

# **CRETIN DERHAM HALL DANCE TEAM DETAILS**

## **Spring-Summer 2019**

### **April 2nd - May 15th : Spring Practices (Cost \$55.00)**

Tuesday's 3:30pm-4:30pm and Wednesday's 3:45pm-5:15pm

- Dancers of all skill levels
- Opportunity to start learning how the dance team functions, meet current dance team members
- Conditioning/ballet classes to continue to build strength and improve technique
- Informal practices created to allow for current dance team members to continue dancing in the off-season, but also start creating relationships with potential new members.

### **June 10<sup>th</sup>- July 25<sup>th</sup> (Monday-Thursday): Summer Practices (Cost- \$150.00)**

M/W-5:00pm-7:00pm and T/TH 4:00pm-6:00pm

- For dancers of all skill levels
- Work on technique and skills from basic to advanced in both high kick and jazz
- Learn different style dances, combinations, turns, leaps, etc.
- Learn and work on a summer dance, which will double as a fall dance
- Learn how to properly condition and strength train
- Meet and get to know former and current dance team members and coaches
- Enjoy different opportunities throughout the summer for team bonding

**\*Summer conditioning program will be offered on Thursday's 2:30pm-4pm.**

**Additional cost TBD.**

### **July 17th - 20th Just For Kix, Rochester Camp**

<https://www.justforkix.com/danceclasses/rochester-mn/high-school-camp/19286/>

(7th- 12th grade Overnight dance camp in Rochester, MN)

- Great team bonding opportunity and getting to know teammates better
- Opportunity for both new and current dance team members to enhance their dance knowledge by watching and learning from other dancers from around the state
- Learn different styles of dance from new instructors that can give new light to skills and technique
- The camp offers individual team consultations that works with the team as a whole on areas they can improve
- FUN!

If you have any questions on upcoming events please feel free to call the Winter Competition coach Ali Pendergrass 651 329 8779 or email the [cdhdt@c-dh.org](mailto:cdhdt@c-dh.org)