

Kick Start Dance Camp

October 14 & 15, 2017

Antigonish, NS



2015 Kick Start Dance Participants

Are you interested in kick starting your dancing career for the 2017-2018 dance year?

Then this dance camp is for you!

For the fourth year, Antigonish will be offering a two day dance camp for all levels of highland dance.

The focus of this camp will be to review the basic positions, movements and steps and then apply them to the Highland and National dances.

Cost and Location

All classes will be held at **St Andrew Junior School** in Antigonish. Start times will be announced when registration has closed.

The registration fee for the camp will cover the cost of instruction for Saturday and Sunday lessons. Nutritional breaks will also be supplied. Evening social **is not** included in registration fee.

Dancers are required to bring their own lunch with them on both days.

Emphasis for the Premier dancers will be on the 2018 Championship and Premiership dances.

Back this year are Parent Sessions and Evening Social!

Come join us for two days of dance!



- Premier \$120 (min. 10 hrs of instruction)
- Intermediate \$85 (min. 7 hrs of instruction)
- Novice \$85 (min. 7 hours of instruction)
- Beginner \$85 (min. 7 hours of instruction)
- Primary \$50 (min. 4 hours of instruction)

Payment is due upon receipt of your entry. Absolutely no refunds after September 26th. You can etransfer your payment to kickstartdancecamp@gmail.com

Instructors for the Camp will be...

- Laura Donlan
- Jennifer Worthen
- Janice Macquarrie
- Shelley Rovers
- Jenny MacKenzie
- Holly Aresenault

"The only place success comes before work is in the dictionary!"



Don't WISH for it.....
WORK for it!

This year's camp will include....

1. **Dancing Sessions:** Classes in Highland and National Dances.
2. **Yoga :** For a 4th year, yoga will be offered as well as stretching techniques to aid a highland dancers training. This years instructor will be Jenny MacKenzie.
3. **Injury Prevention:** Laura Donlan of Highland Wellness and Strength will provide sessions on exercises beneficial to Highland Dancers.
4. **Stage Presentation:** Holly Arsenault of "Change of Step" will provide sessions on how to apply stage makeup and present yourself on stage.

And more!!!

***Pre-Premier groups will get a selection of the above listed sessions. Premier will get all of the above listed sessions.**

Please Note....

1. Classes will be grouped according to competition status.
2. If you are an Intermediate dancer that will be Premier for the Provincial Championships you may choose to dance in the Premier sessions. Please choose the **PREMIER** selection when registering online. (Do NOT choose Intermediate)
3. Class sizes will be limited so register early to avoid disappointment.
4. Should there be insufficient entries, the camp will be cancelled and registration fees will be refunded.
5. If we have reached maximum capacity and you are unable to register online, please email Shelley Rovers at kickstartdancecamp@gmail.com to put your name on a waiting list. Extra classes may be added if there is enough interest.

Practice like you're in

LAST...

Perform like you've

ALREADY WON!

Registration is limited!

Registration will be limited for each category. To avoid disappointment, register early. Registration forms and payments are due by September 26th. Once the camp has been filled, any additional registrations will be placed on a waiting list.

**Registration links will open
Thursday August 10th at 7 pm**

Guest Instructors

Laura Donlan

Laura has her doctorate in physical therapy, graduating from Upstate Medical University in 2009. She is licensed in the state of New York and has worked in outpatient and inpatient settings throughout her career. She has taken continuing education courses in dance rehab, spine injuries and Kinesio taping.

Laura has been competing in highland dancing since the age of 8 and has competed throughout the US, Canada and Scotland. She has competed in 23 consecutive United States Inter Regional Championship and has qualified for the World Championships numerous times. She is also a member of the SDTA and recently became a member of the SOBHD judges panel. She is also the creator of Highland Wellness and Strength and has done workshops throughout Canada and the United States.

Jennifer Worthen

Formerly from Stellarton, Jennifer started dancing at the age of 7 with the late Debbie Robson and then continued to train under Janice Macquarrie of Antigonish for the rest of her career. Jennifer won the Nova Scotia Championship four times and represented her province at the Canadians for 10 consecutive years. She also competed in the Scottish Championships in Scotland winning a silver medal.

Jennifer is an Associate, Member and Fellow of SDTA and has been a member of the SOBHD Judges' Panel since 1996. She is a member of the Halifax Highland Dancing Association and former President of HHDA. Jennifer served as Secretary and Registrar for ScotDance Nova Scotia. She is the former Chair of the Provincial Selection Meet and former Provincial Competition Organizer. She is currently the ScotDance Canada Secretary. Jennifer is regularly involved in organizing local competitions, championships and workshops. She was part of the organizing team for the ScotDance Canada Championship Series in 2011 (Antigonish) and 2017 (Charlottetown).

Jennifer is a former Elementary school teacher with a Masters Degree in Leadership. She is now a full time dance teacher and resides in Dartmouth, NS with her husband and two boys.

Holly Arsenault

Holly Arsenault's passions are performing and highland dancing. She is a former champion dancer and has competed and performed nationally and internationally. Holly studied theatre at Memorial University where she trained in England, and was awarded the Tommy Sexton Memorial Triple Threat Award. Holly lives in Halifax, NS and is a founding member of Change of Step Highland Dance Company.

REMINDER....

All registration fees must be included with online registration. Dancers are not considered registered for the camp until payment is received.

Questions? E-Mail:
kickstartdancecamp@gmail.com

Mailing address:
Shelley Rovers
166 Mountain View Dr
Antigonish, NS
B2G 2K9

**Dance with your heart
and your feet will
follow**

Registration Form

DUE WITH PAYMENT BY SEPTEMBER 26th. You can etransfer your payment to kickstartdancecamp@gmail.com

****** Etransfer security question and answer should be: "What month is the dance camp happening in? October"**

REGISTRATION IS LIMITED AND ON A FIRST COME FIRST SERVED BASIS

Registration can be done online by clicking the following link. There is a separate form for the Parent Camp registration and for the Social Event tickets. All fees (dancer camp, parent camp and pizza party) can be combined in one e-transfer.

Links will open on Thursday August 10th at 7 pm.

- Primary <https://goo.gl/YSW13L>
- Beginner <https://goo.gl/XRCMrD>
- Novice <https://goo.gl/j7K1Je>
- Intermediate <https://goo.gl/Jwr9A2>
- Premier Under 12 <https://goo.gl/C126qj>
- Premier 12 & Over <https://goo.gl/D1ZaDR>

- Parent Sessions <https://goo.gl/zru9JM>
- Pizza Party Social <https://goo.gl/dUWds7>

The following information will be required when you register online.

Dancer Name _____

Town _____

Phone Number _____

Parent Cell Phone Number (optional) _____

Age _____

Email address _____

Category: _____

Dance Teacher _____

Medical Concerns _____

Emergency Contact _____

Emergency Contact Number _____



Kick Start Dance Camp 2017

During the course of this two day dance camp, there will be photos taken that will be used on the Kick Start Dance Camp Facebook page as well as the Antigonish Highland Dancing Association media sites.

We believe strongly in the need to protect all dancers and recognize the issues around the publication of photos and names. For this reason, your consent is required in order to use your child's photo.

Please be advised that a full group photo will be taken to be used on next years brochure. No names will be used in this photo.



This media release will be available to be signed upon arrival at the Kick Start Dance Camp on Saturday. If your child is traveling via another family, please print this and send with your dancer.

As a parent/guardian, I hereby give consent for my child's photo to be used on the media sites.

_____ Yes _____ No

X _____ Parent/Guardian name (please print)

X _____ Parent/Guardian Signature

Name of dancer _____ Date _____



Heart of the Highlands

Sandra Hotchkiss will be set up at our camp on Saturday Oct 15th

*Some people have to wait their whole life to meet their favorite dancer.....
I raised mine.*

BACK THIS YEAR!!!!

Parent sessions at Kick Start Dance Camp

Are you interested in becoming more involved in your child's dancing career? We are offering a "**Highland Dancing Parent Camp**" on Sunday morning in conjunction with the Kick Start Camp. Separate sessions will be held for parents.

Parent support is an integral part of the Highland Dancing "Triangle"..... parent--teacher--dancer..... come join us for some parent sessions to help take your dancer to the next level!

Sessions will include

- Injury Prevention Exercises
- Looking Smart on Stage
- Stage Makeup
- Basic Tips for Competing

Cost of parent session \$30

Please include your parent registration with your dancer registration.

Pizza Party and Social

Come join us for an evening of fun! Pizza and social dancing! Parents and families welcome.

Cost \$10 per person

Ticket includes admission, two slices of pizza and a drink.

Please include your pizza order on your dancers registration form.

Dancers must purchase a ticket to attend. This is not included in the registration fee of the camp. This is open to parents and siblings as well.