



McKEEVER SCHOOL OF IRISH DANCE NEWSLETTER AUGUST-SEPTEMBER 2016

CLARA's First Second Saturday Event

On August 13th the CLARA Studios had a huge Second Saturday Event. The McKeever Studios held free lessons for children and adults and had their studio open to the public. All the tenants of CLARA had special events happening that day so the community could get a taste of the diverse programming that happens under our roof. Hopefully each month we can hold Second Saturday events open to the public so that more and more people learn what a treasure these Performing Arts Studios are!



Below mascot Tumbleweed dresses up in her finest Irish Dance costumes! Dancers Amber R. and Tara N. sell their amazing Irish Dance Illustrations at Second Saturday!



Student Shout Out!

Some of our wonderful dancers deserve mentioning! Dancer Ryan B. hand carved this McKeever Logo onto wood (pictured right). This was such a lovely gift! Thanks for sharing your talents Ryan!

Dancer Erin L. was pictured in Irish Dancing Magazine's latest issue mentioning her 8th birthday and pictured in her McKeever School costume! What a great birthday gift! Thank you for being a representative to the school on such an international level!!! We hope you had a great birthday!!

Finally our dancer Cecilia D., who was among one of our first students, went off to college in Texas this month! If you had the pleasure of knowing Cecilia at class she was not only a beautiful dancer with those awesome pointy feet, but a truly kind hearted person. We know you are on to the next wonderful chapter of your life and we wish you the best! Come back and dance with us soon!



Team Jacket Orders!

If you have not seen already we have some great samples and order forms for team jackets and warm up pants. These are made by a company called Treasure Mountain Apparel and orders need to be in by September 8th! These are perfect for the dancer that wants to walk into the competition hall sparkling from head to toe!!



Dates to Mark on Your Calendar

September 1- New Schedule and pricing takes effect

September 8th - Team Jackets Order forms Due!!!

September 10th 4-6pm - Second Saturday at CLARA - Registered McKeever Students may bring a friend from 4-4:30 for a free dance class!!!

September 11th 11-1pm - Sports Psychology Workshop (Novice-Champion Level strongly encouraged!)

September 12th - Regional Championships or Oireachtas Competitors must have submitted their registration fees to me at this time.

October 1, Saturday - Celtic Fest Grass Valley Performance

October 8th - Second Saturday at CLARA

October 23 - Rockin Road to Dublin Show at the CCT

October 29-30 - East Bay Feis

October 31 - HALLOWEEN - No Intro or Advanced Beginner classes (I figure kids want to trick or treat?). Champs and Adults will still be on.

November 12th - Second Saturday at CLARA

November 18-20 - Regional Championships in San Fran

November 21-25th - NO CLASSES (Thanksgiving)

December 10th - Second Saturday at CLARA

December 22- January 3rd - NO CLASSES

January 7th 6pm - Small show at Harlow's - More information to come

January 14-15 - Kennelly Feis in Sacramento

February 18-19 - San Fran Feis

February 25th - Possibly looking into renting the CLARA Auditorium for a showcase / fundraiser for Worlds.

April 9-16 - World Championships Dublin Ireland

May 29th - NO CLASSES



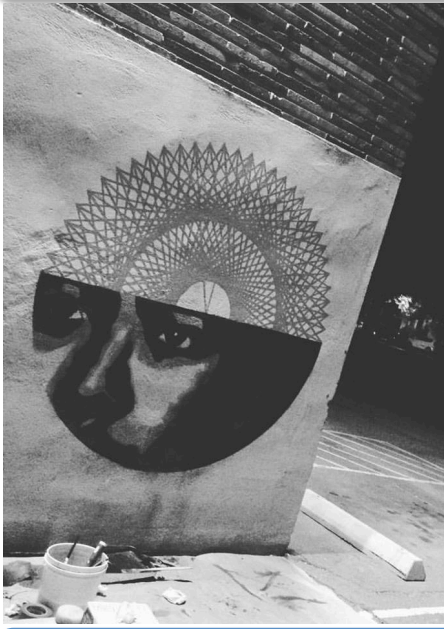
Good luck to all our dancers travelling to Southern California and Seaside Oregon this first weekend of September to compete!

Thank you for Voting!



We will find out September 12th how we ranked on the KCRA – A List! Thank you so much to each and every one of you that voted. Your support and efforts are extremely valued!

Making the News all around Sacramento!



This past month CLARA Studios had some great press! Between a stunning photo feature in INSIDE Publication's Magazine and being selected to be part of the 2016 Sacramento Mural Festival. The artist that gifted our studios with such a beautiful work is Alicia Paleny. Make sure to check both exciting things out!

Get Your Head in the Game!

It is exciting to announce we will have a Sports Psychologist to come visit our studio and do a group workshop!! He is highly qualified and seemed very excited to work with the Irish Dancer Athlete! His name is Dr. Bregman and his bio is featured below. The workshop will take place September 11th from 11-1pm and the cost should range hopefully between \$20-40 depending on how many people commit to coming and split the cost.

If you are a champion, novice/prizewinner or a competitive dancer you are STRONGLY encouraged to take this workshop. If you are competing at the Regional Championships you REALLY need to come! If you are not competitive but think these skills could be applied to your life please come!

Dr. Ethan Isaac Bregman is a clinical psychologist specializing in sport psychology. He works with adolescents and adults of all competitive/participation levels. Dr. Bregman is a graduate of the APA (American Psychological Association) accredited Pacific Graduate School of Psychology. He is a professional member of the APA, Div 47 and the AASP (Association for Applied Sport Psychology). Dr. Bregman is also an approved provider for the Safe4Athletes program. Dr. Bregman specializes in a wide range of clinical techniques addressing factors that impact athletic performance such as injury recovery, anger management, stress reduction, anxiety, as well as interpersonal and adjustment issues. He recognizes the challenges that athletes encounter regardless of their age or level of participation. He utilizes his clinical expertise and athletic experience to help restore overall wellbeing, balance and enjoyment, not only in sports, but life.



Pictured above, the creativity of dancer Sherry T. who went above and beyond to make her daughter Alicia's Irish Dance Birthday Party at the Studios a complete success! What a fun day complete with lessons, and everything Irish Dance themed! Thank you dancer Moriah P. for also participating! Alicia requested that her favorite dancer Moriah attend the party and show off her Champion skills!