



McBride School of Irish Dance

June 2016 Newsletter

Congratulations To All Our Graduates!!

While we are always proud of our dancers' accomplishments in Irish Dance, we are also very proud of all of their academic accomplishments as well! With that said, we would like to extend our heartfelt congratulations to all our 2016 graduates!

We would like to recognize all the dancers who are graduating this year, especially our three High School Graduates, Charlie Ayotte, Jason Kelly and Atilla Tang. We have enjoyed watching these three young men grow up within the McBride School for many, many years, and we are so very proud of them. We wish them all the very best, and much success with their future endeavors in college.

We would also like to Congratulate all our dancers who are moving on from Kindergarten and heading into Elementary School; all our dancers promoting from Elementary School and entering Middle School, as well as all our dancers graduating from Middle School to start new adventures in High School.

Finally, we would like to congratulate our two 2016 College Graduates: Kristina Williams and Tuleagh Innes-Gawn, both of whom are graduating from the University of California, Davis! We know that they are ready to take on the world, and we wish them all the best with their future endeavors and careers!

McBride Pride for you all!!



Dance Camp Reminders

Dance Camp starts on Wednesday, June 15, 2016. If your dancer is planning on attending, please make sure to get your registration form and payment to Annie or Eileen this week. We encourage you to bring plenty of water to camp to drink. However, we will also have the Drink machine in the Dublin Studio filled with water and available for the dancers attending camp.



Good Luck to Our Dancers!

We would just like to send our GOOD LUCK WISHES to all our Team McBride Dancers this coming weekend at the Silicon Valley / Lucky 7's Feis in San Jose. We are very proud of you no matter the results. Just getting out there, participating and doing your very best, is some of the greatest achievements you can have! And don't forget to have FUN! Parents, please send us your pictures of your dancer(s) at the feis! We would love to include them in our next newsletter, on our Facebook page and/or website.

Say Hello to the McBride

School Feis Zuca!

Have you ever gotten to a feis and discovered you have forgotten something? Well, say hello to the McBride School Feis Zuca. If you have forgotten it, I bet we will have it in the Zuca. Safety pins, bobby pins, hairspray, bandaids, donuts for wigs, duct tape, and black and white electrical tape; we have that! Sock glue, hair ties, and even some extra McBride school headbands; yep, we have them too. Just come and find Annie, Eileen or Patti at the Feis, and you will find the McBride Zuca. It will be making its debut this weekend in San Jose! If you can think of something that we need to include, send us a quick email at mcbriedancers@gmail.com, and we will do our best to add it before the weekend.



Just a Friendly Reminder:

PLEASE NOTE: There will be No Class in Concord on Wednesday, June 8, 2016 due to the City of Concord School District Graduation Events utilizing the Concord Centre. We apologize for the inconvenience and short notice.

Wednesday classes in Lafayette will go ahead as scheduled.

In addition, there will be no Drop In Class in Dublin on Thursday, June 9, 2016 due to the 8th Grade Graduation of Alisa Parker (Eileen's daughter) or on June 16, 2016 due to the Dance Camp.

Aindrea will not be holding the Friday Fit class on Friday, June 10, 2016, also due to the Feis. As many of the participants will tell you, she works them hard, and we don't want anyone to be sore on Saturday when they are competing. The Friday Fit class will also not happen on Friday, July 1, 2016 due to the 4th of July Holiday weekend.

Finally, Dance Camp starts on Wednesday, June 15, 2016. All classes will go forward as usual except for Eileen's Saturday Beginner, Novice/Prizewinner and Team Classes, which are affected by the use of the Dublin Studio for the Dance Camp. Eileen's

Saturday beginners and novice/prizewinners are welcome to attend Annie's classes in the TAAL Studio on Saturday, June 18, or take a make-up class at any of our other locations. Please ask Eileen or Annie what time to attend Annie's Saturday class if you will be attending then.

The School Calendar on our website has been updated to reflect these changes. Please email us if you would like the password to access the Members Portal.

First Aid Kits

While we never anticipate injuries happening during dance class or camps/workshops, it is always best to be prepared. Accordingly we have restocked our First Aid Kit in the Dublin Studio and have added several cold packs. In addition, Annie will have a travelling First Aid Kit in her car for use at our other locations where we are not the main tenant. Don't hesitate to ask for the Kit if you find that you need it.

Summer Fun Leap Contest

Summer is finally here! School's out and family vacations/ staycations are being planned. No matter what you are doing or where you are going, take a picture of your dancer doing their very best leap (or dance for younger dancers just learning their steps) and submit it to us at



mcbriedancers@gmail.com with the subject line: McBride Leap/Dance Contest. All photos are due by July 31, 2016. We will have five winners, one each from the following categories, so make sure you indicate which category your dancer is in:

1. B1/B2 Dancers (U12);
2. B1/B2 Dancers (12/O)
3. Novice/PW Dancers (U12)
4. Nov/PW Dancers (12/O)
5. Champions

Once we have all the photos, we will email out a survey and everyone can vote. The dancer from each category with the most votes will win. Each winner will receive a \$20 gift card to Target. So start practicing your leaps and send us your photos!



The Importance of Staying Hydrated*

With the arrival of summer heat (and dance camp), we'd like to remind our dancers - and parents - how important it is to be properly hydrated by making sure you're drinking enough fresh, cool water. Good hydration is important year round, of course, but it's especially critical during the hot summer weather we experience in the San Francisco Bay Area.

Proper hydration for dance class is a “before-during-and-after” activity. Drinking enough water before dance class is one of the best ways for a dancer to ensure a good energy level. The recommendation for adult athletes - and Irish dance is very athletic - is to drink two to three cups of water a couple of hours before the sports activity, then one cup 15 minutes beforehand. This amount would be reduced for children, but the same time pattern can be followed (if any parents have questions on specific amounts, we recommend asking your child's pediatrician or family doctor).

Besides enhancing energy, proper hydration has also been linked to better mental alertness, focus and concentration. So you can see how important hydration is for making the most of dance lessons.

While starting dance class well-hydrated can do wonders for your energy, it's important to take regular water breaks during the lesson. Make sure water is on your dance class checklist along with shoes, socks and other necessities. After dance class, drinking water can help with feeling fatigued. Also, because water helps flush out toxins, it's good for reducing muscle soreness.

Dance parent tip: One of the best ways to encourage your children to drink more water is to drink more water yourself. Think of ways to make fresh, cool water more available for the family, like keeping a container in the fridge (fruit infused makes it more appealing) or making sure everyone has water available when “on the road.” Help your family make healthy habits.

Also, don't wait until you or your dancer(s) are feeling thirsty to reach for some water. By the time this happens, the body is already dehydrated. Make sure you're all drinking enough water during the day. Keeping hydrated is easy when you plan ahead and is so important for the confidence, success and well-being of all dance students.

* This article offers health and fitness information and is designed for educational purposes only. It is not intended to replace professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health or your dancer's health, you should always consult with a physician or other health-care professional.

McBride School Digital Business Card

We are very pleased to announce that the McBride School now has a digital business card that you can carry on your smart phone. It has all our contact information at your fingertips. You can email Annie,

Eileen or Aindreea, go directly to our website and Facebook page, or even call us at a touch of a button. To access the digital business card, you can use a QR scanner on your smart phone to scan the QR code to the left, or follow this [LINK](#) from your smart phone or computer. The business card will provide you with instructions on how to add it to your smart phone's home page.



Fourth of July Holiday Break

Just another quick reminder that the McBride School will be closed from Friday, July 1, 2016 through Monday, July 4 2016 in observance of the Fourth of July Holiday. Classes will resume on Tuesday, July 5, 2016. Our Friday/Vallejo and Saturday/Monday Dublin dancers are welcome to take a make-up class at any of our other locations. Just let us know which class you would like to attend. Have a Happy and Safe Fourth of July Holiday!



Poodle Sock Order

Thank you to everyone who participated in our first school-wide poodle sock order. With 73 socks ordered, we think it was a very big success! We ordered 2 extra socks

each in Small, Medium and Large. They are \$10.00 each if anyone needs a pair of poodle socks.

We are considering having poodle sock orders on a semi-annual basis, or every 3 to 4 months, depending on demand. Please let us know if you are interested. Attach is a link to an online Easy Poll to let us know how often you would be willing to participate in a school-wide poodle sock order. Thank you!

Please click [HERE](#) to go to our Easy Poll.



East Bay Feis News

We have our logo for the East Bay Feis!

Thank you to Northwest Designs who always comes through for us. We have lots of ideas for the feis, including Halloween fun and decorations, a design your solo dress competition, as well as a free, electronic Feis Program that will be available the week of the Feis from our website. We will also email

it out to our families so that you will have it ahead of time. At the beginning of October, please keep an eye out for a Sign Up Genius Volunteer link. This will come to you in an email and you can use it to sign up to volunteer at the Feis. Sign Up Genius will even send you a reminder.

Additionally, we will be offering Good Luck program ads for \$5.00 to our McBride Families (and your extended families). While the feis is still a ways off, we would like to have any and all "Good Luck Wishes from our families by the end of September so that we can organize the program during the month of October. We will be including a form with the syllabus when it goes out in late June. Fill out the form and return it to us with the fee and your good luck wish for the Feis. If you dont have time to prepare an ad, send us your text and any photo, and we will prepare the ad for you, and forward for approval before including it in the electronic program. The Dancers really love to see themselves in the program.

E-Newsletter Email Address Change

Due to new policies and regulations, email providers, such as AOL and GMAIL, are

getting tough with businesses or organizations sending out large group emails on personal accounts. We have been advised by our support group at MailerLite (our E-Newsletter program) that it would be best to send out our E-Newsletters from an email address associated with our website, so that AOL and GMAIL, or any other email provider don't identify our E-Newsletters as spam. Accordingly, for purposes of the E-Newsletter, it will now be sent from "info@mcbrideirishdancers.com". Please add it to your email address book. However, you can continue to contact Annie, Eileen and Andreea individually at their emails at the bottom of the newsletter. The "mcbriedancers@gmail.com" will also still be available for you to contact us through. Thank you.

Instructor Contact Information

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