

# THE TEELIN TIMES

COLUMBIA – MILLERSVILLE – TIMONIUM

MAY / JUNE 2010

**Maureen Gately, TCRG**

Owner / Director  
maureen@teelin.com  
443-629-7808

**Kathleen Young, TCRG**

Owner / Business Manager  
kathleen@teelin.com  
443-414-4144

**Molly Nilan, TCRG**

molly@teelin.com

**GENERAL INFORMATION**

info@teelin.com  
443-629-7808

[www.teelin.com](http://www.teelin.com)

Performances available by the  
**Teelin Irish Dance Company**  
performances@teelin.com  
Colleen Woodcock, Manager  
443-803-6853

Dance Classes at 3 Locations:

**Teelin School of Irish Dance**  
9160 Red Branch Road, Suite E-3  
Columbia, MD 21045

*(discontinuing next year...)*

**Teelin Classes in Millersville**  
Stage Workz  
1035 Benfield Blvd, Suite E  
Millersville, MD 21108

**Teelin Classes in Timonium**  
Megan Rich Physical Therapy  
9492 Deereco Road  
Timonium, MD 21093

Please do not send mail to  
studio addresses. Business  
correspondence may be sent to

Teelin  
1 Class Court  
Parkville, MD 21234



SCHOOL OF IRISH DANCE

**A NOTE FROM THE DIRECTOR...**

As we wrap up the year, Kathleen and I would like to take this time to say THANK YOU! This has been a busy year at Teelin, and we could not have succeeded without each and every one of our dedicated instructors, our administrative staff, our students and our many wonderful parent volunteers. Amidst the current economic climate, it is so nice to have a community of people interested in perpetuating Irish culture through Irish step dancing, and growing together in support of our shared interests. Special thanks to the families in Millersville who have been very understanding of the difficult decision we made regarding closing that studio location for Teelin classes. Sláinte, Teelin Family!

This is the final issue of our newsletter for the 2009-2010 school year. I look forward to seeing Teelin Dancers over the summer in our camps, or feis practices or workshops, and again next fall when we begin the 2010-2011 school year. Happy Summer!

~Maureen

**SUMMER DANCING – AN OPPORTUNITY FOR PERSONAL GROWTH**

On the first week of summer vacation, all you want to do is flop around the house and breathe a sigh of relief from the busy schedule of school and homework. But by the second week, that gets old and you're looking for something to do. So... get up and dance!

Hopefully you're already registered for a Teelin Summer Camp and you'll be marking your calendar with some of the additional summer classes and workshops that Teelin offers. (Hint, hint!) But free time at home is also a great opportunity to develop your independent dance practice, or to refine and expand your independent practice sessions.

Dancers who compete, and all advanced level dancers should have a regular independent practice routine already established. Summer can be a great time to increase endurance by lengthening those practice sessions, or perhaps finding more opportunities to practice with a buddy. Studio time is available (ask how if this is new to you), and please remember to mark the Studio Log with your practice sessions (not private lessons).

Independent practice is a time to take what you've learned in class, and to figure it out. It feels different to dance on your own than it does in class. This is an opportunity to apply the lessons you've learned in class, rather than just following instructions with a group.

As a general rule of thumb, there are 4 parts to a good independent practice:

1. Warm up.
2. Drill the skills.
3. Apply the skills.
4. Cool down and stretch well.

(This article continues on the next page... keep reading!)

**REGISTRATION FOR NEXT YEAR...**

The last day of Teelin classes for the 2009-10 school year is Thursday, June 3. Enrollment for the 2010-11 school year will begin on June 1. Beginner students, Beginner II students, and students who do not compete will each receive a Recommended Class Placement letter by email. All students are encouraged to read the 2010-11 Class Descriptions, as there are some new options for next year. Please note that the recommendation letter does not reserve a place in a class. Registrations will be accepted on a first come, first serve basis.

As always, if you have any questions, please ask!

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Teelin School of Irish Dance

Questions, comments? Want to submit a story? Send an email to [info@teelin.com](mailto:info@teelin.com).

### Dance Studio Reminders:

Please arrive for class on time, dressed appropriately.

Bring a water bottle (or purchase one for \$1 from the lobby at Columbia studio).

No chewing gum.

No sitting during class. If you're on the floor, you should be stretching!

No hanging on the barre.

No long or baggy pants. Teachers must be able to see your knees.

Please respect the studio space.

Collect all belongings, remove litter, use recycling bins where available.

### Inclement Weather/ Emergencies:

If weather is questionable, please call 443-629-7808 to hear the school message. Notice will also be posted on the website ASAP. **We will not always follow the public school closures.**

### Absence:

If you miss a class, you may attend another class at the same level (or a level below), with permission from the instructor of that class.

### Stay Informed!

1. Keep us updated with your current email address. Send changes to [info@teelin.com](mailto:info@teelin.com).
2. Visit [www.teelin.com](http://www.teelin.com) often for news and updates.
3. Read and use the Teelin School Message Board!

Dancers, are you addicted to the joy of Irish Dance?! You may want to consider one or both of these opportunities...

### DANCE COMPETITIONS

A **feis** (pronounced "fesh") is an Irish dance competition. Competing is a great way to focus on improving your technique. Learn more on the website at [www.teelin.com](http://www.teelin.com)...

### PERFORMANCE COMPANY

When positions are open, advanced level students may audition for the **Teelin Irish Dance Company**. Learn more at [www.teelin.com](http://www.teelin.com)...



**Dance, dance,  
wherever you may be!**

### SUMMER DANCING... (continued from previous page)

This basic structure allows for a huge range of options. For example, suppose that a dancer would like to structure an independent practice to help remember a new step. After a basic warm up, that dancer may choose to drill one or two sections of the step that seemed tricky. Next, apply those drills by dancing the whole step, maybe without music at first, and then with music. Set a goal by picking a number of times to practice the step all the way through, and then celebrate when it suddenly seems easier to remember that step! Be mindful of technique and timing, and get help when needed.

Another example of a good independent practice is to set a goal with a specific technique. Perhaps a dancer has been told that they need to point their toes more. Using the basic 4-part practice structure, focus on "pointed toes" for an entire session. This would be a good opportunity to ask a parent or a practice partner to help find places in your dancing that your toes are nicely pointed, and places that those toes are not so pointed. Drill the latter, and then check again. And celebrate your successes!

Always remember to stretch well after your practice. Also, keep a "Practice Journal" so that you can log your sessions and your progress. Share this with your teacher(s).

Did you know that the swimming pool is a great place for drills?! The resistance of the water is a nice way to strengthen your points and to practice switches and kicks with lots of turn out. Pools are also especially good for leaps, butterflies, royales and chicots.

The healthy habit of independent practice is not only a great way to improve your dancing skills, it also develops self-discipline and personal initiative. Enjoy experimenting with all of the great dance skills that you've learned this year in your classes at Teelin. Use your summer free time wisely!

### NORTH AMERICAN IRISH DANCING CHAMPIONSHIPS

Eleven Teelin dancers and their families, accompanied by Teelin TCRG instructor Molly Nilan, are heading to Orlando, Florida, this July to compete in the North American Irish Dancing Championships (also known as "Nationals"). Among them, our youngest **8-Hand Team** and reigning Southern Region U9 8-Hand Champions (**Alexandra, Alyssa, Bailey, Ellie, Emily, Gaby, Megan & Simone**); and champion soloists **Joe Duffey, Abby Lyons, Saoirse DeBoy, Ellie King, Gaby Stratmann, Megan Reese, Alyssa Savard and Simone Loysen**. Best of luck, Teelin! Dance well, have fun, and thank you for representing our school at these championships!

### "FOR SALE" OPPORTUNITIES ON THE TEELIN WEBSITE

Dance shoes and competition costumes are expensive. But thanks to a thriving community within our school, there is a great resale market for these items on the "For Sale" pages of the Teelin website. Consider buying and/or selling items through these pages, and please help to keep them current by sending updates to the webmaster. (Reminder: If new to hard shoes, do NOT purchase hard shoes before checking with instructor.)

### THINGS TO DO... PLACES TO GO... PEOPLE TO SEE...

Check [www.teelin.com](http://www.teelin.com) for updated information and for the **Teelin Irish Dance Company** performance schedule.

**5/28/2010** – Feis Practice Classes – 4:30 N/PW & 5:30 AB/N – \$15 per dancer, advance registration required by email to [kathleen@teelin.com](mailto:kathleen@teelin.com)

**5/30/2010** – Comhaltas Irish Dance Festival (aka the "CCE Feis") in Emmittsburg, MD – this is a great opportunity to observe a large feis. Volunteers needed, please consider getting involved!

**5/30 & 31/2010** – No Classes (Memorial Day weekend)

**6/3/2010** – Last day of Teelin classes for the 2009-10 school year

**6/5/2010** – Workshops with Sinead Curran – see the website for schedule – advance registration required by email to [kathleen@teelin.com](mailto:kathleen@teelin.com)

**June, July & August** – Teelin Summer Camps – are you registered yet?!

**9/7/2010** – First day of classes for the 2010-11 school year