

Weekly Update from O'Shea Irish Dance Administrator

Friday, June 29, 2018

Upcoming Important Dates

Jun 30 - No Open Studio

July 2 – July 12 – OID Closed for Summer Break/Nationals – No Open Studio during break.

July 12 – July 14 – Summer **Master Workshop**. Registration link coming soon.

1-5pm DANCE & 5-8pm PLAYTIME!

Open to Intermediate 1 through Championship Level dancers

- Day 1: Can-Can Wonderland!
- Day 2: Picnic in the Park!
- Day 3: Movie/Pizza Night & *Lock-In!*

August 4 from 3 pm and 5 pm – **Performance Opportunity**: Washington County Fair – [Form/rubric available here](#).

August 10 – August 12 – Irish Fair of Minnesota. Save the dates! Our dance tent performance times are:

- Saturday, August 11 from 12:30 - 1:20 pm
- Saturday, August 11 from 7:00 - 7:50 pm
- Sunday, August 12 from 3:00 - 3:50 pm

All-school and alumni party at Irish Fair on August 12.

Nationals Dancer Missing Shoes!

Nationals dancers, please check your bag for a spare pair of hard shoes from Tuesday's practice. We are looking for a 12.5 or 13 with a wide width. They also have a piece of duct tape on the inside of the tongue! Please email oidadmin@osheairishdance.com if you have them.

Natalie's Friday Motivation

Among the things all elite athletes have in common is visualization. That is, in your mind, you visualize yourself performing your sport or dance to the very best of your ability. Try imagining each of your dances in great detail including the room, the audience, the feel of your own turn out, cross, point, etc.. You should do it from start to finish for each of your dances. Then, the next day, try visualizing your performance from the perspective of the judge or a spectator. Switch back and forth every day as often as you can, but especially as you're approaching a competition. Research has shown that this actually helps the athletes who practice visualization perform better. It can work for you too!

New Student Referral Bonus

Do you know any families with young kids interested in pre-beginner or beginner Irish Dance classes? Cormac and Natalie will refund your \$35 annual registration fee for one referral who registers for pre-beginner or beginner classes. Grab some flyers about Pre-Beginner/Beginner classes in the CJ lobby.

Irish Dance Summer Camps – Help Spread the Word

Know any kids looking for a fun summer camp? We've got just the thing. OID Summer camps are held Monday through Thursday the middle two weeks of July.

PreBeginner Camp (ages 3 – 6) runs from 9 am to 10 am. **Beginner Camp** (ages 5 - 12) runs from 10 am to 12 pm. Camp dates:

- July 9 through July 12
- July 16 through July 19

Registration link coming soon.

Coming Up at CJAC – [More Info Here](#)



[Bringing it All Back Home - Immigration Trauma and Constellations, July 20-22](#)

We are pleased to bring Brendan O'Brien, a senior psychotherapist and 20-year family constellator from Cork, Ireland, to lead us in a weekend of Family Constellations where we will explore the unresolved trauma of migration in our family story, and understand the role of songs and stories in helping us heal.

Harpist Stephanie Claussen, July 13

7:30pm. Free Admission. Harpist Stephanie Claussen performs and teaches throughout the Twin Cities. She has recorded multiple albums (including "Soirée à Montpellier" and "Light So Brilliant: Carols and Tunes for Christmas") and released a book of harp arrangements with Mel Bay Publications in 2016. Claussen is a two time winner at the Master level in the Minnesota Scottish Harp Competition. In 2017 Judge Seumas Gagne awarded her one of the highest scores he has ever given in the Master category, calling Claussen's performance "exceptional."



[CD Launch Party with Wild Colonial Bhoys, July 20](#)

Come celebrate the launch of WCB's newest CD! Friday Night Live! was recorded live at the 2017 Irish Fair MN. [Tickets here.](#)