



# McKEEVER SCHOOL OF IRISH DANCE NEWSLETTER JANUARY-FEBRUARY 2016

## A Busy Month for The McKeever School!



Dancers at the John Kennelly Memorial Feis – Story on the next page

# Kennelly Feis Success!!



January has been an exciting month, we have so many dancers training hard and advancing both in class and in competition! January 15<sup>th</sup> we had 37 dancers compete in events in Sacramento and Arizona! From First Feis to Champions and Adults, every single McKeever Dancer bravely got up on stage and did an amazing job! There were 98 awards taken home by our dancers which is outstanding! Thank you Kennelly School for hosting, and thank you to all the parents and dancers for your team spirit and dedication! Another big thanks to Natalie McKeever and Bridget Floyd who helped out on the day. Even Miss McKeever's Mom, Jennifer, who was visiting from NJ got to see all of you compete and it was a really special moment! Looking forward to the next feis in San Francisco this February! Hope to see you there!

# A Fun Night Bringing Irish Music and Dance to Sacramento

Dancers took part in a really fun show this past month at Harlow's music venue on J Street, called Irishpalooza! It featured tons of lively local Irish bands and of course a troupe of energetic McKeever Dancers! We performed alongside the band called *Stepping Stone* and opened the show! Thanks to all the dancers and families who came out to participate and support the event! Hopefully we can do it again next year!



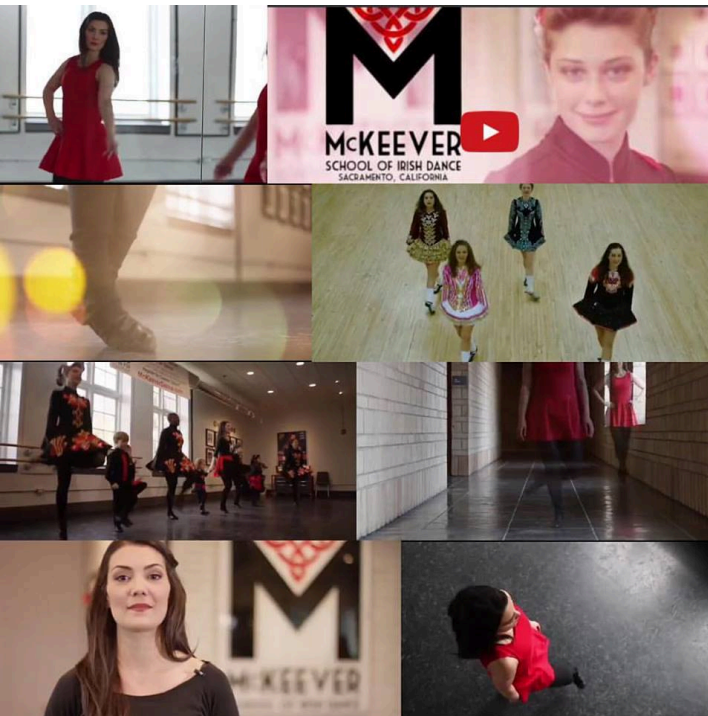
# CLARA Receives Prestigious Award

CLARA won the Best Business & Arts Philanthropy award for the Arts and Business Council of the Sacramento Region's "Interlude to the Season". Congrats to all the Tenants, the Board, our Executive Director and the School District. CLARA is such a innovative concept and a unique collaboration of the Arts under one roof. Hopefully this year we can continue to fulfill our promise to provide community outreach and accessibility to the Arts for the people of Sacramento.

# Book Signing at the McKeever Studios



On Saturday January 14<sup>th</sup> we had a special event at our McKeever Studios. It was an exclusive book signing by your teacher Miss McKeever! She has just published her first illustrated children's book alongside her lifelong friend and author Erica Deb. You can pick up a signed copy of this book, which is entitled *No Dreams Left*, during open studio hours for \$20! Do you have a school or group that might benefit from fundraising? Schedule a reading and book signing with Nicole McKeever and we can raise money for your organization!



## "We Are CLARA"

Collaboration is what CLARA Midtown is all about! Thank you to our fellow Tenant, Capitol Indie Collective, Director Christina Marie and Artist Kerry Parsons for sharing their professional talents and creating a beautiful promotional video for the McKeever School. You can find this video on our website, on Youtube, and on our Facebook page. Please share this video online which helps promote The McKeever School, Capitol Indie Collective and CLARA Midtown!

## Black Out Doesn't Stop Dancers!



Dancing during the power outage in a big storm?.....no problem for these diehard McKeever dancers!! Our Advanced Beginners had the power cut out half way through their class, but with the help of a few cell phones and flashlights, we created enough light to continue class. The power stayed off until the end of the Competitive Adult class, but despite this small challenge it turned out to be a really fun night, and luckily no there were no ghosts!!!

## Are you Ready for the Big Show?



Our first ever Student Showcase is coming up quickly on February 25<sup>th</sup> from 4-5pm and 7-8pm at the CLARA Auditorium. We have rented the space, bought the staging and backdrops and all month long we will refine our routines in class.

There are over 60 dancers signed up to be in the show of all ages and levels! We even have a musical guest coming in to play some tunes on the fiddle and guitar!

**If you haven't already bought tickets you can do so on our website [mckeeverdance.com](http://mckeeverdance.com)**

That same day the Brazilian Center at CLARA is celebrating Carnaval from 4pm onwards. Parking will be tight but there will be a lot of life on campus!

If you are part of the event check your emails for the routine and costume guidelines. Also there is a volunteer sign up sheet that was emailed.

**February 5<sup>th</sup> is the deadline to hand in your program advertisements (\$25-\$50) and "Student Shoutouts" (\$10)  
Don't miss out!!**

# Workshop Helps Dancers Understand The Benefits of Cross training



McKeever School Athletes had access to two hours of focused and specific training methods by personal trainer Cortney Milletello.

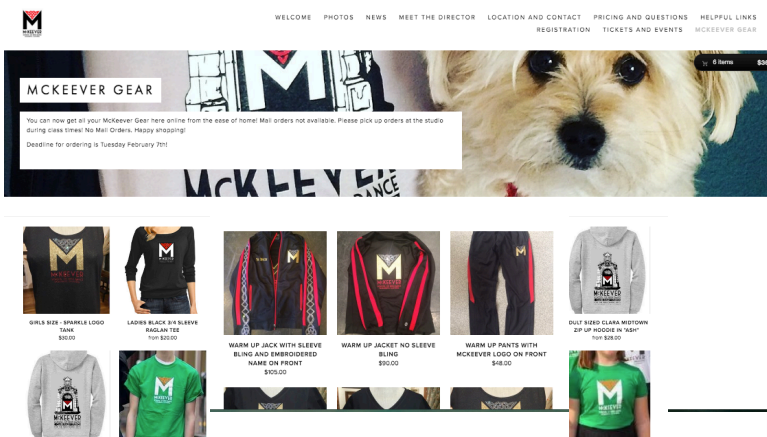
Cortney is a Certified Personal Trainer – NASM, Certified, 200-hour Yoga Instructor - All Yoga Bali/All Yoga Thailand, has a B.S. in Psychology with coursework in Kinesiology, and most importantly is a former Competitive Irish Dancer - Ranked regionally, nationally, & worldwide.

“The Wholistic Warrior program illuminates every aspect of health to find balance between mind, body, and soul.

Personal training, Irish Dance Conditioning, yoga, nutritional guidance, and mental preparation techniques, will help discover your own wholistic balance, which will result in a successful, healthier, happier, and more mindful YOU.”

For more information visit [www.WholisticWarrior.com](http://www.WholisticWarrior.com)

## McKeever Gear Now For Sale Online!



**For the first time ever you can now order McKeever Gear Online!** Our Shop closes February 7<sup>th</sup> so that we can place our order for the Saint Patrick's Day shirts before the parade on March 18<sup>th</sup>! There is no shipping unfortunately, but you can pick up your gear once it comes in at our studio during class times.

<http://www.mckeeverdance.com/new-products/>

**February 18-19**

**Feis San Francisco**

St. Mary's Cathedral Gough Street SF

Register on [Feisinfo.com](http://Feisinfo.com)

New Intro Beginner Class

Opens **February 2nd** and will run Thursdays 4-5pm!

**Feb 3-25<sup>th</sup>**

ART STREET - Congrats to Natalie McKeever on exhibiting her work as part of ArtStreet here in Sacramento! ArtStreet is a large scale art experience produced by M5Arts, the non-profit collective behind Art Hotel 916. - Location: The Mill, 300 1<sup>st</sup> Street.

## Other Upcoming Events