPOTLIGHT

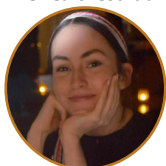


### Rosemarie Duchesne

Congratulations to Rosemarie who's received a scholarship during the "Monsters of Hip Hop" (Mystic, Connecticut) workshop last December for standing out amongst over hundreds of dancers!

### Alessandro Nicolosi

Congratulations to Alessandro who's received a scholarship during the "Art N'Soul" workshops last December (Montreal) for standing out amongst a room filled with talented dancers!



### Katie Adams-Gossage

Katie shined during the Brown Shoes 2018 winter advertising campaign. We are so proud of her and her progress!



## CONTACT US



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