

# OPPORTUNITIES FOR CDH DANCERS

**Spring-Summer 2022** (Email [cdhdt@c-dh.org](mailto:cdhdt@c-dh.org) with questions)

## SPRING

### **April - May: Spring Raider Speed & Strength**

Dates TBD - CDH Fitness Center

- ☐ Dancers of all skill levels 9<sup>th</sup>-12<sup>th</sup> grade
- ☐ Conditioning classes to continue to build strength with strength and conditioning coaches
- ☐ Strength training is currently offered after school from 3-4 and 3:45-4:30
  - ☐ Times subject to change as spring season progresses

### **April: Spring Conditioning & Technique (Cost \$50)**

Dates and times TBD - After school T/Th

- ☐ Coach Alison will be in contact with the team regarding drop in classes
- ☐ More information to come

### **May 9th: Spring Tryouts**

After school on Monday, May 9th

- ☐ Open to 7th-12th graders, dancers of all skill levels
- ☐ Jazz and kick tryouts
- ☐ More information to come

## SUMMER

### **June - August: Summer Raider Speed & Strength**

M-Th - Offered every hour from 6:30 - 10:30 AM - CDH Fitness Center

- ☐ Dancers of all skill levels 9<sup>th</sup>-12<sup>th</sup> grade
- ☐ Conditioning classes to continue to build strength with Strength and conditioning coaches
- ☐ Sign-up not yet available - We will reach out when it is

### **June 6<sup>th</sup> - July 28<sup>th</sup> Summer Dance Workshop (Cost \$160.00)**

M/W-5:00pm-7:00pm, T/Th 4:00pm-6:00pm CDH Fitness Center

- Register through the CDH Athletics website
  - ☐ For 7th-12th graders, dancers of all skill levels
  - ☐ Work on technique and skills in both high kick and jazz
  - ☐ Learn different style dances, combinations, turns, leaps, etc.
  - ☐ Learn and work on a summer dance, which will double as a fall dance
  - ☐ Learn how to properly condition and strength train

### **July 10th - 13th Just For Kix Dance Camp, Brainerd MN**

7th- 12th grade Overnight dance camp in Brainerd, MN

- ☐ Great team bonding opportunity and getting to know teammates better
- ☐ Opportunity for both new and current dance team members to enhance their dance knowledge by watching and learning from other dancers from around the state
- ☐ Learn different styles of dance from new instructors that can give new light to skills and technique
- ☐ The camp offers individual team consultations that works with the team as a whole on areas they can improve
- ☐ FUN!

### **TBD Larkin Summer Intensive, Maplewood**

7th- 12th grade (Likely last week in July)