

CRETIN DERHAM HALL AND JR. RAIDERS DANCE TEAM SPRING SEASON 2019



- ▶ **WHEN:** April 2 - May 15: Tuesday's (3:30-4:30) & Wednesday's (3:45-5:15)
- ▶ **WHO:** Incoming 5th – 12th Graders interested in joining our middle school or high school dance team programs

- ▶ **WHAT:** 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.

- Sign up by email: cdhdt@c-dh.org
or contact Coach, Ali Pendergrass
at 651.329.8779 with questions



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 10th- July 25th (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