

O'Shea Irish Dance Announcements

Aug 27, 2023

Important Dates - Mark Your Calendars

- **OID End of Year Break - Aug 14 through Labor Day**
- **OID Performs at Renaissance Festival - Aug 26, 27**
- **KII at State Fair - Sept 1, 2**
- **OID Classes Resume - Sept 5**
- **OID Performs at Mac/Grove Fest - Sept 9**
- **CJAC Open House - OID Performs - Sept 10**
- **OID Performs at Union Park Fest - Sept 16**
- **OID Performs at Nativity County Fair - Sept 17**

Well Wow! Outdoor Festival Season has begun!

Thanks to all the dancers and families who participated at Washington County Fair and Irish Fair. While Washington County Fair went off without a hitch, it wouldn't be Irish Fair without some WEATHER. So grateful to Adrienne, Delaney and Hannah for filling in for Cormac, Natalie and Sarah, and many thanks as always to Becky! And to our student teachers—what a team! Cheers to you, dancers! So many wonderful comments about how well you did. Thanks again all!

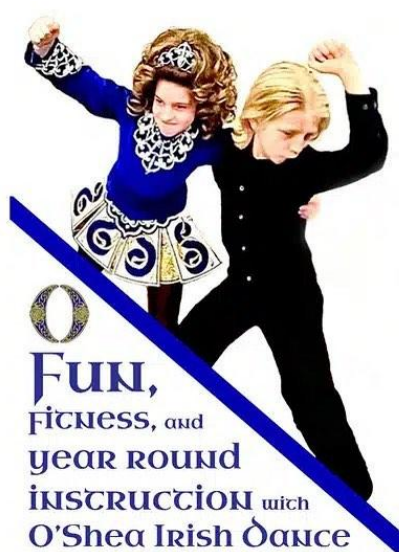




CJAC Open House on September 10

Copy and paste this to share with your friends:

Experience the Celtic Junction Arts Center with your children! They can dance a jig, enjoy lively tunes, and dive into story time, games, crafts, LEGOS, and more—all for free. Join us for these joyful activities during our Open House and Children's Fair on September 10 from 1:00 -3:00 pm. Caregivers, there's something for you too! Take a tour, explore the library, learn about our adult Irish dance classes, and chat with a CJAC Education Program representative. The Celtic Junction is located at 836 Prior Ave N, St. Paul 55104. See you there!



Upcoming Performance Opportunities

We've got a busy performance schedule coming up starting in July!

- **August 26 & 27 - Renaissance Festival** - Selected Champ/KII Dancers
- **September 9 - Mac/Grove Fest** - Limited Preschool/Beg + Primary 1 & Up, Adults
- **September 10 - CJAC/ OI Open House** - Limited Preschool/Beg + Primary 1 & Up, Adults
- **September 16 - Union Park Ice Cream, Peanut Butter & Jam** - Limited Preschool/Beg + Primary 1 & Up, Adults
- **September 17 - Nativity County Fair** - Limited Preschool/Beg + Primary 1 & Up, Adults

[All upcoming Forms / Rubrics are available on the Damhsa site.](#)

Fall Schedule is Out - Advancement Letters Coming

The Fall O'Shea Irish Dance schedule is out on Studio Director. To view the schedule

1. [Log-in to your account](#)
2. Click the Menu icon in the upper left corner

3. Click "Enroll in a Class"
4. Select your Dancer
5. Click "Fall 2023"

We are in the process of adding dancers to their appropriate classes and advancement letters are rolling out.

Fall training info from Ella at Target Training

As many of you know, Ella Pomplun has graduated from her Doctor of Physical Therapy program at the University of Minnesota and is off pursuing her clinicals. She and Ellen from Target Training put together a list of resources for dance teachers and dancers headed into the Oireachtas season. Ella is eager to share it with her O'Shea Irish Dance family. Check it out below:

Top Resources for Irish Dancers

- **Oireachtas Prep Masterclass** - This 90-minute Masterclass covers every aspect of Irish dance training, including developing goals, creating a balanced training schedule, utilizing progressive stamina training, and more! This class is also recorded and available to view asynchronously. Click [HERE](#) for all class details and to register.
- **FREE Trial Class** - Curious about what it's like to be in the 10 Week Workout but don't want to commit to the full session yet? Join us for this FREE trial class on Wednesday, September 6. Click [HERE](#) for all details and registration.
- **Fall 10 Week Workout** - Class Schedule & Registration [HERE!](#)
 - This class is designed to build athletes' full-body strength, mobility, and endurance to help them improve their Irish dance skills. Each week builds on the last to provide a challenging and rewarding workout!
- **Video - [10 Minute Full Body Training for Irish dancers](#)**
 - This is a great, quick full body training video for those dancers who need to work on their overall strength.
- **Article & Video - [Turnout](#)**
 - This is one of our most popular blog posts. It is a three-part series about turnout which goes into detail about how turnout works, how to improve it and a few turnout exercises at the end.
- **Article & Video - [Back Leg Extension/Sitting on Knees](#)**
 - This article explains how to pull up on the back leg/sinking in the back leg/back leg toe height and includes three exercises at the end to work on those areas.
- **Article & Exercises - [Posture](#)**
 - This is the first of a 4-part series on improving all aspects of posture for Irish dance and exercises to help with each!
- **Article & Video - [Toe Height & Pointing](#)**
 - This is also from an Irish Dancing Magazine article I wrote about developing the mobility and strength needed to improve your toe height and pointing.
- **Article & Video - [Going on Blocks in Hard Shoe](#)**
 - This is a two-part blog, including a sequence of exercises, outlining how to develop the strength and mobility needed to safely go up on blocks in hard shoe.
- **Videos - [Mobility & Flexibility](#)**
 - This is a YouTube playlist that includes several mobility and flexibility exercises for Irish dancers.
- **Article - [Ankle Sprains in Irish Dance](#)**
 - This article, written by a physical therapist and TCRG, describes the PEACE & LOVE approach to treating ankle sprains (or any injury!)

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 (a special rate of only \$1 a minute!) session.

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

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