



The Tartan Tribune

February 2021- Special Edition

Volume 2: Issue 2

Welcome to Dance Friends February!

Have you been missing your dance pals near and far? Us too! We are pleased to present our special edition of the Tartan Tribune featuring photos of all our wonderful dance friends!

We have featured various photos sent to us by our dance community throughout this month's newsletter – maybe you'll see some familiar faces!

If you have any questions or suggestions, please email sdnbpresident@gmail.com.



Featured this month:

- SDNB Professional Spotlight – Page 2
- Upcoming Online Events – Pages 2-3
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Meeting Your ScotDance New Brunswick Dance Professionals!

Our next SDNB professional to introduce is Kelsey Flemming, SDNB Competition Organizer.

A few fun facts about Kelsey:

- Number of years dancing: 25 Years
- Number of years teaching: 10 Years
- Number of years volunteering with ScotDance New Brunswick: 8 Years
- Favourite thing about Highland Dance: I love highland dance for so many reasons; I love the athleticism and the rich history but most of all, I'm so happy to be able to pass along my love of the sport to the next generation.



Upcoming Online Events



Virtual Strength and Straths-Barre Workout with Celtic Coaching.

This session is all about elevation, elevation, elevation! The first part of the class will focus on ankle strengthening and preparing dancers for tons of jumping exercises, and the second part of the class will be an elevation focused workout. Join us!

- Wednesday, February 10th
- \$8 for the session
- Wednesday 6 – 6:40PM live session
- Registration gives you access to the session recording so you can participate on your own time!

If interested, please email nicole_odo@hotmail.com to register!



4-Week Core Strengthening for Highland Program with Kristen MacIntosh

One of our dance professionals, Kristen MacIntosh, will be launching another excellent program suited for Highland Dancers. This program's focus will be all about strengthening the core to maintain your best possible form while dancing. Deadline to register is February 14th!

- Starts February 17th
- \$20 total (\$5 per session)
- Wednesdays 6 – 6:30PM live sessions
- Registration gives you access to the session recordings so you can do them on your own time and as many times per week as you want!

If interested in joining us for another one of Kristen's excellent programs, email nicole_odo@hotmail.com to register!

Continued...



February Festival of Dance
Feb. 19-21

NOW ACCEPTING
PRE RECORDED
ENTRIES FOR ALL EVENTS

Open to Dancers EVERYWHERE!

Sign up by:
Feb 3

Event will be LIVE STREAMED from MST Timezone

www.SDABFestival.weebly.com

ScotDance Alberta's February Festival of Dance – Live ZOOM Event

February 19th – 21st, 2021

Solo's, duet's, group choreographies, pre-choreographed challenges and more! All events, with the exception of the Opening Ceremonies will be performed LIVE on Zoom! There are both Premier and Pre-Premier events, and we encourage you to check them out here:

<https://sdabfestival.weebly.com/the-events.html>

Have a choreography you'd like to submit and perform at the festival? The registration deadline is February 3rd. Register here:

<https://www.eventry.net/scotdance-alberta/2021-february-choreography-showcase>



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SDNB Scholarship

ScotDance NB is pleased to be sponsoring an annual Scholarship Program, the aim of which is to encourage and financially assist N.B. dancers in their goals of improving their dancing abilities & striving for excellence in Highland Dancing.



The fund will provide two Scholarships:

- 1) A \$250.00 Scholarship for a Pre-Premier Dancer
- 2) A \$250.00 scholarship for a Premier Dancer

Who is Eligible:

Any registered dancer who has been dancing in N.B. for at least 2 years. If a dancer is successful in being chosen for the Scholarship, they can only reapply in 3 years.

Head to our website: scotdancenb.com/nb-scholarship to find the 2021 Application and more information!

Practice Challenge of the Month

This month's challenge theme is Flexibility!

No matter your age or skill level, highland dancers can always benefit from working on their flexibility to improve their dancing!

Want to work on getting your splits? Having straighter knees on your extensions, or even more turn out?

Stay tuned-in to the SDNB Facebook page for weekly flexibility videos this month!

We challenge dancers to pick some aspect of their flexibility they would like to work on, take a photo at the beginning of the month and then a photo at the end of the month to show their progress!! Good luck dancers 😊

FLEXIBILITY
FEBRUARY!

Dance Friends February



There's something about Highland Dance that brings us all together....



We dance together....

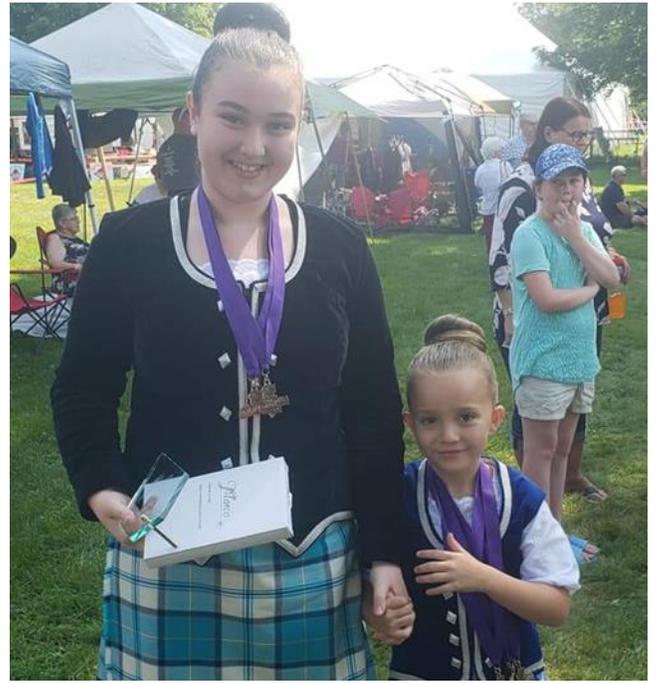


We jump together....



We eat popcorn together?





Building friendships and making memories to last a lifetime!





Here's to our dance friends near and far!



Useful Resources

- ScotDance New Brunswick website - <https://www.scotdancenb.com/>
- ScotDance New Brunswick on Facebook - <https://www.facebook.com/ScotDanceNB>
- ScotDance Canada website - <http://scotdance.ca/>
- ScotDance Canada on Facebook - <https://www.facebook.com/scotdancecanada>
- Heart of the Highlands Too Dance Supplies - <https://www.facebook.com/hearttohtoo>
- Scotia Sole Dance Supplies - <https://www.facebook.com/ScotiaSole>
- Tartantown Dance Supplies - <https://www.tartantown.com/>