Dear Youth Circus 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 Veronica (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:

Veronica – veronica@circuscenter.org

Maia – maia@circuscenter.org

For anyone who did not hear, we are not doing *NUTZ.* We didn’t have enough consistent student participation and it would have been too complicated. Aw, nuts!

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

**CLASS CANCELED on OCTOBER 17**

I sincerely apologize for the last minute cancellation. We have a client renting the entire building that day. We will NOT have class this Wednesday, October 17. Enjoy the day off!

**YOUTH CIRCUS AUDITIONS and PARENT OBSERVATION DAY on OCTOBER 19**

Colin Johnson will be directing the Winter Showcase again. We will be holding act auditions for him and other faculty on Friday, October 19. These auditions count as your audition for the Winter Showcase. Parents are welcome to come and watch as this is also Parent Observation Day. Auditions will begin at 5:00 pm in the Gym.

**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. Kim and Gabe, parents to Zev in Super Novas, 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.

**HALLOWEEN**

Halloween falls on a Wednesday this year. While we would still like to have Youth Circus training that day, we will respect your choice if you want to take that as one of your days off. We would appreciate knowing either way so that we don’t have more coaches than we need. Please fill out this [survey](https://docs.google.com/forms/d/e/1FAIpQLSf_sEnarUZ93ozJxK9PjMw3fB6r36vouiQph6vIq5wfN3sTsA/viewform?usp=sf_link) to let us know if you will be attending class on Halloween.

**CIRCUS SMIRKUS**

We encourage students who are serious about circus to apply for Circus Smirkus. Circus Smirkus is a youth circus show that tours the East Coast each summer under a big top. This is a great opportunity to learn about touring and to grow as a performer. It is quite competitive, but absolutely worth a try. Applications and audition videos are due on **November 1**. For more information**:** <https://www.smirkus.org/auditions/>. They also have summer camps and workshops.

**WINTER SHOWCASE**

The Winter Showcase will be here before we know it! Youth Circus 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.

* Saturday, November 3 from 4-8 pm
* Monday. November 5 from 4-6:25
* Saturday, November 10 from 4-8 pm
* Monday, November 12 from 4-6:25
* Saturday, November 17 from 4-8 pm
* Monday, November 19 from 4-6:25
* ***No Class for Thanksgiving Break****:* Tuesday, November 20 – Sunday, November 25
* Monday. November 26 from 4-6:25
* Wednesday, November 28 from 4-6:25 pm
* Friday, November 30 from 4-6:25
* *YC Rehearsal or Gig TBA:* December 1-2
* Monday, December 3 from 4-6:25
* Wednesday, December 5 from 4-6:25
* *YC Rehearsals for Winter Showcase*:
	+ Friday, December 7, 4-9 pm
* *Winter Showcase Performances:*
	+ Saturday, December 8 – Call at 1:00, Show at 7:30
	+ Sunday, December 9 – Call at 12:00, Show at 2:00

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

* *No Class – Building Closed:* Wednesday, October 17
* *Youth Circus Act Auditions and Parent Observation Day:* Friday, October 19 from 5:00-6:25 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
* *Winter Showcase Saturday Rehearsals:*
	+ Saturday, November 3 from 4-8 pm
	+ Saturday, November 10 from 4-8 pm
	+ Saturday, November 17 from 4-8 pm
* *Thanksgiving Break – No Class:* Tuesday, November 20 – Sunday, November 25