

Weekly Update from O'Shea Irish Dance

November 14, 2022

Important Dates - Mark Your Calendars

- Hooley Tickets [On Sale Now](#)
- Thanksgiving Break
 - Natalie, Sarah & Becky's classes: 11/23 - 11/28
 - Cormac's classes: 11/23 - 12/4
- Performance Opportunity 12/3 - European Christmas Market

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Details are still forming but we've got a fun performance opportunity again at the European Christmas Market outdoors at Union Depot on December 3 - SAVE THE DATE. It's "Irish Day" from 12 pm to 6 pm. We'll be doing a number of performances for a period within that window. We're looking for dancers Primary II and Up and Adult Dancers. Form and Rubric to come soon!

Class Costume Form

As a result of our recent costume days everyone should now be outfitted in an O'Shea Irish Dance class costume. If you have any questions about costumes please talk to Donna Dingle by text 651-230-0802 or email oidadmin@osheairishdance.com.

REQUIRED: [Click here for the electronic rental agreement](#) to read, review, and acknowledge. This is a required form so please fill out and return by November 30, 2022. Please include the numbers of your current costume and accessories (if numbered).

IMPORTANT: We are still missing some costumes that need to be returned. Please once again check your closets for any extra class costumes or costume accessories (gold skirts, capes, boys gold ties) and return any extra items as soon as possible.

Simpls Soup Fundraiser

Encourage friends and family to help support your dancers through IDPA's Simpls Soup Fundraiser. There's a shareable PDF attached to send via email as well as a social media image. Share the website: <https://www.simpls.com/> and tell everyone to use the code OSHEA for the order. Proceeds from the fundraiser will go to further help our dancers with travel stipends for majors and more. Thank you!

Thanksgiving Break / Oireachtas

We will be on break from Wednesday 11/23 through Monday 11/28. Classes resume for Natalie, Sarah and Becky's classes on 11/29. Break is extended for Cormac's dancers. His classes will resume on 12/5. We will have open studio for Oireachtas solo dancers on Wednesday 11/23.

Myofascial Release Therapist at CJAC on Wednesdays

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 Wednesdays 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.

Decade of Dance Awards

The annual Decade of Dance awards will be awarded by Irish Arts Minnesota (formerly IMDA) on March 19, 2023 at Landmark Center during the Day of Dance. A dancer who would like to receive the Decade of Dance Award in March 2023 must submit an application to be reviewed and approved by IAM's Decade of Dance Award Committee.

The dancer must meet all of the following criteria:

- Participated in Irish Dance for 10 full years*. Dancers applying for the award to be presented in March 2023 must have started studying Irish dance in the Fall of 2012 or before.
- Participated for a minimum of one (1) full year* must be with a Twin Cities Irish dance school or performance group.
- Performed at least once at IAM/IMDA's St. Patrick's Day Irish Celebration or IAM/IMDA's Day of Irish Dance.
- If injured, attended classes during their recovery.
- Be recommended by an Irish Dance Instructor or Director from the Twin Cities.

* A full year begins in the Fall and ends in the Spring (Summers are optional).

The application is now on IAM's NEW website: IrishArtsMN.org. Applications are due on Dec. 1, 2022. IAM will review the applications and confirm by Feb. 15, 2023.

Orientation Videos and Forms Deadline

If you missed the sessions or want a refresher, [please watch this video](#). (We created it during the pandemic—disregard the COVID talk.)

All dancers/families need to fill out the annual forms each year. If you haven't already done so, please [follow this link for all the forms](#). REMINDER: we need everyone to fill them out. They were due by October 15. If you haven't filled them out yet, they need to be completed TODAY. The annual forms include:

- Acknowledgement of Policies and Procedures
- Release Agreement
- Medical Form

Thanks all! Looking forward to a great Fall Season!

Shoes For Sale? Solo Costume for Sale?

Have you got used Irish dance shoes in good condition at home? Bring them in and share them in the Parent to Parent shoe cupboard. It's the start of a new term and we have a lot of new students and students moving up. There's also a [used solo costume group](#) on Facebook. It's a great spot to sell or buy used solo costumes.

REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.
LOOK FOR YOUR NEXT WEEKLY UPDATE ON FRIDAY, NOVEMBER 18, 2022