October Newsletter

2025-2026









October is all about connection, creativity, and confidence!

Classes are finding their rhythm, friendships are growing, and our dancers are diving into their first routines of the year - building technique and the joy of performing together.

Halloween always brings extra fun and imagination to the studio! Dancing in costume and character helps students loosen up, get expressive, and explore storytelling through movement.

We'll also be sharing our routines with other classes — a relaxed, supportive way to practice performing and cheer each other on. It's such a great start to building stage confidence and celebrating how far everyone's come already.

Here's to a month full of growth, laughter, and the magic that happens when we dance together!

Cheers,

In This Newsletter:

- OCTOBER CALENDAR DATES
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- IN-CLASS STUDENT SHOWCASE
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- THE SCIENCE (AND MAGIC) OF DANCE

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Calendar Dates:

- Dress up week: October 27-30
- No Class October 31

October in the Studio:

DRESS UP DAYS

Dancers are encouraged to wear costumes October 27-30.

Ballet 2-7 dancers are welcome to wear colorful tights and leotards, and tutus or skirts.

We'll be handing out candy - let us know if you'd prefer your child gets a toy instead!

Please avoid wearing anything too hot, too slippery/restrictive, or too scary.

IN-CLASS STUDENT SHOWCASE

This month, dancers will take part in inclass showcases to practice performing for their peers. We're focusing on stage presence, confidence, and storytelling through movement — learning to go beyond the steps and bring emotion, music, and expression to life!

Follow Along:

DOWNLOAD THE BANDAPP!

Haven't joined your dancer's BandApp groups yet? Now's the perfect time!

BandApp is the easiest way to stay connected and see all the fun happening in class — from sweet smiles to big milestones. You'll get photos, short video clips, music and choreography to practice at home, plus friendly reminders to keep everyone on track.

It's also where we share important updates, event info, spirit days, and performance details, keeping our dance family connected, informed, and cheering each other on every step of the way!

This week we'll be posting class photos and videos of our student showcases!



FIND YOUR BANDAPP GROUPS HERE

A Round of Applause for:

Move Out Loud dancer and teaching assistant, Rohin Srinivasan!

This past week, Rohin travelled to Prague, Czechia for the IDO World Tap Championships, where he received a Gold Medal for his tap solo, a Gold Medal for his duet, and a Silver Medal and 6th place for his group routines with the American Tap Company! This is an incredible achievement and we are all so proud! Congratulations, Rohin!





In the News:

THE SCIENCE (AND MAGIC) OF DANCE

A new large-scale review featured in **National Geographic** found that dancing — especially moving to music in a group — can reduce symptoms of depression even more than walking, yoga, strength training, or traditional antidepressants.

Because dance blends movement, music, and connection, it sparks a powerful mix of brain chemicals: dopamine (motivation), endorphins (happiness), and oxytocin (bonding). Together, they lift mood, ease stress, and strengthen relationships.

See full article.

What's truly special is that dance isn't just exercise — it's expression. Through gestures and rhythm, dancers can release emotions and tell stories without words, turning movement into a form of emotional healing. And when people move in sync, their brains actually align, deepening trust, empathy, and a sense of belonging.

In the studio, we see this every day. When dancers learn, move, and perform together, they're not just training their bodies — they're building confidence, resilience, and joy. Science now confirms what we've always known: dance heals the heart, the mind, and the spirit.

Dance Life: Parent Edition READY FOR CLASS

A little prep makes a big difference! When dancers come to class with hair back, correct shoes that fit, and dancewear ready to go, they feel confident and focused. These small habits help class run smoothly — and teach dancers to take pride in being prepared.





Behind the Scenes:

COSTUMES

Costumes are a special and fun part of being a dancer – they complete the vision of each piece and add to the magic of performing on stage. During the first semester, our team carefully selects, sizes, and orders each costume. We're thoughtful in every decision, considering ageappropriateness, artistic vision, comfort, and aesthetics so that each dancer feels confident and stage-ready.

Most of our costumes come from companies that specialize in dancewear and have unique sizing charts. Every student will be measured beginning this month— bust, waist, hips, and girth — to ensure the best possible fit.

Once costumes arrive in second semester, we'll hold in-class fittings and send them home in garment bags to keep them clean, organized, and performance-ready. We'll also send styling instructions for the full performance look — including hair, makeup, tights, shoes, and accessories. We remind dancers to treat their costumes with care; they're not just outfits, but a meaningful part of the artistry, storytelling, and magic of the performance experience.

Inside the Classroom:

Teamwork and trust are at the core of every great dance class, and it's something we focus on early in the year to set a great tone for the season.

When dancers learn to move together, they build listening skills, communication, and genuine support for one another — lessons that reach far beyond the studio.

Establishing trust with classmates and instructors early helps dancers feel safe to take risks, make mistakes, receive feedback, and grow with confidence.

We're committed to creating that strong, connected learning environment where every dancer feels supported and inspired to reach their full potential.



Dress Code:

BALLET CLASSES

JAZZ CLASSES

TAP CLASSES

HIP HOP CLASSES

MUSICAL THEATER CLASSES

ACRO CLASSES

CONTEMPORARY CLASSES



Faculty Spotlight: EMILY DICKMEYER

5TH YEAR FACULTY & ALUMNI TAP, MUSICAL THEATER

Emily, a Madison native, began dancing at Move Out Loud at age ten, training in tap, jazz, and musical theater and spending seven dedicated seasons on the competitive dance team.

She discovered her love of teaching early as a student apprentice and officially joined the faculty her Freshman year at UW-Madison, where she earned degrees in Political Science and Education Studies, and a minor in Gender and Women's Studies. Now in her fifth year on faculty, she shares her passion for tap and musical theater with dancers of all ages. Outside the studio, Emily works as a grant manager and data analyst at SAFE, a local non-profit.

Emily cherishes the tight-knit community at Move Out Loud, where she has forged lifelong friendships and continues to share her love for dance.

Q: What is your favorite style of dance?

Emily: Tap is my favorite style of dance. I love how it blends rhythm, musicality, and movement into one, and I'm constantly inspired by the rich history and tradition behind it.

Q: What do you love about teaching at Move Out Loud? Any highlight moments? Emily: I love watching my dancers grow in both confidence and artistry. Some of my proudest moments have been seeing them light up on stage and truly enjoy movement. Some of my favorite moments have been watching my soloists earn first-place awards at regional and national competitions—it's incredibly rewarding to see their hard work pay off.

Q: What is your teaching philosophy?

Emily: I truly believe movement strengthens both the body and mind, and I want my dancers to carry that joy and sense of well-being with them long after they leave the studio.

Q: If you could dance in any movie scene, what would it be?

Emily: The musical number "The Best Things Happen While Your Dancing" from White Christmas!

Faculty Spotlight:

KENDALL WENZEL

8TH YEAR FACULTY
ASSISTANT DIRECTOR
JAZZ, CONTEMPORARY, LYRICAL, PRESCHOOL



Kendall (Klak) Wenzel began dancing at age three in Waukesha, Wisconsin, where her early love of movement grew into a lifelong passion. She trained in jazz, tap, ballet, hip hop, lyrical, and musical theater, and grew up competing nationally while also dancing with the Muskego High School Dance Team, earning titles such as Miss Badgerette Runner-Up and Wisconsin All-State Dancer.

She continued her dance career at the University of Wisconsin–Madison, earning her degree in Education while performing with the UW Dance Team at major collegiate events such as Bowl games, NCAA March Madness, and Big Ten Championships, and helped her team achieve a top–10 finish at UDA College Nationals. She later went on to earn her Master's in Education.

Kendall began teaching in high school and continued sharing her love of movement in college, leading barre programs whose popularity opened the door to teaching at Move Out Loud. Now in her third year full time, she serves as Assistant Director and teaches jazz, lyrical, and contemporary. Kendall feels grateful to work with dancers of all ages and to be part of a community that celebrates expression, growth, and joy through movement.

Q: What is your favorite style of dance?

Kendall: It's a toss-up between jazz and lyrical. I love how both styles allow dancers to tell stories and express emotion through movement.

Q: What do you love about teaching at Move Out Loud? Any highlight moments? Kendall: I love that Move Out Loud is a place where dancers can truly let go and express themselves through movement. Watching them find their voice and grow in confidence—on stage and in the studio—is always a highlight.

Q: What is your teaching philosophy?

Kendall: I hope my dancers feel motivated, accomplished, and proud of their growth. My goal is to create a space where they feel supported as they challenge themselves, express freely, and discover what dance means to them.

Q: If you could dance in any movie scene, what would it be? Kendall: 'Be Our Guest' from Beauty and the Beast—no question!