



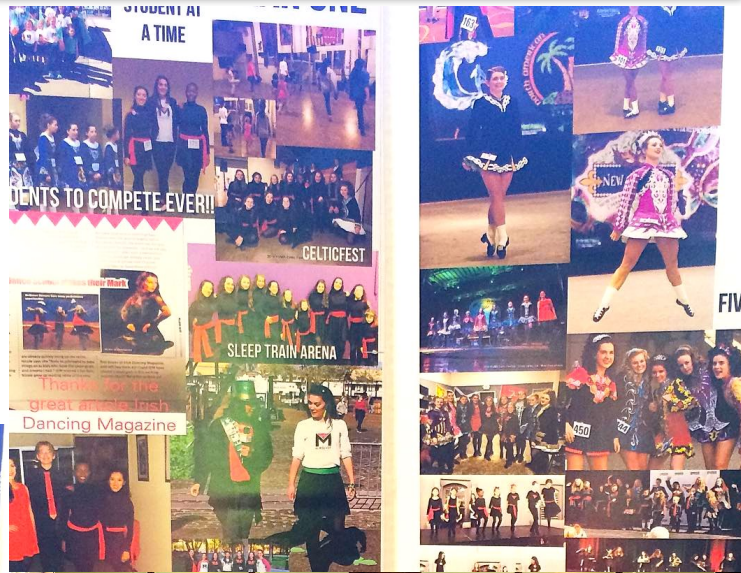
McKeever School of Irish Dance Newsletter

September - October 2018

We Celebrate Five Years!

We can hardly believe where the time has gone! October 15th of this year marks our fifth year as a dance school! Upon looking back I realize how far we have come and how blessed all of us are. So much growth has happened for us as a school and for all of you as dancers! The early days were humble and not always the easiest. Jumping from studio to studio trying to find a place to properly train. Even juggling multiple jobs until the business grew large enough was a huge aspect of those early days. I am so grateful to have my dream as a reality and to share my love of Irish Dance with all of you. Now working alongside my sister in the classroom we are full steam ahead. I have big dreams for our future and I hope you do too. At the end of the day I want Sacramento and Northern California to see the joy that Irish Dance can bring into your life. I want our school to be a positive force in our community! Keep up the good work and thank you so much for being a part of this amazing growth in the past five years!!

5 YEARS IN BUSINESS!
THANK YOU
OCTOBER 15, 2013
OCTOBER 15, 2018



October 15, 2013
October 15, 2018

Friendship. Community.
 Fitness. Confidence.
 Performance. Joy.
 We Can Only Get Stronger!

McKEEVER
 SCHOOL OF IRISH DANCE
 SACRAMENTO, CALIFORNIA

FIVE YEARS IN BUSINESS
THANK YOU SACRAMENTO!

KVMR CelticFest 2018

This was our fifth year in a row performing at the Nevada County Fairgrounds for the Annual KVMR CelticFest! This event is a two day, fun filled, family event with live Celtic music and entertainment all day long. This year we put on two stellar performances that literally had the crowds roaring with cheers! Adult Dancer Sarah R. performed for the first time as a McKeever dancer, and did an outstanding job! Thank you to all who participated in this joyous day of music and dance!!



Competing Up and Down the Coast

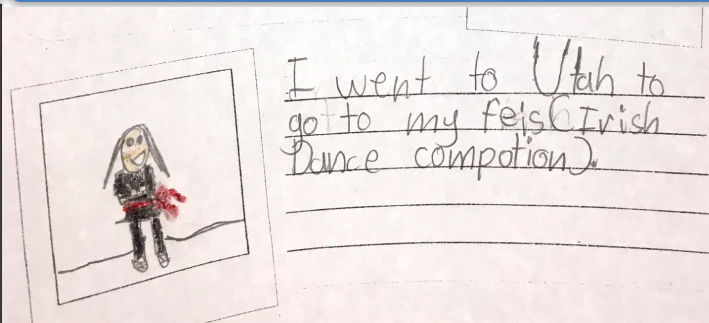
Our dancers enjoyed traveling up and down the West Coast this month for some feisanna! At the Lewis and Clark/Feis Na Mara competition in Seaside, Oregon champion dancer Morgan S. earned a second place, and dancers Olive and Ruby K. enjoyed winning some of the unique trophies at this feis! Dancers also travelled to Los Angeles for the Cleary School's Fall St. Ambrose feis and brought home some hardware! Congrats to Ruby, Olive and Sophia who represented the school so well at this event and are on the right track to achieving their Champion dreams! The next local feis is the East Bay Feis in San Ramon. Don't forget to sign up for the October 26-27 competition!



Arts Outreach Begins Again

This month we begin our ten weeks of lessons to two third grade classes in Hollywood Park. Students will learn the history of Irish Dance as well as the skips, Light Jig and Reel! Last year was our first time providing these classes to the school district and we are so excited to begin again! We also met our High School Intern from the MET High School. She will be helping us with specific projects throughout the year and we are excited to have her on board!!

Dancer's Corner



Above is dancer Devin P's cute artwork!! If you have something Irish Dance related that you are proud of please share it with us for the next newsletter!!

Exciting Workshop This Month!



We have an exciting workshop coming straight to you at the studio on Sunday October 21st from 11am-12pm before our champion class. All are welcome to sign up! Even if you are not a dancer this could just be helpful rehabilitation information for aching and tight muscles. **Fitsom Studios holds a class called "Self Care for Foot and Knee" I went to it and found it very helpful. Now we are bringing this to you!!! Recovery is an essential aspect of training!**

WHAT - Fitsom Studios Self Care, Deep Tissue Massage and Myofascial Release Workshop!

WHEN - SUNDAY, OCTOBER 21st 11am -12pm

WHERE - McKeever Studios

WHOSE IT FOR - Any dancer wanting to learn these techniques. Parents you are welcome to sign up as well. Even siblings who might be in other sports please take advantage of this information.

COST - \$20 cash on the day. (If you cant attend but sign up you will be charged)

SIGN UP HERE - [CLICK LINK](#)

Please sign up if by the end of the week! I'm am getting an initial headcount to them by Friday!

WEBSITE - <https://www.fitsomstudios.com/>

About their classes - "Combat the stressors of everyday life with the tools to build mental and physical resilience. In this relaxing class, you will harness the power of your breath to release tension in the body, calm the nervous system, open up the rib cage and improve your posture. Utilizing the healing practice of deep tissue massage, Stress Reduction will teach you the self myofascial release (SMR) and breathing needed to break you out of perpetual fight or flight mode and back in control of your mind and body. After the hour is up, you will feel open, centered and rejuvenated!"

ANTHONY HERRERA PHOTOGRAPHY

Now offering McKeever School students a group discount on a professional photo session.

For a limited time only get

- 60, 30 or 15 Minute Photo Session
- Options for 8 x 10 Included
- Rights to Digital images



Deluxe Package Includes:

45-Minute Shoot ~~\$125~~
 8 Unique Images **NOW \$100**
 (1) 8x10
 Rights to digital image downloads
 Access available for one (1) year

Premium Package Includes:

30-Minute Shoot ~~\$100~~
 5 Unique Images **NOW \$75**
 (1) 8x10
 Rights to digital image downloads
 Access available for one (1) year.

Value Package Includes:

15-Minute Shoot ~~\$75~~
 3 Unique Images **NOW \$50**
 Rights to digital image downloads
 Access available for one (1) year



Only 10 spots available!!!

-Reserve your spot today-

Email info@anthonyherrera.com

www.anthonyherrera.com

Upcoming Important Dates

Fall Competitions:

Oct. 13-14 - The Portland Feis/City of Roses Feis, Portland OR

Oct. 20-21 - CIDA Feis, Burbank, CA

Sign up on FeisWorx

Oct. 25-26 - Utah State Championships and Grade Exams (1-10), Sandy, UT

Sign up on FeisWorx

Local Feis! Oct. 26-27 East Bay Feis, San Ramon, CA - Sign up on FeisInfo

MAJOR COMPETITIONS

NOVEMBER 16-18th

WESTERN REGIONAL CHAMPIONSHIPS / PORTLAND, OREGON

World Qualifying Event for Teams and Solos

EVENT

SUNDAY, OCTOBER 21st 11am -12pm

Fitsom Studios Self Care, Deep Tissue Massage and Myofascial Release Workshop!

SUNDAY NOVEMBER 4th - 1-5pm

REGIONAL CHAMPIONSHIPS DRESS REHEARSAL

Come to the CLARA Auditorium and watch the dancers rehearse in costume for teams and solos! Anyone can come to support!!!

VETERANS DAY OBSERVED - MONDAY NOV 12th Classes OFFERED

NO CLASSES - Thanksgiving Break

NOVEMBER 19th - 25th (First class back Monday November 26th)