

THE TEELIN TIMES

COLUMBIA, MARYLAND

MAY / JUNE 2011

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GENERAL INFORMATION
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443-629-7808
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Performances available by the
Teelin Irish Dance Company
Colleen Woodcock, Manager
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443-803-6853

Dance Classes at 2 Locations:

Teelin School of Irish Dance
9221 Rumsey Road
Columbia, MD 21045

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 again say THANK YOU for being part of our Teelin Family! Moving to the new studio in Columbia is an exciting time to celebrate our successes and to look forward to our school's continued evolution. With our many talented students, our dedicated instructors, and our enthusiastic administrative staff, we are a community of people interested in perpetuating Irish culture through Irish step dancing, and growing together in support of our shared interests. Slainte, Teelin Family!

This is the final issue of our newsletter for the 2010-2011 school year. I look forward to seeing dancers over the summer in our camps, workshops and drills classes, and again next fall when we begin the 2011-2012 school year. Happy Summer!

~Maureen

INDEPENDENT PRACTICE

As the school year ends, many students find themselves with more free time at home. This is a great opportunity to develop your independent dance practice, or to refine and expand your current independent practice habits.

Independent practice is a chance 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 four parts to a good independent practice:

1. Warm up and stretch well.
2. Choose a set of skills to focus on for this practice session and DRILL the details by focusing on doing the skills correctly, not by doing unfocused repetitions.
3. Apply the drills to the specific sequences in your steps.
4. Cool down and stretch well.

This basic structure allows for a huge range of options. Keep a personal "Practice Journal" so that you can log your sessions and your progress. Bring your journal to class, and have a page for recording comments that you receive from teachers about skills that need some extra work. These notes will help guide your subsequent independent practices.

Dancers who compete, and all advanced level dancers should already have a well-established independent practice routine. Summer can be an opportunity to increase endurance by lengthening those practice sessions, or perhaps finding more times to practice with a buddy. Studio time is available – ask how if this is new to you. (When you practice at the studio, please mark the Studio Log. The clipboard is in the room with the tables.)

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

2011-12 CLASS SCHEDULE AND REGISTRATION

The last day of Teelin classes for the 2010-11 school year is Friday, June 3. Enrollment for the 2011-12 school year will open on June 1. Current students in Beginner, Beginner II, and "Level" classes have each received a Recommended Class Placement letter by email. Please note that the recommendation letter does not reserve a place in a class. Online registrations will be accepted on a first come, first serve basis.

Please read the 2011-12 Class Descriptions (now available online), as some descriptions have changed. 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 email to 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 long or baggy pants. Teachers must be able to see your knees.

Please respect the studio space. Collect all belongings, and remove litter.

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 advance permission. Please send an email to kathleen@teelin.com.

Stay Informed!

1. Keep us updated with your current email address. Log in to your family's account through the online registration system to make any necessary changes.
2. Visit www.teelin.com often for news and updates.
3. Read and use the Teelin School Message Board.

Get involved!

Teelin is dedicated to developing a family friendly environment with a strong sense of community by hosting events that promote Irish culture through dance and music. Send email to eileen@teelin.com to volunteer!

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...

PERFORMANCE COMPANY

When positions are open, advanced level students may audition for the **Teelin Irish Dance Company**. Learn more at www.teelin.com...



Dance, dance,
wherever you may be!

INDEPENDENT PRACTICE (continued from previous page)

A common question about independent practice is "How much?" Quality of practice is as important as quantity of practice. There is certainly not a set formula, but in general, champion dancers should be practicing a *minimum* of 1-2 hours per day, 4-5 days per week in order to maintain skills. Champions training for an upcoming competition will practice much more than that independently, in addition to classes or private lessons.

Learning how to have a focused and productive independent practice is an important skill to develop. Younger dancers may need some guidance from their parents, but should be encouraged to work towards being able to lead their own practices. If more direction is needed, consider scheduling a private lesson to ask your teacher for specific suggestions to apply during independent practices. Attend the Summer Drills Classes for feedback on your progress, and consider videotaping your practices to critique yourself and to get feedback from your teachers.

Small group practice sessions are an opportunity for dancers to encourage each other, to increase stamina by feeding off of each other's energy, and to share peer feedback.

Make wise decisions regarding the quality and quantity of your dance practices to avoid injuries. Also, consider adding complementary activities such as Pilates, yoga or swimming to your summer schedule. Did you know that the swimming pool is a great place for drills? The resistance of the water helps strengthens legs and feet. Practice switches, kicks and leaps with lots of turn out. Swimming laps is great for stamina.

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. Continue to nurture your passion, Teelin dancers, and use your summer free time wisely!

NORTH AMERICAN IRISH DANCE CHAMPIONSHIPS

Best of luck to champion soloists **Alexandra Terres, Alyssa Savard, Bailey Bartel, Ellie King, Gaby Stratmann, Saoirse DeBoy, Katie Ortel and Seamus Burke** at the North American Irish Dance Championships in Nashville, TN! Teelin TCRG instructor Molly Nilan will be coaching our dancers at this event in July. Dance well, have fun, and thank you for representing our school at these championships!

SUMMER CAMPS, WORKSHOPS AND DRILLS CLASSES

Enrollment is still open for most of Summer Camps, and for the Clogging Workshops in June. Visit the **Summer Camps page** of the Teelin School website for more info.

New! Some summer drills classes, feis practice classes and adult classes have just been added to the schedule! Please visit the **Extra Classes page** (within Student Info) of the Teelin School website for more information.

Feis Practice Classes, June 14-16, 7:30-8:30pm with Maureen
N/PW Drills Classes, select Tuesdays 5:30-6:30pm with Kathleen
Adv Beg Hard Shoe Drills Class, select Tuesdays 5:30-6:30pm with Kathleen
Adult Beginner Class, Thursdays 6-7pm, July 7-Aug 11 with Emily
Adult Experienced Class, Thursdays 7-8pm, July 7-Aug 11 with Emily

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

Check www.teelin.com for updated information and for the **Teelin Irish Dance Company** performance schedule.

5/2/2011 – Teelin classes resume at our new studio in Columbia! Classes continue through June 3...

5/5/2011 – 5-week session of N/PW Drills begins, ends Jun 2 – register online!

5/6/2011 – Auditions for Teelin Irish Dance Company (Peanuts at 5pm, Company at 7pm)
– Spring Figure Drills Class begins (6-7pm this night only, then 5:30-6:30pm through May)

5/30/2011 – No Classes (Memorial Day) – note that the last day of Monday classes is May 23

6/3/2011 – Last day of Teelin classes for the 2010-11 school year

Summer camps and workshops are open for enrollment! Please visit the website for more info...