Dear Super Novas Families,

I will be out of the country from October 21-November 6. I am going to China to perform. While I am away, please contact Jeremy (Head Coach) with any questions regarding training. For other questions, please contact Maia. If Maia can’t help you, she will direct your question to someone who can. Their emails are:

Jeremy – [jeremy@circuscenter.org](mailto:jeremy@circuscenter.org)

Maia – [maia@circuscenter.org](mailto:maia@circuscenter.org)

We have a lot going on in the next few weeks! Please read the information below carefully to make sure you are up to speed.

Best,

Felicity

**PARENT OBSERVATION on OCTOBER 18**

Please remember we have Parent Observation Day on October 18. I hope you can come and see the amazing work your children are doing! Parents are welcome to observe in the training rooms from 5:00-6:20.

**FAMILY PICNIC**

The annual Youth Pre-Pro Family Picnic will be at **Lindley Meadow** on **Sunday, October 21** from **1-4 pm**. Lindley Meadow is in Golden Gate Park on JFK near 30th Ave. Please bring a dish to share, lawn games and your wonderful families! It’s a lot of fun! Sadly, I will not be there because I am leaving for China that day. Zev’s parents, Kim and Gabe, will be hosting.

**PERFORMANCE NUTRITION WORKSHOP**

We are very excited to be offering a workshop on Performance Nutrition by Shannon Morse, a circus artist and nutritionist. The Workshop will be on **Monday, October 22 from 4:30-6:00 pm** (during training). Parents are invited and encouraged to attend. You are very much in control of your child’s eating habits; plus, you can learn for yourself too!

Shannon is offering students the option to do an Inbody scan before the workshop. This scan provides information about what your body is really made of and allows you to target your nutrition towards your performance goals. Attached is a letter with more information and the option to sign up for this service. I recommend this for students who are pursuing circus seriously. Please sign up for this as soon as possible if you’d like to do it.

**CIRCUS SMIRKUS**

We encourage students who are serious about circus to apply for Circus Smirkus. Circus Smirkus has a touring tent show, summer camps, and workshops throughout the summer. I encourage you to look at their offerings and consider applying. Applications and audition videos are due on **November 1**. For more information**:** <https://www.smirkus.org/smirkus-camp/camp-sessions/>

**WINTER SHOWCASE**

The Winter Showcase will be here before we know it! Super Novas will present a group ground act for the show. This is always one of the highlights of this show! Hopefully you have already put all of the important dates in your calendar, but here is a reminder.

These are the Mandatory Training and Rehearsal days for Winter Showcase. Students will continue to have regular training on class days not listed here. These are just the *mandatory* ones.

* Monday, November 12 from 4-6:20
* Monday, November 19 from 4-6:20
* ***No Class – Thanksgiving Break****:* Wednesday, November 21 – Sunday, November 25
* Monday, November 26 from 4-6:20
* Tuesday, November 27 from 4-6:20
* Thursday, November 29 from 4-6:20
* *SN Rehearsal or Gig TBA:* December 1-2
* Monday, December 3 from 4-6:20
* Tuesday, December 4 from 4-6:20
* Thursday, December 6 from 4-6:20
* *SN Rehearsals for Winter Showcase*:
  + Friday, December 7, 4-8 pm
* *Winter Showcase Performances:* 
  + Saturday, December 8 – Call at 3:00, Show at 7:30
  + Sunday, December 9 – Call at 12:00, Show at 2:00

**RECAP of UPCOMING DATES – October and November**

* *Parent Observation Day:* Thursday, October 18 from 4-6:20 pm
* *Youth Program Family Potluck Picnic at Lindley Meadow:* Sunday, October 21, 1:00-4:00 pm
* *Performance Nutrition Workshop:* Monday, October 22, 4:30-6:00 pm
* *Circus Smirkus Applications Due:* Thursday, November 1
* *Thanksgiving – No Class:* Thursday, November 22