

O'Shea Irish Dance Announcements

Sept 4, 2023

Important Dates - Mark Your Calendars

- **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**

Fall Session Starts Tuesday

OID Fall Session starts Tuesday, September 5. Please check your registrations in Studio Director.

1. [Log-in to your account](#)
2. Click the Menu icon in the upper left corner
3. Click "View All My Classes"

To enroll in a class

4. Click "Enroll in a Class"
5. Select your Dancer
6. Click "Fall 2023"
7. Select the class and confirm

Fall Orientation Week - 9/18 - 9/21

Orientations will take place the week of September 18 during scheduled class times for your children and briefly at the beginning of the classes for Adults. These sessions are mandatory for all parents/caregivers as well as our adult dancers. Please make every effort to be there. If you're unable to be there at your scheduled class time, you can come at any other time. Please email oidadmin@osheairishdance.com or text Donna at 651-230-0802 if you have any orientation schedule conflicts.

Upcoming Performance Opportunities

More festival performances coming up! Details below. We'd love to have you join the fun. Link to forms and rubrics below.

- **September 9 - Mac/Grove Fest** - Limited Preschool/Beg + Primary 1 & Up, Adults
- **September 10 - CJAC/ OID 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.](#)

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!

OID Online Logowear Store is OPEN

The [O'Shea Irish Dance - Fall 2023 - Online Logowear Store](#) is open. Sales available until midnight on September 29, 2023. Lots of cool new items! OID Travel Tumbler anyone? Sales benefit OID students through IDPA's stipends and events.

Fall Training Info from 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.