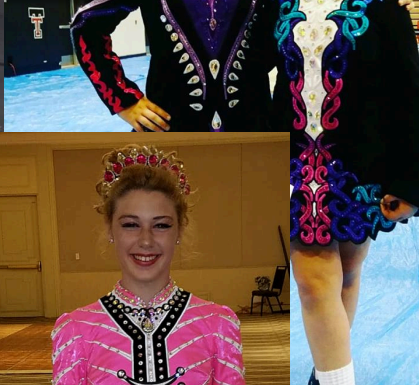
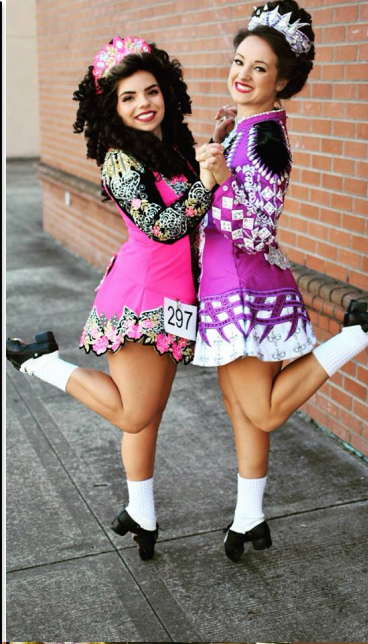




McKeever School of Irish Dance NEWSLETTER OCTOBER-NOVEMBER 2017

McKeever Students Compete Up and Down the West Coast

This was a busy month for the McKeever School, dancers competing and performing every weekend of October! First we had the Saint Ambrose Feis where dancers Juliana G, Megan L, and Champions Bridget F. and Natalie M. all improved their performances and standings! Juliana G. Moved up in four of her dances!! Incredible! Dancers Heather N., Morgan M. Millie K. and Libby P. all traveled up to Portland to compete October 14th and 15th. Heather, Millie and Libby had their debut competitive performances as McKeever dancers. Heather took home an overall 3rd place the first day and 2nd place the next day in her Championships. Morgan Martin got third in her soft shoe round and sixth in set and heavy shoe round out of a large Open Champion Competition. Libby came home with medals in almost every round including two second places in Prizewinner. Millie came home with two firsts and now has only one more to earn to become a Preliminary Champion! How outstanding! Finally, Champion dancer Natalie went down to LA and competed in the first ever CIDA Annual Championships. Her first day proved challenging but she pulled it together for the second day of competition earning second in her softshoe round and third in her set dance!



Performance Benefitting Big Brothers Big Sisters



October 14th the McKeever School dancers were invited to perform at a private garden party fundraiser for the wonderful organization Big Brothers Big Sisters. The event was held at an expansive estate in Carmichael. The Sacramento Gay Men's Chorus opened up the entertainment section of the evening and then our dancers performed two high energy numbers! The audience was captivated! Thanks to everyone who to part!

Thanking our Female Veterans

On Saturday October 21st the McKeever Dance Troupe performed at American River College for Women's Veterans Day! The original group booked to perform had to cancel last minute so event organizers were so thankful to have us come in and share our love of dance with these brave women. We were there to support and thank them but they were such an amazing audience they gave us back more energy than we tried to give to them! Thank you for putting on such a great show dancers!!



Four Year Anniversary of the School!



Its hard to believe four years have gone by since the inception of the McKeever School! October 15th 2013 was the first day I rented space and held a class. As I mentioned on Facebook this was the same day my grandmother passed away, and to top it off no one showed up to the first class we held. Looking back at these last four years feels like a tiresome whirlwind. The humble beginnings of any small business are not always glamorous. Dancers who have been in the school for the past three or four years have seen us through these times. My hope is that now that our school has a happy home we continue to help dancer's dreams come true and bring happiness and a sense of community to many people. Lets also get a few World Champions in there!! Thank you to everyone who has become such a special part of the school these past four years.

Here is a picture of our early days, circa December 2013 at Step One Dance and Fitness. This was back when we might have had 5 dancers max and were renting studios around town hourly! Katherine K. and Kyle K. were learning some of their beginner dances from Miss McKeever. Katherine is now inches away from becoming a champion dancer 😊

East Bay Feis!!

The McKeever School had 32 dancers compete October 28-29th at the East Bay Feis in San Ramon hosted by the McBride School. Every dancer made us proud with very stiff competitions. As a school we walked away with 123 awards, 36 firsts, 26 seconds, 28 thirds, 14 fourths, 9 fifths, 5 sixths. Highlights included dancers Christy S. and Julia J. competing for the first time. Champion Heather N. earning her first 1st place in Preliminary Champs. Dancer Loren B. competing as a champ for the first time and dancer Anja R. becoming a Champion!!!



New Team Costume Option

We have our first Team skirts this month! A cheaper option in comparison to our beautiful full team costumes. These are custom ordered through Mags Gogarty of Realta Rinse Designs. The girls sizes are priced at \$190 plus shipping and the adult sizes are \$225 plus shipping. Order forms are available at the studio and you can try on some of the skirts for sizing. We are also working on a embroidered cummerbund for male dancers!! These are perfect for shows and competitions! There are also several used full team costumes for sale through dancers in the school. Please let Miss McKeever know if you are interested!

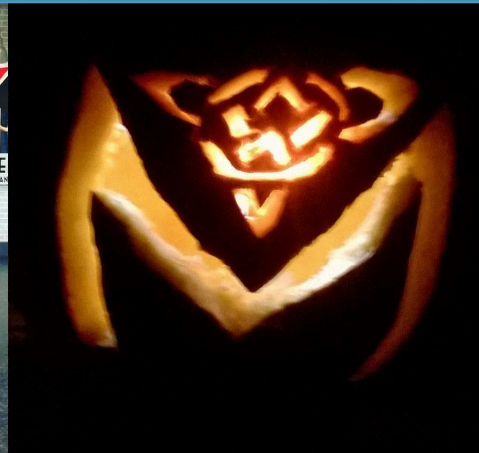


Did you know we have a new tenant group at CLARA!?! We would like to welcome Southside Unlimited formally known as Southside Arts Center. This organization helps adults with disabilities create incomes from their music, art and other efforts. Their studio downstairs is used during the day for podcasts and band rehearsals! We welcome this wonderful group of people to the building!!

Spooktacular Times at CLARA

October was a fun and busy month at the McKeever Studios. Pictured to the right are dancers in costume during class on Halloween!! Dancer Bella R. carved a McKeever logo on her pumpkin! What an honor!

Also the tenants of CLARA participated in a fun Halloween version of Secret Santa. Tenants "Boo-ed" each other leaving gifts at the door from a CLARA Ghost. Once you were "Boo-ed" you had to place a sign on your door and pass it on to the next tenant!



Students Get Help From Sacramento Sports Psychology

This month our students had the chance to participate in a Sports Psychology Workshop with Dr. Ethan Bregman. This is the second time he has visited our studio and we hope to have him back again. The Irish Dance athlete must train both their body and their mind. Parents might not realize how much the mind plays into a dancers ability to train, perform and compete. Remaining positive after failure is a constant learning process. Dancers must push themselves through difficult training sessions, setting the right kind of goals and sticking to them, and most importantly believing in yourself and controlling your mind during intense competitive situations! Irish Dance is no easy sport! Make sure you are taking care of your mental health and always practice positive self talk!!



Upcoming Events

WESTERN REGIONAL OIREACHTAS – Phoenix, Arizona – November 17-19
NO CLASS – THURSDAY NOVEMBER 16th
THANKSGIVING BREAK NO CLASSES – November 20th -23rd
CHRISTMAS BREAK NO CLASSES – December 18th – January 3rd (First class back January 4th)
IRISHPALOOZA – HARLOWS – January 13th
KENNELLY FEIS SACRAMENTO – January 14th
SCHOOL RECITAL – February 24th

Preparing for the Western Regional Championships



This year will be our third time sending dancers to the Western US Regional Irish Dance Championships! The more common name for this event is the Oireachtas (Or-Rock-Tas), an Irish word. For 2017 we have 12 dancers competing at the Championship level and five dancers competing in the Traditional Set Category. The event will take place in Phoenix, Arizona November 17-19th. Championship level dancers have a chance to qualify for National and World Championships at this event. They first compete in two rounds, a Light Shoe and Hard Shoe dance and if they make the top half of the competition they get a recall and dance their third round or Set Dance. Some competitions can have as many as 130 dancers in an age category. To qualify for the World Championships (The Olympics of Irish Dance held this year in Glasgow) Dancers must place in the top of the top, usually there are only 5-10 spots! Our dancers have been training multiple times a week coming from every direction, many traveling 1-3 hours to get to class. This year is going to be an exciting Oireachtas and I am so excited for all of you!

Good Luck To All The Dancers Competing At the Western Regional Oireachtas 2017!



We would like to thank everyone who made this event possible! The Oireachtas Co-Chairs Pat Hall, Ann Paitel, Michael Pat Gallagher as well as the Western Regional Executive Board, Sharon MacSweeney, RaChelle Taccone, Martin Percival, Kelly Sullivan, and Robert Haley.

Wish wish our McKeever Dancers the very best of luck! Maegan Betz, Jennifer Blake, Bridget Floyd, Millie Kinnaid, Arabelle Jones, Morgan Martin, Marcella McGuinness, Natalie McKeever, Heather Nelson, Ana Palacio, Isabella Palacio, Audrey Pettengill, Libby Plumb, Anja Rice, Mila Rice, Morgan Sydow, Sherry Toutges

Our hearts go out to McKeever Dancers Megan Lehmkuhl and Moriah Payne on the loss of their fathers this year.

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CLARA's New Signs!!!



Did you see all the cool new signs at CLARA? Its been a long time coming! We love our amazing new McKeever sign in the hallway too!!!