

CANADIAN DANCE TEACHERS' ASSOCIATION



Newsletter



Dear Canadian Dance Teachers' Association Members,

I hope everyone enjoyed a wonderful Thanksgiving with family and friends.

What an exciting start to the season it has been! We're thrilled to see the energy and enthusiasm around our new Hip Hop Studies Crew and the launch of our Dance Teacher Assistant Program.

This fall, we've already hosted two free webinars for our members, and we're looking forward to our upcoming Musical Theater 101 session on Sunday, November 9. Don't miss out!

To all our dedicated teachers: best of luck with costume ordering and tackling all the exam and competition paperwork. Your hard work and passion make our dance community shine.

Wishing everyone a fantastic fall season!

Warm regards,

Julie Dionne

Honourary Member

CDTA Website/Media Director

Public Relations



HELLO

*from our CDTA
Ambassador,*



Being voted as the CDTA ambassador 2025 was an amazing experience. I was so honoured to be able to show off this incredible association in the best way. It meant so much to me and it made me grow so much as a dancer and person. I am so grateful for CDTA for giving me the opportunity of a lifetime.❤️

**HAVE ONE
OF YOUR
STUDENTS
BECOME A
CDTA
AMBASSADOR**



Katie Tofinetti CDTA Ambassador 2025

**Share the attached PDF
with your dancers
15 and up.**

**Deadline extended until
October 30th**

Maria Lewis Bursary



2025-2026

Winner



Congratulations



Chloe Waite

from
Elements Dance Academy





CDTA **Annual** **Regional** **Meetings**

Ontario - Oct. 19 - 12:30PM

**THANK
YOU!**

to all our members who
attended their Annual
Regional Meeting.
Congratulations for
those who are were
voted in to fill positions





CDTA announces... an Inclusive Approach to our Examination System

Dance is a universal form of expression, and every student, regardless of ability, deserves access to a safe, inclusive, and equitable dance education. We are committed to meeting individual needs, fostering a supportive environment where all students can thrive, and ensuring that movement serves as a source of empowerment, connection, and joy.

By embracing inclusivity, we affirm that ability is not a limitation but a unique voice in the language of dance.

For this reason, the Canadian Dance Teachers' Association is thrilled to introduce the opportunity for students with exceptionalities to be included in our 2025/26 exam process through a specific assessment and feedback process. This assessment will take place at the same time as students in the same studio are participating in exams. More detailed information on the particulars of this process will be included in the updated student examination information.

HEART FIRST: BUILDING AN EMOTIONALLY INTELLIGENT STUDIO FROM THE INSIDE OUT

WITH LINA LEWIS OF ELEVATE DANCE CENTRE & ELLE SQUARED CONSULTING

 1 HOUR WEBINAR

WEDNESDAY, AUGUST 20

10:00 am British Columbia
11:00 am Alberta & Saskatchewan
12:00 pm Manitoba
1:00 pm Ontario & Quebec
2:00 pm Maritimes
3:30 pm Newfoundland

COMPLIMENTARY FOR CDTA MEMBERS
ON BEHALF OF THE HEALTH & WELLNESS COMMITTEE



Webinars available on CDTA's Education Centre

Webinar for Dance Studio Owners

You love your studio. The students. The teaching. The art.
But the business side?

If you've ever thought:

- "I love teaching, but the business side drains me."
- "Am I the only one figuring this out as I go?"
- "Why does the money never seem to stretch far enough?"

You are not alone.



Debra Cadrain, B.Comm., B.A., CIM
Business Consultant
Certified in Management (CIM),
Canadian Institute of Management

The Business Side of Dance:
Clarity, Stability & Support for Studio Owners

Thursday, Sept. 18 @

9 AM (BC) • 10 AM (SK & AB) • 11 AM (MB)
12 PM (ON & QC) • 1 PM (NB, NS, PEI) • 2:30 PM (NFL)
Real talk. Real questions. Real support.



 **Standing Ovation**
Professional Consulting

PREVENTING TEACHER FATIGUE

4TH
OCT
2025

SEMINAR



Keeping the spark ALIVE!
Prevent fatigue and
foster longevity in your
teaching practices.



Great OPPORTUNITY

**FOR OUR MEMBERS AND
THEIR DANCERS**

DANCER MINDSET **TOOLS TO SUPPORT** **DANCERS WHO EXPERIENCE** **PERFORMANCE ANXIETY**

WITH ALEX HERZOG,
CERTIFIED PERFORMER
MINDSET COACH



1 HOUR WEBINAR

SUNDAY, OCTOBER 26

10:00 am British Columbia

11:00 am Alberta & Saskatchewan

12:00 pm Manitoba

1:00 pm Ontario & Quebec

2:00 pm Maritimes

3:30 pm Newfoundland



\$40 CDTA MEMBERS, \$50 NON-MEMBERS

FREE!

SAVE THE DATE



**Join Our
Musical Theatre 101
Webinar!**





THANK YOU!

for attending

DANCE JAM 2025



CDTA Event Coordinator

Summer & Fall 2025 Recap



🌈 Our 2025 “Year of Learning” Continues!

From coast to coast, CDTA has been proud to deliver a rich mix of webinars, conventions, and in-person gatherings—supporting teachers and dancers through education, inspiration, and community connection.

📅 CDTA Events Recap (July–October 2025)

Event	Date	# of Participants
<i>Heart First: Building an Emotionally Intelligent Studio</i> with Lina Lewis	August 20	26
<i>What it takes to Build a Successful Studio</i> with Debra Cadrain	September 18	25
<i>All Things Pointe</i> with Dr. Stephen Gray & Julia Walton (Made to Move)	September 25	43
<i>Advanced Ballet Syllabus Refresher</i> with Lorie-Gay Drewitz-Gallaway & Melissa Wallace	October 4	24
<i>Preventing Teacher Fatigue</i> with Dr. Olivia Grayce	October 4 (evening)	24
<i>Dance Jam 2025 (in-person)</i> with Dr. Olivia Grayce, Brett Taylor, Lindsay Harpham, Mackenzie Green, Kylan Wagner, Mike Spicer	October 5	560 dancers & teachers from 36+ studios across SK
<i>Dancer Mindset - Tools to Support Performance Anxiety</i> with Alex Herzog	October 26	Registration still open

🌟 Upcoming FREE Webinar for CDTA Members!

🧠 *Dancer Mindset - Tools to Support Dancers Who Experience Performance Anxiety*

Presenter: Alex Herzog, Certified Performer Mindset Coach

📅 **Sunday, October 26**

🕒 10 am BC • 11 am AB/SK • 12 pm MB • 1 pm ON/QC • 2 pm Maritimes • 3:30 pm NFLD

💻 **1-Hour Zoom Webinar**

💰 \$40.00 to members and \$50.00 for non members

This session will equip educators with simple, actionable strategies to support dancers navigating nerves, pressure, and performance anxiety—both in the studio and on stage.

🔗 **Registration is open now!**

💬 Thank You & Stay Connected

We are so pleased with the engagement and feedback from members across Canada. Your continued participation makes our programming possible and purposeful. We are currently building our **Winter/Spring 2026 offerings**, and we welcome your input.

✉️ Suggestions or presenter ideas? Email: events@cdtanational.ca

📱 Follow and like us on **Facebook & Instagram**

📧 Watch your inbox for registration links, reminders, and professional development updates

Yours in dance,

Melissa Wallace, CDTA-L, ARAD, RAD RTS

CDTA Event Coordinator



From the Desk of our Exam Registrar...

Welcome again to Oct 2025 "Exam News"!!

I hope you had a wonderful Thanksgiving and are back into the swing of things!

Note that we will continue to use the same procedures to enter for exams.

We will notify you when our new system is up and running!

Please make sure you are using the most updated Part B forms on the website.

At the bottom, they should say in RED:

April 2025 (for Ballroom Medal Tests)

Aug. 1, 2025 (for Acro and Modern)

Aug 1 or Sept 1, 2025 (for Ballet)

and September 23, 2025 (for Tap and Jazz)

Today - October 15 - is the deadline for all exams to be held before Christmas - from November 15 to December 20 - our last exam session for 2025.

Exam entries for student and professional exams have started to come in. As before, sessions can be held in-person, by video submission, or over zoom.

(Please read the "Notes for Videoed/Zoom/ Teacher-Led" exams in the Handbook).

We are excited to be able to meet the needs of all teachers by continuing to offer these three options!

Just a few reminders...

* Teachers, please send in your exam entries (both Parts A and B forms), with e-transfer payment, by end of today if you want to hold exams before Christmas.

- The next exam deadline is Monday, December 1 - for exams Jan. 15 - Mar. 14, 2026.
- For exams, please download the Handbook you need: CDTA Student Examination Handbook (Aug 2024) - for student exam info
CDTA Professional Examination Handbook and Manual - for professional exams
- Make sure you are using the most recent syllabus, or have downloaded any syllabus revisions from the website. If you aren't sure, please send me an email.

**** IMPORTANT ****

Updates/clarifications to the Handbook were emailed from CDTA on September 17.

Additional updates to the Tap and Jazz exams were sent earlier today, October 15.

Please make sure you print these emails off and refer to them as needed.

Wishing all of you a fabulous year ahead!

Until next time..."Keep on Dancing!"

Melody-Lynn Drewitz-Van Veen, CDTA-HM, B.ED, RAD RTS

CDTA National Past President and Exam Registrar

exams@cdtanational.ca

CDTA Exam Entry

DEADLINE



**Wednesday October 15th
(FOR ALL EXAMS TO BE HELD
Nov. 15 - Dec. 20, 2025)**

**If you have any questions
contact Melody-Lynn
Drewitz-Van Veen
exams@cdtanational.ca**

September 1 (for exams October 15- November 14)
October 15 (for exams November 15 - December 20)
December 1 (for exams January 15 - March 14)
February 1 (for exams March 15 - May 14)
April 1 (for exams May 15 - June 30)

Support our CDTA Business Affiliates

If you wish to have your business join the association, [click here](mailto:cdta@cdtanational.ca) or forward us an email cdta@cdtanational.ca \$115.00 yearly

4 ads per year that reach dance teachers and dancers from coast to coast.



CDTA BUSINESS AFFILIATES

Promote Your Business Coast to Coast





*Thank
you*

to our 2025-2026
Business Affiliates



Sun Life



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BUSINESS CONSULTING



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**dance
champions**

KICK IT UP



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DANCE COSTUMES BY DESIGN

JAZZAMATAZZ

DANCE COSTUMES BY DESIGN

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for over 30 years*



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to view our COLLECTIONS



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Stardom CLASS WEAR

Welcome back
Studio Owners
& Directors!

Let us help you kick off your new season with
our in-stock class wear, tights and shoes!



Fully lined leotards made
from high quality supplex



Matching chiffon skirts,
shorts and leggings! All
sold at wholesale prices!



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Ships from Calgary,
Alberta, Canada



Stardom Dance Costumes
2026
COSTUME COLLECTION



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Social media strategy, creative marketing, and engagement expertise.

With over 30 years of experience in the industry of dance studios, competitions, and professional live performance, creative director, Tyrell Witherspoon, delivers social media strategies that speak to your audience and clientele.

Book your FREE Meet & Greet consultation today and learn how The Social Approach can be your perfect duet partner this dance season.



tyrell@thesocialapproach.net

[@_thesocialapproach | thesocialapproach.net](https://www.thesocialapproach.net)



PILATES FOR DANCERS™

Elevate your dance training and self-care with our specialized **Pilates for Dancers™** program! Our curriculum incorporates the principles of the Joseph Pilates and STOTT Pilates method along with functional training to create classes designed to strengthen your dancer head to toe.

By focusing on joint stability, we provide comprehensive support and injury prevention and increase range of motion. Our certified instructors have designed a program that will stretch, strengthen, and bring a better understanding of the muscles needed to support the correct execution of dance technique.

Our program will build and improve technique, strength, execution of jumps, balance for turns, extension & flexibility, mobility, core muscles, body awareness, and more!



BRING OUR PROGRAM TO YOUR STUDIO!
Visit **pilatesfordancers.ca** for more!

dance champions

Dance Champions is a
new solo, duo, and trio
competition in Toronto.

February 16 - March 13 & May 4 - 29 2026
Toronto Don Valley Hotel (DVP & Eglinton).

COMPETITION DETAILS

UNLIMITED ENTRIES

Enter as many routines as
you'd like, and perform each up
to five times every month.

DIVISIONS

Mini (≤8), Junior (9-11), Teen (12-14),
Senior (15-18), University/Adult (19+).

DISCIPLINES

Jazz, Contemporary/Lyrical, Hip Hop,
Ballet, Tap, Open. Full Time, Part Time
and Novice categories.



**REGISTER FOR THE
PARTNER PROGRAM**
Before December 1st

The Dance Champions Partner
Program **compensates dance
teachers, choreographers
and studio owners**, creating
a new and meaningful source
of studio ROI.

Dancer registration
begins December 17th.

DANCECHAMPIONS.COM

Support For Studio Owners Who Do It All

Running a studio takes heart, hustle – and a whole lot of behind-the-scenes work. You're teaching, managing, planning, answering parent emails, keeping up with payments... and trying to stay inspired through it all.

I'm Debra Cadrain – studio advisor and business consultant. I help studio owners simplify their operations, improve financial clarity, and build a business that supports them.

Whether you are in year one or year thirty, you don't have to do it all alone.



Debra Cadrain, B.Comm., B.A., CIM
Business Consultant
Certified in Management (CIM),
Canadian Institute of Management

Ways We Can Work Together:

- ✓ *Bookkeeping & financial reviews*
- ✓ *1:1 consulting & coaching*
- ✓ *Studio operations support*
- ✓ *Customized sessions - what you would like to achieve*

Book a 1:1 Check-In or reach out for a complimentary discovery call.

 **EdgeBusinessConsulting.ca**

 **debra@edgebusinessconsulting.ca**

"Debra's insight and support have helped me grow my business beyond expectations and regain balance in my life." Studio Owner in Ontario

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FINANCIAL PLANNING & RETIREMENT PLANNING

GROUP BENEFITS

PERSONAL HEALTH INSURANCE

LIFE INSURANCE

CRITICAL ILLNESS INSURANCE

INVESTMENTS

&

EXCLUSIVE OPPORTUNITIES FOR CDTA MEMBERS

For more information contact us at:

306-347-0090 Ext 2225

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