

# O'Shea Irish Dance Announcements

April 8, 2023

## Important Dates - Mark Your Calendars

- Closed for Spring Break / Worlds - 3/31 - 4/10
- OID Spring Feissanna Registration Late Fees Kick In - 4/14
- CJAC Irish Arts Week - 4/14 - 4/30
- OID Spring Feiseanna - 4/29 & 4/30

## OID Closed for Spring Break / Worlds

We are closed as we attend the Worlds now through April 10. Classes resume on Tuesday, April 11.

## The News from Worlds

Worlds started on April 2 with Jordan placing 18th! Huge congratulations to him on his hard work! Henry danced beautifully on April 5 as did our U13 Girls team. Unfortunately no recalls for either but all are proud of their work and have their sights set on what's next. Two teams left to compete this week: Sr. Girls Ceili on Saturday and Sr. Mixed Ceili on Sunday and then it's all done!



## Follow Along at Worlds on FeisTV

We've got dancers and teams competing on FIVE different days at Worlds in Montreal this year. You can follow all the dancing and all the awards plus special features and interviews on [FeisTV](#). Here's the schedule for the remaining OID Dancers:

- 4/8 - O16 Ladies Ceili
- 4/9 - O16 Mixed Ceili

## Registration is Open for Spring Feiseanna

Registration is open on [Feisworx](#) for our Spring Feiseanna. Please register your dancer for both days. If you have questions about which dances to register your child in please talk to your child's teacher. If you have questions about how the Feiseanna work, how you can volunteer, or general questions please email [jdpafeisinfo@gmail.com](mailto:jdpafeisinfo@gmail.com).

**OID registrations are low. Please register and pay as soon as possible. Late fees begin April 14, 2023.** If you register but do not pay your registration may be dropped if the registration cap is reached or by the close of registration on April 24, 2023. Follow our OID Feiseanna on [Instagram](#) and [Facebook](#) or [idpamn.org](http://idpamn.org).

As always, our feiseanna run on the dedication of our volunteers. We need YOU to join the crew! [Please use this Sign-Up Genius form](#) to be a part of the team. No experience necessary!

## OID Performing at Minnesota State Fair's "Kickoff to Summer at the Fair" Event

Come join us at Kickoff to Summer at the Fair! We'll be performing at the Minnesota State Fairgrounds Saturday, May 27, at 11:45 pm and 1:45 pm, on the Christensen Farms Stage. Don't miss out on this slice-of-the-fair event! Learn more and get your spectator [discount advance tickets here!](#)

Intermediate, Jr. Champs, Champs, and Kil Dancers, want to dance at the event? Dancers will get in FREE! [The sign-up form and rubric are here!](#)

Join us!

### O'SHEA IRISH DANCE

Saturday, May 27



**MAY  
25-28  
2023**  
MINNESOTA STATE FAIR

## Target Training Opportunity Exclusively for OID Dancers



Hello OID Families— Ella Pomplun here, Target Training's Operations & Communications Manager. Starting in just a few weeks, O'Shea will be hosting a session of Target Training's 10 Week Workout exclusively for O'Shea dancers!

The 10 Week Workout is a weekly workout designed to build full-body strength, mobility, and endurance to improve Irish dance techniques. The classes build upon each other each week to provide a challenging (and rewarding!) workout. This class is open for registration to all Junior Champ and Champ dancers, or anyone else heading to the North American Nationals.

Classes start April 16th and will lead right up to the Nationals in July! [You can see all class dates and register HERE](#), please note there is one date that will be virtual due to the availability of the Celtic Junction. Please also note that as of now, there will NOT be a 10 Week Workout hosted in the fall before the Oireachtas, as I will be out on a clinical rotation in Seattle. If you have any questions about this class or Target Training, please email me at [info@targettrainingdance.com](mailto:info@targettrainingdance.com). Thanks!

## Used Solo Costume Facebook Group

We've got a few dancers looking for solo costumes. If you've got one you're ready to sell and haven't listed it yet on the Facebook Group, now is a great time. The [O'Shea Irish Dance Used Solo Dress/Vest, Shoes and Accessory](#) group is open to all OID dancers and families to join.

## Irish Arts Week at CJAC!

Irish Dancers - A Play for you after the feis:

- April 29: [The Humors of Bandon](#) - A coming-of-age story seen through the eyes of a 16 year old Irish Dancer THE HUMOURS OF BANDON is an award-winning play, full of heart, humour and wisdom, for anyone who had a childhood passion that threatened to overwhelm their life.

Classes, concerts, film screenings! All the [Irish Arts Week details are now available on the CJAC website](#). IAW runs April 14 through April 30. Check out and share these selected events:

- April 21 - 23: [Irish Language Weekend / Deireadh Seachtaine Gaeilge](#) - Irish language classes for absolute beginners to experienced learners.
- April 22: [Dáithí Sproule in Concert](#) - A very special treat! Enjoy guitarist, singer, and Irish language speaker, Dáithí Sproule, of Altan and Skara Brae fame, performing a rare solo concert.
- April 23: [JigJam Live in Concert](#) - This Offaly and Tipperary-born band has started the Irish invasion of Americana with a brand new band member from Glasgow injecting the magic of Scottish folk music.
- April 30: [The Quiet Girl](#) - Oscar Nominated Irish language film The Quiet Girl takes place in rural Ireland in 1981. Nine-year-old Cait is sent away from her overcrowded, dysfunctional family to live with foster parents for the summer. Quietly struggling at school and at home, she has learned to hide in plain sight from those around her.



## **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.

Please contact Derrick directly at (651) 214-2476 or [Derrick.Lundberg@gmail.com](mailto:Derrick.Lundberg@gmail.com) or through the CJAC schedule form [on his website](#).

**REMEMBER TO VISIT THE [OID DAMHSA SITE](#) FOR IMPORTANT SCHOOL INFO.**