

# Weekly Update from O'Shea Irish Dance

July 1, 2022

## Important Dates - Mark Your Calendars

- **SUMMER BREAK & Nationals - June 30 - July 17**
- **Celtic Junction Summer Feis - July 30**
- **Performance Opportunity: Wash. Co. Fair - Aug 6**
- **IRISH FAIR! - Aug 12 - 14**

## Nationals is LIVE on FEIStv.com

Greetings from Montreal! The 2022 North American Irish Dance Championships is livestreaming on FEIStv. Don't miss a single minute of our solo and team dancers competitions. Watch it live on the day or the replay the next day.

Watch our dancers and teams:

- Friday, July 1: Ladies U20 - Ava
- Saturday, July 2: Boys U17 - Austin, Henry, Morien; Girls U-13 8-Hand
- Sunday, July 3: Ladies 19&O 8-Hand; Mixed 16&O 8-Hand; Girls U16 8-Hand
- Monday, July 4: Girls U15 - Anna; Mixed U11 8-Hand
- Tuesday, July 5: Boys U11 - Jordan; Boys U9 - Ethan

Subscribe to FEIStv on [their website](#) and see the schedule and other [Nationals info here](#).

## Summer at OID

**Summer is here! This is how it rolls out at OID.**

Summer is not only feis season (more details below), it is also a time for amazing growth and strength in your dancers. Since we know busy summer schedules can make it hard to keep a regular dance class schedule at OID, we offer several ways to help summer become a great time for strength and skill development:

- We open classes up as a "Flexi-schedule" so you can come when you want and travel when you wish.
- If you can't make it to classes in your own level, you can audit the one above you as a makeup too (like an upgrade)!
- Remaining enrolled over the summer allows your dancer to perform at the Irish Fair!

### Summer Training!

There is a lot to train for over the summer including three feiseanna that don't require travel! The next local feis is our own Celtic Junction Summer Feis on July 30. Open to PC and Grades only, registration is open on [Feisworx](#).

## Summer Break & IRISH FAIR!!

OID will close for Summer Break and Nationals from June 30 through July 17. Classes resume July 18 to train and rehearse for our Irish Fair performances the weekend of August 12 through 14.

We are performing at Irish Fair on the 13th and 14th but who is dancing when is TBD. We'll announce as soon as we have it sorted. For now, please save both dates! Can't wait!

PARENTS: We'll need volunteers for the CJAC booth and potentially at our dance school table if they're having them again this year. More info to come.

## **Performance Opportunity: Washington County Fair - Aug 6**

We're going back to the Washington County Fair again on August 6. We'll rehearse in the morning at CJ then head to the Washington County fairgrounds for performances at 1 pm and 2:45 pm. The fair is great fun with lots to see and do and eat between and after our shows. Form and Rubric available for signups (Primary I & Up) on the [Upcoming Performances Page](#).

## **More Upcoming Performances!**

We've got more performance opportunities coming up in September. Mac/Grove Fest is 9/10; WorldFest and Ice Cream, Peanut Butter and Jam on 9/17 and Nativity County Fair is 9/18. Save the dates! We'll need a lot of dancers!

## **Myofascial Release Therapist at CJAC on Tuesdays**

Derrick Lundberg, Natalie's massage therapist and friend, is a licensed massage therapist trained in Myofascial Release, Osteopathic Manual Therapies and Oriental Medicine.

A performer's most important tool is their body. Injuries, limitations, and performance can all be improved with manual therapy. He will be offering weekly, 30-minute massage appointments to O'Shea Families on Tuesdays from 6 pm - 9 pm in the Green Room. The cost is \$30 per half hour session.

We have a private page link for CJAC appointments only, although he does treatments all around the cities, which you can see on his homepage. You can book a CJ based appointment at [derricklundberg.com/cjac](http://derricklundberg.com/cjac).

## **COVID-19 Masking and Testing at CJAC**

Masks are optional indoors at CJAC. Thanks for respecting individual choices on mask usage.

**Testing is available to all CJAC** (you will need to register on the MCC system) in the lobby on Tuesdays and Wednesdays only from 4:30pm to 7:30pm.

If you are feeling sick or have tested positive for COVID, please stay home and wait 5 days before returning to the facility. We continue to monitor local, state, and federal guidance and will provide updates as needed. State info can be found [here](#) and the City of Saint Paul's info is [here](#). This is all subject to change as conditions change.

**LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, JULY 8 , 2022**