



McKeever School of Irish Dance Newsletter

May 2021- August 2021

Teachers Charity Feis - Welcome to Open Miss Natalie!

Congratulations Dancers



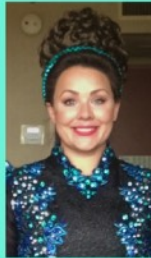
Amy D.
1st OPEN
Champs!



Sophia T.
FIRST
Prelim Champs



Olive K.
FIRST
Prelim Champs



Natalie M.
FIRST
Prelim Champs



Savannah C.
SECOND
Prelim Champs



Ruby K.
FOURTH
Prelim Champs



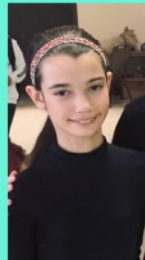
Millie K.
FOURTH
Prelim Champs



Megan L.
FIFTH
Prelim Champs



Devin P.
Outstanding Performance
As a NEW CHAMP!
Prelim Champs



Eleni K.
Outstanding Performance
As a NEW CHAMP!
Prelim Champs

Congrats to all the McKeever Dancers who competed at the Digital West Coast Teacher's Charity Feis! This was a historical feis being the only second digital feis in the Western US Region. Hosted by the Kennelly and Micheal Dillon Schools. From First feis level to our hard working grade and adult dancers you represented the team so wonderfully! HUGE Congrats to our champions seeing a their hard work pay off now that these competitive opportunities are now finally back! One of the biggest highlights of this competition was assistant teacher Miss Natalie earning her final and third Preliminary Champion competition to earn the title of Open Champion.

Miss Natalie McKeever grew up dancing at the wonderful DeNogla School in NJ. As a young champion she recalled at Regionals, qualified for Nationals and got top threes in Preliminary Championships back when local competitions had 50-60 dancers in a group. Leaving dance at age 18, she came back for fun at 30 when the McKeever School moved into CLARA. Deciding to train for grade exams (which she now has her Diploma) and eventually sit her TCRG or Teachers Exam, Natalie decided she would also train as a champion and earn that coveted title of Open before she became a teacher. Side-note, once a dancer earns their TCRG they are no longer allowed to compete!

Miss Natalie has worked tirelessly through injuries and travelled countless miles to compete all while in her 30's. We are so proud she can now call herself an Open Champion or the highest level achievable. Her last competition was a 16 and Over! Just goes to show you can't give up on your dreams even after a career halting year of cancelled competitions and exams. You did Nat!

WELCOME TO OPEN CHAMPIONSHIPS NATALIE MCKEEVER



Little dancer Lucy B. Showing her medals and certificate from the West Coast Teachers Charity Feis!

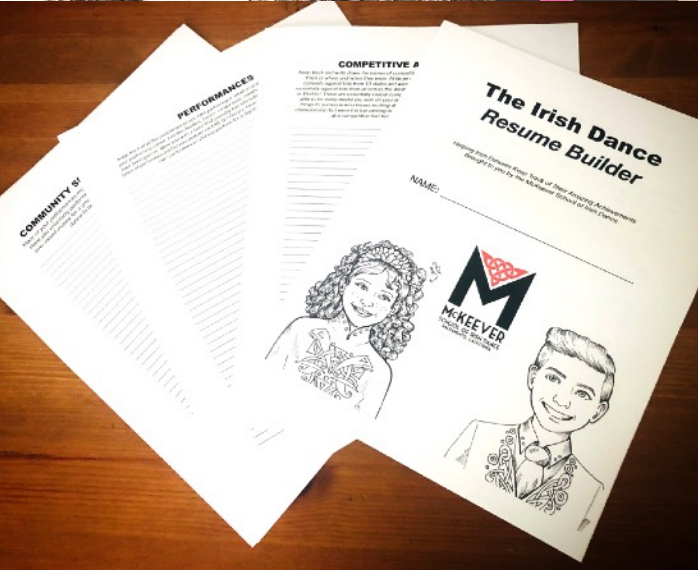
Competing in Southern California



There were two competitions in Southern California that our dancers got a chance to compete in recently. 7 McKeever dancers went down to compete at the CIDA Feis in Orange, CA at the end of April. Madeline G, Brittany P. doing amazing in the grades and adult levels. Our champs Natalie and Ruby dancing so well. Champs Olive with a 4th place, Savannah 3rd and Sophia 1st!!! Outstanding job.

Then at the end of June four McKeever champions who went down to Feis Orange County hosted by the BFOC School this weekend.

Congrats Olive on a 4th and 7th overall. Ruby on 3rd overall! Sophia a 3rd in your heavy round and Amy 5th in your Open Championship Set Round. It was a stiff competition and we are so proud of you.



Check our parent page on the McKeever School website for this fun resume builder! Irish dance offers students a way to be athletes, artists, leaders, performers, volunteers and just generally well rounded strong individuals! So start keeping those achievements in a list for when the time comes to apply to high school, college or an internship of your dreams!

Capezio on 39th and H street is now selling Fays Heavy shoes and will help you find the perfect size! Help support this local business when its time to buy any of you dance supplies. Just mention you are a McKeever dancer for a 10 percent discount!

Silicon Valley Feis (First In Person Feis in 15 Months)



At the start of June, 21 McKeever School dancers had the chance to compete at their first in person competition in 15 months. The Lucky Sevens and Silicon Valley Feiseanna were hosted by the Greene Academy in San Jose. Getting our nerves out after having such a long time without competition was definitely an element of this feis for many of you. Just remember the nerves will get weaker with the more experience you have. Just get up there and do your best and keep a positive mindset. A special mention goes out to Andrea G. for her first competition ever. To Morgan Martin 5th in 19&O Open (agains some top dancers in the World), Amy Dodd 2nd and 3rd U11 Open, Olive Kincaid 2nd and 3rd U11 Prelim, Sophia Teves 5th U11 Prelim, Savannah Carranza 7th and 7th U17 Prelim, Natalie McKeever first Open Champ competition, Devin Powell and Megan Lehmkuhl first in person Champ performances! We also welcomed a new Champion to the team, Dahlia Gregor!! Dahlia you have worked tirelessly this entire year and you are definitely ready for the next level and we can't wait to see how you grow. Another fun aspect to the weekend was that Miss Nicole and Natalie's former teacher Jen Nagle McGovern was a judge at this event and it was such a nice experience connecting with her. She didn't know she judged Miss Natalie's first Open competition until the next day when we ran into her in the hall and told her.

Great job dancers!



San Francisco Feis



At the end of June McKeever dancers travelled to the the Irish Cultural Center in San Francisco right by the Ocean. This venue was really historic and many families were reminiscing about all the competitions that had been hosted there since the 1970's. Then Kennelly School put on this feis and it was nice to have this competition at this venue before the cultural center is remodeled. Everyone was doing an absolute amazing job after not having much in person competition experience for so long. Congrats to everyone who represented the school that day but special shout out to dancer Maggie O. had her first in person competition ever! Also a congrats to champions Eva 2nd in Prelim Champ, Ruby 2nd in Prelim Champ and Olive 4th in Prelim Champ. This was a great chance for dancers to practice one last time before the headed off to the US National Championships the very next weekend.



Well Deserved Birthday Fun!

After a year of cancelled birthday parties it was so nice to see little dancer Avery N. Celebrate a fun Irish dance themed birthday party this past May. Avery, who turned 7, joined her friends and safely celebrated outdoors at the Brazilian Center Stage at CLARA. Miss McKeever gave them a fun lesson and her friends were definitely impressed with Avery's skills when she showed them her dances. Some amazing Irish Dance cookies for the event were made by local business owner @lebbidoocookies Hope this is a great year for you Avery!



Representing the McKeever Team Out of State!

One of the great parts of being an Irish Dancer is that you can travel around the State, Country and World to compete! There are competitions every weekend all over the USA, and these dancers took advantage of traveling with their families all while earning some competitive stage experience. Murren P. traveled to Colorado and danced for the McKeever School for the first time since moving from Massachusetts to Reno during the start of the pandemic. New Champion Devin P. had the chance to compete in Utah and Albany, New York where her mother grew up. She has been working hard in class and is learning how to bring her optimal performance on stage during competition. Dancer Shannon W. had the chance to visit her family and compete in Arizona. With her aunt in the audience Shannon was able to earn some amazing placements and medals! Congrats to all of you girls and for putting our team on the map across the USA!



Camp Rince Ceol - The Irish Dance Summer Camp



Dahlia and Estela having fun at @camprinceceol 🥰



FINALLY Indoors!

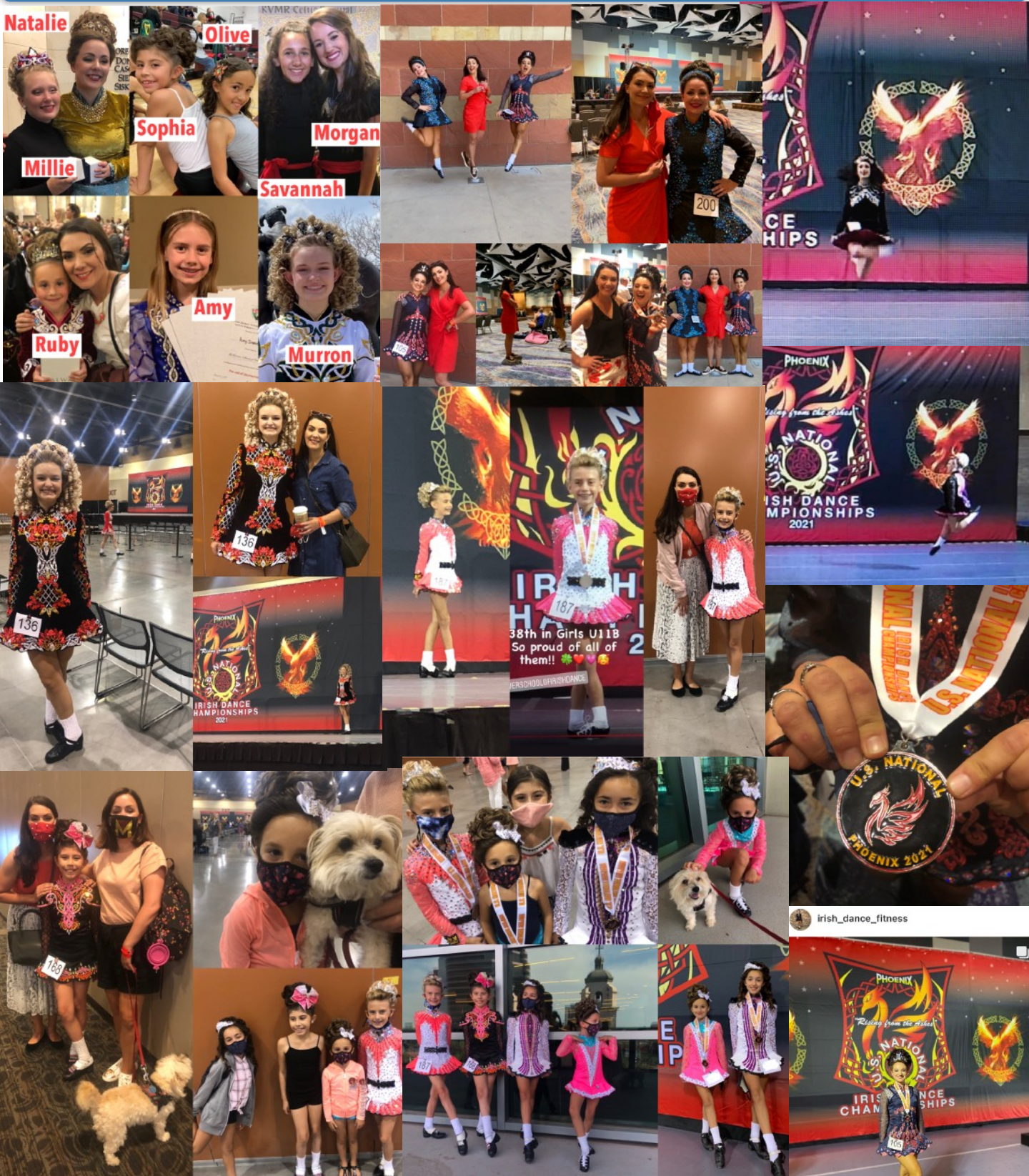
After 15 months dancing outdoors under every condition imaginable we finally moved indoors with precautions this past April. To say we are more than grateful is an understatement. Training on a proper floor with temperature controls and a mirror is so amazing! Be so proud of yourselves dancers for what you powered through to keep your dancing alive. We are thankful we had the outdoor space at CLARA to train, but boy is life easier inside! Little beginner Emilia K. is pictured below as she attends her first indoor class with all safety precautions necessary!

Dancers and buddies Estela G. and Dahlia G. had the chance to attend the Irish Dance Summer Camp, or Camp Rince Ceol, in Southern California this past June. The camp has been operating for over two decades and is run by some legendary original cast members of Riverdance. Estela and Dahlia had access to instruction by World Champions and Professional Show Cast Members for a full week. They learned ways to increase technique, set goals, stay mentally and physically healthy and most importantly they had the opportunity to make friends and have fun. Thanks for representing the team at such a prestigious camp girls!

WOOO! We made it! Thursday morning warm ups!



US National Championships



A record number of 9 McKeever Team Members travelled to Phoenix, Arizona at the Start of July to compete at the US National Championships! We are so proud of them and can't wait to share their story on the next page.

irish_dance_fitness 🌟 Nationals 2021 🌟
I've always been just a handful of numbers off from r...

US National Championships



From July 6-10th the US National Championships of Irish Dance were held at the Phoenix Convention Center in Arizona. Over 4500 dancers from across the USA and Mexico came to compete against each other in the Championship, Traditional Set and Adult Championships categories. Some competitions being so large they were split into three groups of 100 dancers. Despite the difficulties these dancers have faced this past year and a half, the standard was unbelievable and stronger than we even anticipated which was extremely inspiring. Seeing old friends and meeting dancers from across the USA in this huge state of the art venue was really refreshing. Champions have not had a major competition since November of 2019.

Attending major championships like Regionals, Nationals and Worlds is very important to a champions career and overall development, as well as for the entire McKeever Team at large. This was the first time the Nationals were recorded live and available online for dancers and families to watch at home. We were really touched when we got messages from all of you that were tuning in each day and cheering on your friends. This really meant a lot to us all. It takes a lot of bravery to face your nerves on such a big stage and our 9 dancers made our school and themselves look strong. Morgan Martin and Natalie McKeever competed the first day in a super strong Senior Ladies competition. Both doing their absolute best and Morgan earning a recall and placing 36th in the Nation and 9th in the region. This was Morgan's first recall after 4 Nationals which tells you how hard it is since she is one of our strongest Champions. The second day we saw Murrion Polk compete in Traditional Set and Savannah Carranza compete in the Championships (Her first major ever). No recalls but such strong beautiful performances from each girl. Day three brought us Millie Kinnaid's outstanding and triumphant performance facing some challenges on the day and not letting them stop her at all. This was a definite win for you Millie! Day five brought us four incredible performances from some of our youngest champions, Amy Dodd, Sophia Teves, Olive Kincaid and Ruby Kincaid. We could not have been prouder of them all! Amy Dodd added to the excitement of the week when she earned her recall and got to dance her third round on stage. She came in 38th in the USA and 4th in the Western Region. Olive ranked 4th in the Western Region as well and was just shy of a recall. Ruby was in the same boat getting super close and ranking an amazing 3rd in the Western USA. Sophia made us so proud and took home an 11th place in the Western Region! We are now super inspired to work towards our next goal, the Regional Championships in November!

Dancers Juna and Finola tune in and watch their friends and cheer on their team from home.



Ruby and Olive meet Derek Hough from Dancing with the Stars as they travel back from Nationals and stop in Las Vegas!



EXPERIENCE



THE BUZZ

WITH BUZZARDBALL'S STEVE BUZZARD



EPISODE 38
MAY 2021



NICOLE MCKEEVER

FOUNDER + DIRECTOR
MCKEEVER SCHOOL OF IRISH DANCE

This past May, Miss McKeever had the chance to be interviewed for a podcast called "Experience the Buzz" by Steve Buzzard. He interviews local Sacramento entrepreneurs and discusses how they grew their business in this amazing town. It's always such a great experience sharing my journey as an Irish Dancer and business owner. If you would like to listen check it out for free using these links.

Website - <https://www.buzzardball.com/.../no-38-nicole-mckeever-or...>

Spotify - <https://open.spotify.com/show/2GQuk1m9UJanSa1HOEziPK...>

Apple - <https://podcasts.apple.com/.../experience.../id1548408559>



Shout out to these four McKeever champions who can now call themselves graduates!

Champion Arabelle Jones, Valedictorian and high school graduate headed to Folsom Lake College to study Computer Science.

Champion Megan Lehmkuhl, a San Jose State University graduate.

Champion Ana Palacio, a high school graduate and headed to Chico State.

Champion Audrey Pettengill a high school graduate and headed to UC Merced.

Beauty, Brains, Talent and Class! Can't wait to see how far you four go in life. Thank you girls for being a special part of this school and setting great examples for your fellow teammates




Exploding into Dance on the Fourth of July

Dancers Emilia K and Olivia B were attending a fun outdoor concert by the Sacramento Philharmonic and Opera on the 4th of July. Both dancers, unknowingly to each other, could not help but burst into Irish Dance upon hearing some of the inspiring live music! Sharing your enthusiasm of Irish Dance in your community makes you both Irish Dance ambassadors and brought a smile to our faces!



Omg cute!!! 



PRACTICING THE JIG ON THE 4TH OF JULY!! THANK YOU @MCKEEVERSCHOOLOFIRISHDANCE !!

Olivia Killing it! When you hear some reel rhythms you must dance
  **Who else knows this feeling** 

 jessica__benz

Thinking of our friends at @mckeeverschoolofirishdance and enjoying a wonderful performance by @sacramentophilandopera  



Fairytale Town Workshop!



While we were at Nationals, there was a fun opportunity to share Irish Dance with a group of young summer camp students, at Fairytale Town in Land Park. This camp explores culture and dance from around the World and we were very thankful to have a team of 5 excellent McKeever dancers willing and able to represent Irish Dance. Madilyn W, Madeline G, Maggie O, Abbey G, and Dahlia G all took turns sharing their love of Irish dance through show and tell, demonstration and a short introductory lesson. We even got parents emailing in about classes after they did such a great job! We welcome new dancer Alice to our classes after she attended the lesson and decided to join. Thank you so much for your positive leadership girls!

21st Annual RACE FOR THE ARTS



5K & Fun Runs
Saturday, Aug. 28, 2021

Race for the Arts Performance

Saturday August 28th at William Land Park
We have signed up to perform and possibly host a booth at this event. The performance time is TBD but will be anywhere from 9am - 12:30pm ALL LEVELS AND AGES WELCOME

You can also get a group together and participate in the actual run. There is a kids fun run and if parents want to get a team together that is another possibility. I will only be organizing the performance but if people want to start a McKeever team for the run together let me know and I will connect you guys.

TO PERFORM SIGN UP HERE BY JULY 5th

<https://www.signupgenius.com/go/70A084EAFAA2AA1FD0-race>

FOR MORE INFORMATION
<http://raceforthearts.com>

Don't Miss These Events!

SUNDAY August 15th from 5:30 - 7pm.

"Managing Anxiety During Competition and Performance" FREE workshop for all McKeever Dancers

We are hiring Dr. Ethan Bregman of Sacramento Counseling and Sport Psychology to come work with dancers and parents in a 90 min workshop. This will specifically focus on how to manage anxiety as it relates to performance and competition. If you are a parent of a young dancer please consider attending so you can gain any tools that may help your child in the future. Dancers of any age are welcome to attend.

PLEASE SIGN UP HERE BY JULY 1ST

<https://www.signupgenius.com/go/70A084EAFAA2AA1FD0-anxiety>

www.sacsportpsy.com

SUNDAY September 12th from 5:30 - 7pm.

"Reducing Tension Holding Habits Through Yoga" FREE workshop for all McKeever Dancers

This workshop will teach you how to use yin-yoga poses, body rolling therapies, guided breath-work & imagery to help ease the tension holding habits that we all have. You will learn how to soften the areas of the body that hold stress and how to stretch or apply gentle pressure on 'trigger points' to release tension in the connective tissues or fascia that bind and support muscles, organs, bones, joints, and nerve fibers of the body.

PLEASE SIGN UP HERE BY August 15T

<https://www.signupgenius.com/go/70A084EAFAA2AA1FD0-reducing>
🍀🍀🍀 You will also need to buy two racquetballs for this workshop I have found some here for you on Amazon 🍀🍀🍀

.Kate McKinney teaches weekly yin yoga classes at thesummermoon.com

MICHAEL DILLON SCHOOL OF IRISH DANCE PRESENTS

Feis in the Vines



Come to beautiful Sonoma for a very special family weekend

AUGUST 21 & 22, 2021

Feis in the Vines 2021
Sonoma, CA - Aug 21, 2021 to Aug 22, 2021
Hosted by the Michael Dillon School of Irish Dance

Register on Feisworx.com by Aug 6, there is a 250 Cap