



McKEEVER SCHOOL OF IRISH DANCE NEWSLETTER JUNE-JULY 2017

“Lucky Sevens” is a Lucky Feis for McKeever Dancers



Pictures of the McKeever Dancers competing at the Lucky Sevens Feis in the Silicon Valley June 3-4

“Lucky Sevens” is a Lucky Feis for McKeever Dancers



Champions pictured to the left and our wonderful adult dancers pictured below!



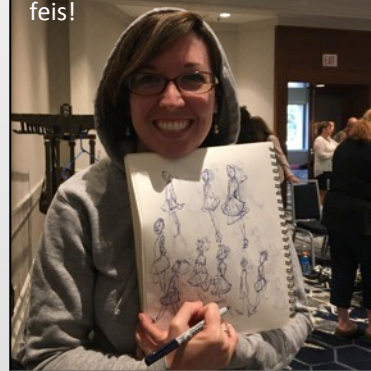
To start the busy month of June we had a two day competition in the Bay Area called the Lucky Sevens Feis, hosted by the Greene Academy. There were almost 30 McKeever Dancers of all ages and levels registered for this competition and every dancer went home with a medal!

Some of the highlights that weekend included.....

- Dancer Mila placing for her first time as a Champion earning 4th place.
- Dancers Loren and Raini achieving the status of Champion, you girls have worked so hard!!!
- Dancer Emma T. placing at her first championship competition ever and coming in 5th.
- Fiona D. and Morgan S. both earning 2nd place on different days in their championships, a record for both of them!
- Dancer Isa P. getting her second first place standing, one more and she reaches the top level of Open Champion!
- Dancer Ruby K. (Age 4) competing at First Feis Level and getting first place in her Light Jig and Reel Special!
- Senior Ladies Champions Morgan M. and Bridget F. earning top three placements in their individual rounds in a extremely tough competition. Bridget coming back to competition after 10 years of retirement!!! Outstanding!
- Avery and Bella earning third place in the Costume Competition, where they choreographed their own Mario Brothers themed routine!

Most importantly remember its not always about the placements even though its wonderful to recognize achievements and progress. The most important thing to keep track of is how you are progressing as a dancer personally. Natalie and I saw all of you dance and are so extremely proud to call you our dancers!

Dancer Amber R. professional animator sketches at the feis!



Dancer Kailey G. With her many medals!



Performing at the Scottish Games in Plymouth



June 10th was the McKeever School's First time performing at the Motherlode Scottish Games at the Plymouth County Fairgrounds in Amador. We put on an amazing show and then had a workshop teaching the Jig, Treble Reel and Ceili Swing! It was a really fun event for families to spend time at so we are definitely looking forward to taking part next year!

McKeever Students Traveling Near and Far

We have some talented students traveling and spreading their love of Irish Dance this Summer! Kailey G. bravely danced to live music in a pub in Kilarney, Ireland! Dancers Bella and Avery attended a Fiddle Camp learning music and dance from one of Miss McKeever's close friends from Riverdance Caitlin NicGabhann who specializes in the Concertina.

Dancers Madilyn and Francine competed in Utah this month while visiting family and took home tons of top two placements!



Fete de la Musique

Our CLARA neighbors at the Alliance Francais put together an amazing event on June 21st called Fete de la Musique. Bands of various styles played throughout the halls of our building all day long and a concert took place in the auditorium that night. An Irish band played music right down the hall from our studio and our dancers jumped at the chance to dance with them! We posted a video of their outstanding dancing and Irish Dancing Magazine even shared it on their Facebook page!



Interview with Champion Bridget F.

Champion Dancer Spotlight!



Dancer Bridget F. explains how she balances work and her champion level training!



WHAT IS YOUR DANCE BACKGROUND?

I started Irish dancing when I was 6 years old after falling in love with Riverdance when it first came out. I danced for ten years, eventually achieving the level of Open Champion and competing solos at Nationals. I started Irish dancing again at the McKeever School this past December after an 11 year hiatus. I also dance with the Sacramento Irish Folk Dance club which does Ceili and set dancing.

WHAT IS YOUR CAREER BACKGROUND?

I graduated in 2013 from UC Berkeley with a degree in Geology. I now work as a Geologist for the U.S. Army Corps of Engineers where I get to work on a wide variety of projects including cleaning up unexploded ordnance at old military bases and using computers to model riverbank erosion. My job involves a lot of traveling (I used to work part time in Alaska) and I spend about 25% of my time doing fieldwork.

IF SOMEONE IS INTERESTED IN YOUR CAREER WHAT SHOULD THEY DO?

Come talk to me! I would be happy to give advice to anyone interested in STEM and even have teens shadow me for a day at work. If you like problem solving, enjoy being outside, and have an interest in environmental restoration, Geology is a great career!

HOW CAN A DANCER BALANCE SCHOOL, WORK AND TRAINING FOR DANCE?

They key is to stay organized, make the most of your time, and set concrete goals. To stay organized, I write everything down in a paper planner, I find it's a lot more effective than using online calendars. Make the most of your time by focusing on one thing at a time. For example, don't do your homework while watching TV. Instead you should focus completely on your work for a set amount of time and then relax completely after (it's important to have down time!). Finally, avoid setting goals like "I want to be a better dancer". Instead, set goals that are objectively achievable like "I want to improve my dancing by practicing three times a week outside of class" or and then make sure that you track them!

HOW DO YOU FIND TIME TO TRAIN WITH A FULL TIME DEMANDING CAREER?

Since I don't have a lot of time, I make sure to focus on my weaknesses, which for me are stamina and posture. Even when I'm traveling for work and can't practice, I know I can improve my dancing by doing cardio or core exercises. Also, this may sound cheesy, but when I'm commuting or waiting for someone I'll sometimes visualize my dances and how they would look if I were to do them perfectly, then when I have time to practice I already know what I have to do to improve.

We wish our hardworking dancer Morgan M. the best of luck as she competes at the North American Championships in New Orleans this July 4th! This is Morgan's first time competing at this event! Morgan travels all the way from Reno balancing college, internships, work and dancing!



CASA's Light of Hope Event Performance



June 15th we had the opportunity to perform for the second time at CASA's Light of Hope Benefit. CASA is a group that helps legally advocate for children that otherwise get lost in the system. The event was held at Beatnik Studios and the crowds loved our dancers energetic performance! Thank you to all who took part!

First Ever CLARA Summer Camp



Miss McKeever Teaches Broadway Poster Design with skills she learned in her Undergraduate Degree in Visual Arts!



Fifty Students gather in CLARA's Auditorium on the first day of camp getting to know each other!

CLARA's First ever free Summer Camp for students going into the seventh grade from Sac City Unified School District has been taking place these last two weeks of June. The camp runs from 8am-3pm and students take classes from all of CLARA's tenants! Classes include Irish Dance, Hip Hop, Contemporary Dance, Batacuda Drumming, Improvisation, French Etiquette, Guitar, Samba, Voice, Acting, Poetry/Theater, Poster Design, Scenic Design and Audition Skills!! All of these classes culminate into a end of camp performance where students get to share what they have learned! This is one of the amazing outreach opportunities CLARA was designed for, hopefully promoting the Arts and making it more accessible to our community!

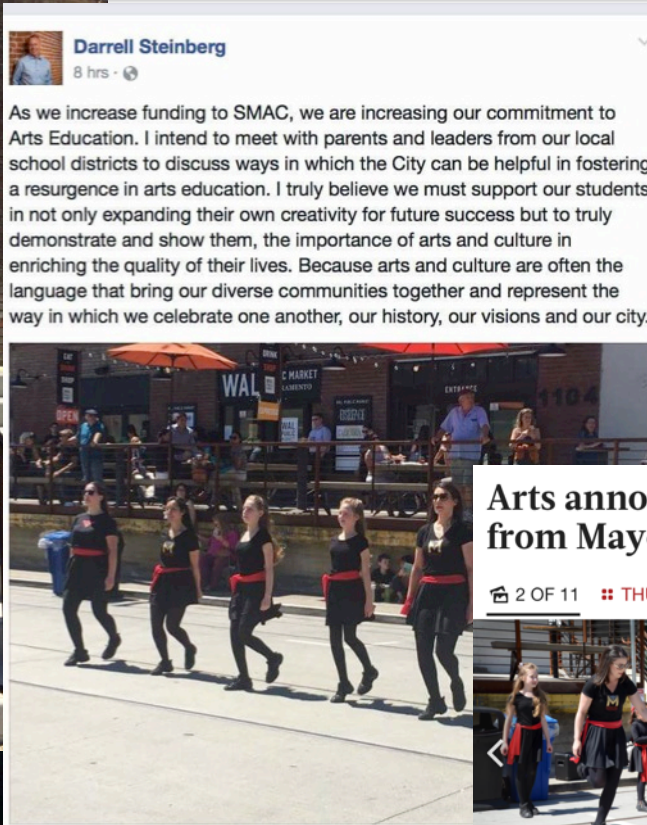
Dancers Perform For The Mayor



On June 14th the McKeever Dancers were invited to dance in front of the Warehouse Artist's Lofts on 11th and R street to help kick off Mayor Darrell Steinberg's "State of the Arts Address". Crowds gathered in awe as our tiny dancers proudly shared their love of Irish Dance and performed for 30 mins! The Mayor also came over to give high fives to all our future champions!

There were many important announcements about how Sacramento is making more attempts to promote and fund the Arts and the Artists that live in our great city. It was an honor to take part in this event and we had some great press from the Mayor and Sacramento Business Journal!

Thank you to all who took part!!



Arts announcement from Mayor Steinberg

2 OF 11 THUMBNAILS



DENNIS MCCOY | SACRAMENTO BUSINESS JOURNAL

Nicole McKeever dances with Shannon Worthey during a performance by the McKeever School of Irish Dance.



Studio News and Events

July 3rd- 14th – NO CLASSES – North American Irish Dance Championships in New Orleans! Good Luck to our Dancer Morgan M who will be competing!!

July 22nd 4:30pm – CA State Fair Performance!!!

July 29th – CA National Day of Dance Performance! Evening. More details to come. Check emails for Sign Up. Deadline to Sign up July 15th.

August 26th – Performance at the Elk Grove Multicultural Festival

September 30th – Performance at KVMR Celtic Festival in Grass Valley!



CLARA had a really neat photo spread in May's Issue of Sacramento Magazine!



HAVE YOU VOTED YET!!!
Please spread the word, polls are now open and we are in the running for KCRA A-List's BEST DANCE STUDIO of 2017!!! Lets win it again this year!!!



Our cute school Mascot Tumbleweed has been escaping the heat and seeking refuge in our cool studio! Dancers Devin, Juna, Libby and Kathryn don't seem to mind!