



McKeever School of Irish Dance NEWSLETTER JUNE-JULY 2015

Lucky Seven's Silicon Valley Feis is Lucky for McKeever Dancers

The first weekend of June was the Silicon Valley Feis, hosted by the Greene School. It was an extremely fun event and we had 14 amazing dancers compete that weekend. This was the most McKeever dancers to compete in an competitive event to date! Dancers Jessica, Amber and Juliana competed for the first time and definitely caught the "Feis Bug"! Our dancers took home 15 first place medals, 14 seconds, 12 thirds and 12 fourths!



NEW CLASS OPENS IN AUGUST

Exact start date to be decided soon



WWW.MCKEEVERDANCE.COM

VOTED #4 DANCE STUDIO ON THE KCRA - A LIST LEARN FROM A FORMER RIVERDANCE STAR!

REGISTER TODAY!
NEW BEGINNER IRISH DANCE
CLASS OPENING THIS AUGUST!
VISIONS VOUCHERS ACCEPTED

MCKEEVERDANCE@GMAIL.COM

SPREAD THE WORD ABOUT OUR DAVIS WORKSHOP



Momentum Dance & Fitness
is proud to host
Nicole McKeever of
The McKeever School of Irish Dance
for two 3-day workshops



July 24-26, 2015
Youth Irish Dance 9:30am-10:30am
Adult Irish Dance 11:00am-12:00am

\$45 for all three days.



For more information, please call (530) 302-3509
or email info@momentumdanceandfit.com

“Read to Rhythm” in Lincoln

Dancer Kathryn Hunt has extended the opportunity to participate in the Lincoln Library’s “Read to Rhythm” Summer workshop series. It highlights the importance of music and dance in the community and encourages readers during their time off from school. If you would like to participate alongside Miss McKeever please email. We don’t need a large troupe of dancers but if its something you would like to partake in it is greatly encouraged.

When: July 8th 3:30 – 4:30

Where: Lincoln Public Library
485 Twelve Bridges Drive
Lincoln, CA 95648

State Fair Gear Orders
will arrive July 6th!!!

State Fair



The McKeever School of Irish Dance will be performing at the California State Fair July 11th at 2pm on the Promenade stage. Thirty dancers have signed up to perform. Rehearsal will be on Sunday June 28th from 1-3pm at the Firehouse Five Dance Studios.

Magnet Sale! NOT TOO LATE

Thank you to everyone who has already bought magnets! They arrive June 30th. If you would like to purchase this 4.25” by 5.5” magnetic bumper sticker please let me know I bought extras. For one Magnet its \$8 for two its \$15. Three for \$20. Thank you so much in advance.

IRISH DANCER ON BOARD



MCKEEVER
SCHOOL OF IRISH DANCE
SACRAMENTO, CALIFORNIA
McKeeverDance.com

SUCCESS IN SOUTHERN CALIFORNIA

Dancers Fiona and Cecilia travelled down to Southern California for the Feis at the Fair. Both came home with top three placements in almost every dance they entered, and out of very large groups of dancers. Both girls have been working very hard this Summer. Keep it up girls, the hard work is paying off!



YOU CAN DO IT! “NO EXCUSE” PRACTICE TIPS FOR SUMMER

The Summer can be an interesting time for dancers, between busy vacations, Summer School and a balance of new found free-time, how do you keep yourself progressing as a dancer? In my experience growing up and achieving my goals of becoming a champion and then a professional dancer, its all in the consistent small details. Don't get overwhelmed, put that smart phone down and set aside a min 30-60 min a day just focused on dance. Remember stretching, strengthening drills, core work and stability training for your feet are all part of becoming a better dancer. I used to use a theraband and strengthen my feet or do sit ups while I did watched my favorite tv shows. Stuck on a long plane ride or car trip? Visualize yourself dancing your steps! This is a method all successful athletes use, and guess what you're not just a dancer you are an athlete!! Did you know that after three days off from training, the body declines in strength and cardiovascular fitness! Taking time off is healthy for your body, but TOO much can lead to injury if you are not staying strong and flexible. So take it from all my years of trial and error, you have to stay consistent if you want to achieve your goals! Also no excuses... everyone has 30 min a day even in the busiest schedules! You can do it!

- Miss McKeever

E. Claire Raley Studios for the Performing Arts BREAKING NEW GROUND EVENT

Monday, June 29 10 AM
2420 N Street, Sacramento

Join us for a morning of transformations, performances,
creativity and imagination.

Special Guests Mayor Kevin Johnson
and Julie and Michael Teel

RSVP by June 26 to Lisia Lawrie at
llawrie@hthjlaw.com.



Our Future Home!

I can finally announce that at the end of 2015/start of 2016 we will have our very own studio space among some of Sacramento's leading Performing Arts Groups!!!

The E. Claire Raley Center for the Performing Arts will be located in the old Fremont School on N street between 24th and 25th. Our studio is located on the second floor to the right about the front entrance. It is seriously a dream come true and is essential to our school as we grow so rapidly. Not only does it give us stability and security but a chance to have access to performance space! We can rent a stage hourly and put on performances. The Sacramento Ballet, the Orchestra, Capitol Stage, Alliance Francais, a Brazilian Dance Company and a Folklorico group will also have studios in this huge complex of dance!!

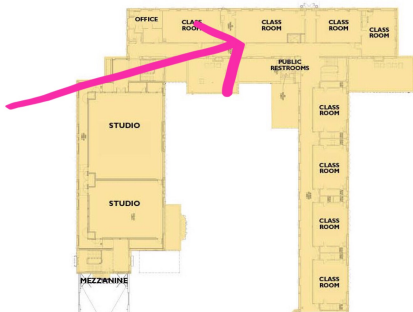
Now for the upcoming event!!

Groundbreaking Ceremony!!

This coming Monday June 29th at 10am will be the official ground breaking ceremony.

If you can make it **PLEASE COME (Wear McKeever Gear if you have it!!!!)**

YOU MUST RSVP though!! So if you can make it please let me know AND email Lisia Lawrie at LLawrie@hthjlaw.com



Map of our future space!



Important Class Time Changes to Note

Wednesday July 1st - Class 4-5pm @ Firehouse (If you can't make it please come July 2nd 5-6pm @ Firehouse)

Wednesday July 8th - Class 5:45- 6:45pm (Change due to my workshop in Lincoln earlier that day)