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# PIVOTAL TIMES

The newsletter of DanceSport Alberta

*Did you know?* DanceSport Alberta organizes two competitions: Northern Lights Classic and Alberta Winter Classic.

**Happy New Year**

DanceSport Alberta would like to wish everyone a HAPPY NEW YEAR! We hope that you are ready to dance through 2015!

The upcoming months will be very exciting for ballroom dancing in Alberta. Northern Lights Classic (NLC), Edmonton's premiere Ballroom dance event, will be held at the end of February and as the qualifier for the Canadian Closed Championships, NLC is a fantastic opportunity to watch the best couples in the province. In addition to hosting NLC, DanceSport Alberta is also proud to present the Canadian Closed Championships. During Easter in Calgary, you can catch the best couples in Canada battle for national titles. See below for more information about these competitions.

**Northern Lights Classic**

February 28, 2015

Registration and tickets are now available!

Registration: www.o2cm.com

Tickets: dsab.ticketleap.com

Website: www.northernlightsclassic.ca

Facebook: www.facebook.com/nlcedm

**Championship Competitors: The Edmonton Open Championships are the ONLY DSAB qualifier events for CCC**

**Canadian Closed Championships**

April 3 and 4, 2015

Want to support or advertise at CCC? Sponsorship

**DSAB Board Members**

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**Board Meetings**

March 7, 2015

May 23, 2015 – Annual General Meeting

Members are welcome to attend. Please contact Debi (debi@dancesportalberta.org) for location of the meeting.
packages can be found on the website. Advertising and vendor packages can be found on the website.
Website: www.dancechampionships.ca
Facebook: www.facebook.com/cdnclosedchamp

Next Issue
February 1, 2015

Editor
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pivotaltimes@dancesportalberta.org

Advertise with us!
Pivotal Times is excited to offer advertising opportunities. Do have an event or business that you want the Alberta dancing world to know about? Contact Megan (megan@dancesportalberta.org) for more information.

Couple Profile - Eric and Grace Sit

1. Age group, dance style and level: Adult and Senior Championship Standard
2. Hometown: Calgary (but lived in Edmonton 2001-2005 when we started our competitive dance career)
4. What is your dancing history? Grace-We didn't start competing as a couple until after we were married. I started dancing in 1st year undergrad at UBC when my friends joined – it was a great deal at $80 for 16 weeks of newcomer lessons. I had many friends on the UBC dance club executive who also competed so I was exposed to the competitive dance world, but I didn't compete seriously because I was focused on getting into med school. My partner was my boyfriend first, and we met through a volunteer organization (Rotaract – Rotary club for young people). He liked that I danced so he took lessons and found a partner in Calgary while I took lessons with my partner in Edmonton. We had to take a break for my big exams (medical licensing exams to graduate med school and for Family Medicine), and also a 1.5 year break when Eric and I had identical twin boys. I competed until I was almost 20 weeks pregnant, and started again when the babies were about 1 year old. They are 5 years old now.
5. Did you dance with any other partners? Eric-I had 2 other partners when I competed against Grace while she was in Edmonton. Grace-Brian Lee was my first serious competitive dance partner. We danced to Gold in Standard & Latin. We met as TA's for the U of A dance club in 2001.
6. How many hours a week do you train? It can fluctuate but usually about 10 hours/wk (less recently due to travel with Eric’s work).
7. What is your occupation outside of dancing? Eric-I had a computer software company since 1995 which was sold in 2013. I started a new business in 2011 called Epic Photo Ops where we help organize and take photos for celebrity photo ops at Comiccons around North
America. Grace-I am a family physician and a Master Teacher at the U of C Med school (teaching all different aspects of medical school from ethics and communications to intubations, obstetrics, and psychiatry). I am a faculty advisor to 6 medical students, 2 from each year.

8. **Do you participate in any other activities outside of dancing?** Eric-I play classical and jazz piano, and sing for charity events. Grace- I am a runner and started running half marathons in 2014, with my personal best at the Calgary Marathon 1hr 39min. I also swim and workout coming in 5th in my age group at the Calgary Spartan Race. Keeping up the fitness level is really important for dance. I also play classical piano and am an avid reader.

9. **How do you balance work/school and dancing?** Eric-My business gives me flexibility in my work times, however I travel a lot on the weekends to different Comiccons. This does pose a huge barrier for us to keep up with our lessons (as our coach only comes once every one or two months on the weekends) as well as competitions, which are also on the weekends. I also don’t watch TV and don’t sleep as much as I should. Grace-The balance between work and parenting (Teach kids Cantonese and Mandarin, math, piano, and reading, along with driving them to all their lessons) and dancing and keeping up with my other hobbies is not easy! I don’t work full time, I don’t watch TV, and probably don’t sleep as much as I should.

10. **What is your favourite dance and why?** The Waltz. We really get into the music and the flow and smoothness of the dance.

11. **What is your least favourite dance and why?** The quickstep. It’s such a fun dance but so tiring!

12. **What is the funniest thing to happen on the dance floor?** Grace-At the April 2014 CCC I ended up flat on the dance floor after I slipped on something or someone and at my grand height of 5’1 (rounded up), my head is the perfect height for jutting elbows.

13. **What are your dancing goals?** We hope to be Senior Canadian Standard finalists soon, and to eventually place in the top 3!

*Thank you Eric and Grace! Good luck with your dancing!*
Northern Lights Classic  
February 28 – March 1, 2015  
Central Lions Seniors Recreation Centre,  
Edmonton, AB  
www.northernlightsclassic.ca  
Gene: gene@northernlightsclassic.ca

La Super-Am 2015  
February 28, 2015  
Erabliere le Rossignol, Ste-Julie, QC  
www.dansesportquebec.com  
info@dansesportquebec.com

For more competitions: www.dancesport.ca