



Cambridge Dancers' Club

October 2006

Issue 3

ALUMNI NEWSLETTER

Keeping you in step with CDC

Continuing success for CDC

Last year was a very successful year for CDC. It was a year which saw another record number of members, a packed programme of events, and the Dancesport and Rock n Roll teams won their national competition.

At the end of last term was the summer ball, which was a sell-out. 250 CDC members packed into the St Ivo centre for an evening of social dancing to the Umbrella Big Band.

Demonstrations were given by CDC's Rock n Roll Team and by the English Amateur Dancesport Association Showcase: 5 couples performed a variety of solo and group routines in a show lasting 20 mins which was introduced by former world champion Hazel Newberry. The Showcase consists of some of England's top amateur ballroom and latin couples. It was formed in 1997 and has demonstrated across the country at international events. In the show for CDC, Showcase members and former CDC Presidents Dave and Abigail Sheridan, performed their waltz routine.



For information on the EADA Showcase see www.eada.org.uk or contact showcase@eada.org.uk

CDC hopes to continue the success of last year, and has introduced some changes to benefit its members in the new academic year. CDC have expanded their range of classes to offer a variety of different types of salsa: Cuban, LA and Rueda. Argentine tango classes, taught by new teachers Christian Schwarz & Claudia Wiedemann, have been reinstated. CDC are offering another packed events calendar for next year with the Rock n Roll and Salsa teams offering their own free social nights each term. This December will also see the first CDC Salsa Winter Ball, which will be held at the University Arms Hotel and involve a live band along with lessons and demonstrations.

CUDT also have new coaches: Rory & Katherine Costain. They have been dancing together for 8 years and got married earlier this year. They turned professional in late 2002 and were marked in the top 8 in the British Closed last year and were in the top 98 in the Professional Rising Stars Ballroom at the British Open this year. They also compete in classic Showdance and were marked 11th in the World Showdance competition in America last year. Rory, who was actually born in Cambridge, will be teaching our Dancesport C ballroom classes on Sunday evenings.

The dancesport team will continue to be taught by former team captain Paul Walker, and by Bruce Lait who has recently returned from the *Strictly Ballroom Dancing* tour in South Africa. Benoit and Lorraine Drolet who are former British amateur champions, European professional ballroom finalists and UK Closed professional champions will also be helping to coach the ballroom team. Andrew Cuerden and Hanna Haarala stars of the last series of *Strictly Come Dancing*, will be helping to coach the latin team. Andrew and Hanna turned professional last year having been Amateur latin finalists and they are now ranked 25th in the world professional latin charts.

The Rock n Roll team continues to be taught by Guido and Christina, and the offbeat team by Steve Smith. The salsa team sees the return of Ivan Scales who is coaching while studying at Cambridge for his PhD on political ecology of forest use and forest loss in Madagascar.

We wish all the teams good luck for the new season and we will keep you updated with their results throughout the year. Details of competitions are given on page 3.

Red Hot Salsa

Barranco, CDC's salsa team, has gone from strength to strength and their enthusiasm continues unabated. Over the summer several of the couples attended the 5th International Salsa Congress, the largest salsa event held in the UK. The salsa team captain Mark Wolfenden reports ...

There were close to 3,000 salseros on site at Butlins, Bognor Regis, and I'm sure most of them spent as long as I did convincing their friends that a weekend there could be great fun. The entire site was booked for the congress and for 3 days every year it becomes a 'salsa bubble' where almost anything which doesn't include the clave is immediately ignored.

Performers, DJs and dancers flocked in their masses from all over the world, including salsa legends such as Johnny Vasquez (LA), Tropical Gem (Italy), Nuno and Vanda (Portugal), Swing Guys (Italy) and Juan Matos (New York). Not to mention the cream

of the UK crop such as Marchant Birch, Laith Sami, Leon Rose and Moe Flex. Saturday and Sunday were true tests of endurance with most of the performers running fantastic workshops from 9am until 5pm - the only difficulty being which of the 8 workshops running at the same time to go to. These weren't limited to salsa, but included lessons in Bachata, Reggaeton, Hip Hop, Rumba and ChaCha.



The three evenings were occupied with shows each night followed by dancing in three venues until 7am. At midnight on Saturday the main band of the weekend, Salsa Celtica,

began playing. Somehow a 20 piece orchestra managed to make a mix of hardcore salsa and Scottish folk music (including bagpipes) work perfectly. Sunday's highlight was the other band of the weekend, Palenke, quoted as being "London's leading Salsa band" - they captured the crowd immediately and played some fantastic versions of popular salsa songs. Unfortunately they only had an hour set - but they will be coming to Cambridge on 26th November to perform at the first ever CDC Winter Salsa Ball.

On top of all of this there were specialist vendors selling shoes, music, clothes and DVDs, a special seminar on choreography and fish and chips by the seaside. Spending the week after sleeping, nursing painful feet and becoming readjusted to the real world was certainly a price worth paying!

www.salsa-uk.com/congress/

CDC Events

www.cambridgedancers.org/events

Salsa Social Night Free entry	Thursday 19 October	University Centre	
Technique for social dancers A workshop with Clive, £4	Saturday 28 October	St Columbas	1-3pm
CUDT Reunion Match Competitors £2.50 and spectators £2 . There will be beginners, basic and open competitions throughout the afternoon and the team match in the evening. The teams will consist of both old and new CUDT members. If you are interested in competing please email dancesport@cambridgedancers.org and see the website for further details on events nearer the time	Saturday 4 November	Lee Hall, Wolfson	
Salsa Social Night Free entry	Thursday 9 November	University Centre	
Rock n Roll Social Night Free entry 7-10pm	Friday 10 November	Howard Building, Downing College	
Ballroom Beginners Social Night	Saturday 18 November	St Columbas' Halls	8-10pm
Salsa Ball Pasión de Invierno see advertisement opposite	Sunday 26 November	Newton Suite, University Arms Hotel	
Christmas Dinner Dance Prices and menu TBC	Saturday 16th December	Wolfson College	7pm
Future Ball Dates:			
Spring Ball	16 March 2007		
Summer Ball	21 June 2007		
Cuppers 2007 Provisional Date:	Saturday 17th February 2007		

Competitions 2006-7

Warwick

Sunday 19th November
Kings Hall, Stoke

Nottingham

Saturday 25th November
Portland Leisure Centre, Nottingham

Manchester Winter Comp

Saturday 9th December
Manchester University

Sheffield Social

Saturday 10th February,
The Octagon, Sheffield

Southern Universities Competition

Saturday 24th February
Bath University

Northern Universities Competition

Saturday 24th February
Leeds

Inter Varsity Dance Competition

Saturday 10th March,
Empress Ballroom Blackpool

Manchester Spring Comp

Saturday 28th April
Manchester University

Varsity Match 2007

Saturday 5th May,
Burgess Hall, St Ives

www.universitydancesport.com



Dancesport

At the end of last season the team was busy in May Week performing at many College Balls including Johns, Caius and Emmanuel, where their performance has been described as "stunning". Several couples also competed in the Stars of the Future Competition in Brentwood in June and Cambridge couples made the finals of the novice and intermediate events in both disciplines. The team for next year is currently being chosen and will be competing in the first inter university competition next month, captained by Nicola Gray: dancesport@cambridgedancers.org

Pasión de Invierno: CDC Winter Salsa Ball

featuring live band PALENKE

Sunday 26th November
Newton Suite, University Arms Hotel
7pm until Midnight

3 Levels of Lessons at 7:15-8:15
Dress To Impress

The first ever Salsa Winter Ball promises to be an exciting event - featuring London's leading salsa band, Palenke, and situated in one of the most prestigious hotels in central Cambridge. Palenke played at last year's Salsa-UK International Salsa Congress and have toured many countries throughout the world.

There will also be lessons at several levels and dance shows by members of the Cambridge salsa scene. So even if you have never tried salsa before—this is a perfect place to start (no partner required) where you can learn the basics and enjoy the fantastic live music.

CDC Members £9 Non Members £11

Book NOW to avoid disappointment - just email
SalsaEventTickets@CambridgeDancers.org

Include your name and the number of member/non-member tickets you want to book

Can you help?

The club is always in need of extra costumes for the teams and trophies for Cuppers. We would be grateful for donations of any such unwanted items, to help ensure the future success of CDC. Similarly we'd appreciate copies of old team/committee photos for our website archive.

Advertising opportunities for companies are available on our website and flyer. E-mail: info@cambridgedancers.org

Rock 'n' Roll

The Rock n Roll team also finished last season with demos at College May Balls as well as at the CDC Ball. Rock n Roll has continued to expand in Cambridge and the team are now arranging Rock n Roll social nights during term and the coaches hope to send couples to international tournaments within the next year. The team have also arranged for Johnny Coomans, twice former world champion to come to England to teach workshops for CDC this term. The team has also been joined this year by German

Youth B-Class RnR Champion Silja Ebner. The Rock n Roll team will be performing at a Grease-themed charity night in Salisbury on 17th November, for local radio station Spire FM: www.spirefm.co.uk



XS Latin

XS Latin retained its place as the number one British formation team at the British Open Championships at Blackpool in May. In a tough fought competition, which was won by a very slick Chinese team, XS Latin finished fifth, one place ahead of the second British team, the Kent Latin Formation team. The team, consisting largely of past and present CDC members, is now looking forward to a busy competitive period. November will see them defend their British National title at Blackpool with their Song Of South America routine. In December they will visit Bremen in Germany to represent England in the 2006 IDSF World Latin Formation Champion-

ships. In previous years the team has competed in Lithuania and Belarus and last year in Munich they achieved a world ranking of 15th. This will be the fifth time the team has competed at the Worlds and they are hoping for their best result yet.

Anyone wishing to find out more about XS Latin can visit their website, www.xslatin.org.uk



UNIVERSITY DANCE CHALLENGE

Compete for Cambridge again

10th December 2006 Egham Leisure Centre

Philip Wylie is hosting the West London Championships on 10th December and, in conjunction with the Inter Varsity Dance Association, is including an event specifically designed for current and former university students. The team event (based on the inter-university style team match), will consist of teams of 4 couples, each having to dance one of the dances: waltz; quickstep; cha and jive. The only restriction is that half of each couple must have danced on a University dance team. University teams made up of current and former students will compete against each other in this unique event. The day will also have a full programme of events. For more information e-mail Rachelle or see www.universitydancesport.com



Cambridge Dancers' Club

We have set up a mailing list for all alumni which will allow you to stay up to date with the latest news and receive details of club events via e-mail. Please register on: www.cambridgedancers.org/alumni

For details on events please e-mail: events@cambridgedancers.org

For any other queries please e-mail Rachelle on: alumni@cambridgedancers.org

Dancing: the fun way to keep fit

Numerous studies have demonstrated the benefits of dancing to fitness levels:

- dancesport is comparable with other sporting activities such as basketball, squash and cross country running with dancers performing at over 80% of their maximum oxygen consumption level and burning up at least 300 calories per hour (Blanksby & Reidy, 1988 *Heart rate and estimated energy expenditure during ballroom dancing* British Journal of Sports Medicine, Vol 22, Issue 2 57-60)

- University of Freiburg, study in 1986: exertion and breathing rates of dancesport athletes performing a single dance were the same as cyclists, swimmers and 800m runners over the same two minute period.

- University of Oxford 1988: level of fitness of championship dancesport competitors is the same as Olympic decathletes; a dancer performing a two minute Viennese Waltz experiences the same exertion level as that experienced by an Olympic 100m hurdler

- Peter Pover, former President US Dancesport Council: tests in Germany "found no significant athletic difference between running 800 metres and doing the quickstep for 1.5mins" Sports Illustrated 1995

- Dr Hermes Ilarraza: "Half an hour on the dancefloor improves fitness as much as a session on the treadmill or exercise bike". Studies in Mexico show that patients dancing for 30mins each day for 5 days a week increased their exercise capacity by one third.

GENERAL DANCING

The Cambridge Dancers' Club tradition of free social dancing on a Friday night continues.

Social Dancing Fridays 8.30-10.30pm

During term: 2nd floor University Centre off Mill Lane; Outside Term: St Columba's Halls, Downing Place

Term dates:

3rd October 06—1st December 06
16th January 07—16th March 07