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## McBride School Fall Break/Labor Day Holiday.



Just a quick reminder that the McBride School will be on its Fall Break from Tuesday, August 30, 2016 through Monday, September 5, 2016.

Classes will resume on Tuesday, September 6, 2016. Please note: there will be class on Monday August 29 at the Dublin Studio due to the following Labor Day Holiday, and no classes on Monday, September 5.

Please remit full tuition for the month of September prior to the break or your dancer's first class back in September.



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## Lafayette Classes Resume September 14, 2016.

Another quick reminder for those dancers who attend classes in Lafayette. Lafayette Classes will resume on Wednesday September 14, 2016 at the Community Center. Lafayette dancers, please make sure you are registered and tuition is paid through the Lafayette Community Center prior to September 14.

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## New Fresh Look for the Dublin McBride Studio!

What a wonderful surprise for our Dancers and Instructors this Saturday, August 20th when they arrived for classes! The McBride Dublin Studio received a wonderful, and much needed face-lift thanks to the Olivia Schneider, Ingebord McCarty and their families. They came in last week on Thursday and Friday, and painted the Studio. And just in time for Fall Classes to begin! We can't thank them enough for their time, energy, enthusiasm and support of the McBride School! Thank You!!



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## McBride Dancer Spotlight

Congratulations to Kylie K, who had a great time representing the McBride School at the Delaware Feis! Kylie placed 1st in the Light Jig, out of 22 competitors and has moved this dance up to Novice. Kylie also placed 3rd out of 17 competitors in the Novice Reel! In addition, Kylie was awarded 3rd place in the Delaware Feis' Irish Soda Bread baking Competition! Well Done Kylie!! We are so proud of you and all your accomplishments!!



Please send us any out of area Feis results and pictures.

In addition, if your dancer an academic or outside sports related news or awards, please send it to us, and we will be very happy to spotlight them in our newsletter! While we are always proud of how well you represent the McBride School, we are also proud of all your achievements in School and in the Community!

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## A Very Basic Intro to Irish Dance.

With the East Bay Feis coming up fast, and with all the new First Feis'ers and Beginners that we are pleased to have in our school, it can be daunting for new families to know



which dance their children are performing at any given time.

Antonio Pacelli, one of the most trusted makers and vendors for Irish Dance Shoes, has prepared an article to that will give you all the basic information you will need to know and sound like a Pro when talking with other parents.

Click [HERE](#) to go to the article.

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## How to Balance School and Dance.

It's that time of year again! School is back in session and many of our dancers wonder how to balance school work and dance. Here is a great article entitled "[Balancing School and Dance](#)" on just that subject from Ready to Feis. For many of our advanced and competitive dancers, travel time to and from the studio is just one way they utilize their time to complete homework and studying, while keeping up with dancing!

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## 151st Annual Scottish Highland Gathering and Games.

The McBride School will be performing at the Scottish Games on Saturday September 3, and Sunday September 4, 2016 from 10:00 am to 4:00 pm in the Irish Pavilion. We have previously emailed a Sign Up form via Sign Up Genius for the three shifts per day: 10 am - 12:00 pm; 12:00 pm - 2:00 pm; and 2:00 pm - 4:00 pm. You can also click [HERE](#) to be taken to the Sign Up Form to select a time to dance at the Games.



Each dancer and one (1) parent/guardian will receive free entry into the games for the day(s) that they dance. Please arrive at least 30 minutes prior to your schedule shift. Come for the dancing and stay to for the Games, Music, Crafts, and Food.

Please contact us with any questions you may have regarding our Scottish Games Performances.

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## Rockin' Road to Dublin Coming to California!!

Ashley Smith, the daughter of Michael Smith and a World Champion, is a new lead dancer in the new show, Rockin' Road to Dublin. The show will be coming October 23, 2016 to Sacramento and on Monday, October 24, 2016 to San Jose. We know of several dancers who have purchased tickets for the show in Sacramento. It would be great to have a showing of McBride Dancers there to cheer on Ashley!! If you are interested in going, you can purchase tickets through the Rockin Road



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## East Bay Feis Open for Registration!

The East Bay Feis is now open for Registration at Feis Productions ([www.feisinfo.com](http://www.feisinfo.com)). The San Ramon Marriott is now taking reservations for hotel rooms at the Feis Rate of \$134.00. This rate is only valid through the beginning of October. Click [HERE](#) and you will be taken to the online reservation portal for East Bay Feis.



In addition, at the beginning of October we will be sending around a Sign-Up Genius link for volunteer positions at the Feis. Areas we will need help in are as follows: Stages, Awards, Hospitality, Raffle, Decorations, Set up and Tear Down of Stages, etc. We will need all your help at this year's Feis as we are holding Double Championship (which means Championships on Saturday and again on Sunday). This is the 34th year of the East Bay Feis, and we could not keep hosting it without your help! If you have any questions, or any special talents you would like to volunteer, please contact Annie and/or Eileen. Thank you!

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## McBride School Members Portal.

Don't forget that we have a "Members Portal" section on our Website that contains important information for our Dance Families. We routinely update all information in this section of our website and keep our school calendar there as well.

Please note that the section is password protected. Accordingly, please contact us if you would like the password, and we ask that you don't provide the password to anyone who is not a member of the McBride School of Irish Dance. We periodically update the Members Portal with proprietary information which is only for the use of the members of the McBride School. Thank You.

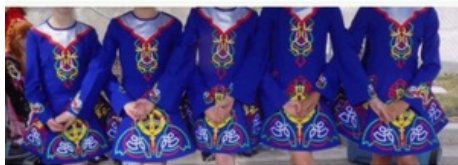
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## Fall Classes Are Starting!

Our Fall classes are starting right after the Labor Day Holiday and our Fall Break. Enrollment is open, and if you know of anyone who is interested in Irish Dance lessons, please pass along our information. The McBride School has classes located in Dublin,



## McBride School of Irish Dance



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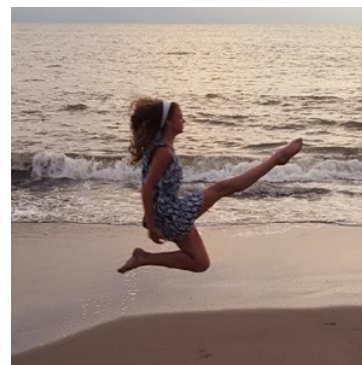
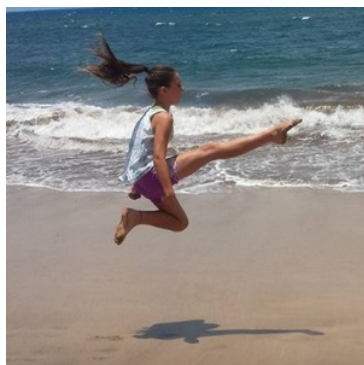
Oakland, Concord, Lafayette, San Rafael, and Vallejo. Classes are available at all locations for Beginners through Champions and we have adult classes in Oakland and Concord.

## Upcoming Western Region Feisanna.

For those who are new to feising and competing, we keep an up-to-date list of all the Feisanna currently schedule for the Western Region. The Western Region consists of Alaska, Arizona, California, Colorado, Hawaii, Idaho, Montana, Nevada, New Mexico, Oregon, Utah, Washington and Wyoming.



By clicking [HERE](#), you will be taken to our list of approved current and upcoming Feisanna. If you have any questions about feising outside of Northern California or the State, please do not hesitate to speak with your instructor.



## A Dancer's Practice is Never Done Even When On Vacation!

In Hawaii, Tahoe and even in Mexico, our Summer Leap Contest Winners: Jillian, Delaney and Jackie!



## Dancer's Corner, by Kathi Hennesey

### The Importance of Cool Downs After Dance Class

Proper warm ups and cool downs are part of getting the most out of your Irish dance classes and practice sessions. I like to think of them as a “before-and-after” package, both with very different goals, but equally important for dance fitness and injury prevention.

In the last newsletter, I covered pre-class warm ups and why it's worth taking the time to do them. Let's recap a bit. The purpose of the warmup is to prepare the body for Irish dance movements. This includes getting our heart rate up, increasing the blood flow to the muscles, releasing fluid around the joints for easier moves, and activating our nervous system. I also include getting mentally focused for learning and practice. We're entering the Irish Dance Zone.

After class, during the cool down, we need to help our bodies transition back to normal activity: lowering the heart rate to resting levels, decreasing blood flow to the muscles, helping clear away waste products that have built up while dancing – like lactic acid – and reducing post-exercise stiffness.

I like to break the cool down into two parts. The first part is right after the class or practice session is over. The worst thing you can do at this point is plop down on the floor to do stretches. Give your heart a chance to gradually slow down by walking around the room, swinging your legs or doing some standing stretches that include your arms. Take some deep breaths and mentally congratulate yourself for all the hard work you just did.

Part two of the cool down is *static stretching*, quite different from the *dynamic stretching* of the warm up session, which involves movement. In static stretching, the body is at rest, and the heart rate and blood flow will decrease. When the muscles are still warm from their workout, it's also a good time to increase flexibility, or the range of movement of specific muscles and joints.

Static stretches are often done as floor work or barre work. One example of this is sitting on the floor, stretching to touch your toes and holding for a certain period of time. Another common static exercise seen in Irish dance class is using a wall for balance, standing on one leg and pulling the other leg up in back (holding the foot or ankle) and again, holding. This stretches the large muscles above the knee, also known as the “quads.” Dancer's tip: Studies have shown that for static stretches to be effective at increasing flexibility, they must be held for at least 30-60 seconds.

Irish dancers should focus their cool down stretches on five areas that really get a workout. Here are some simple stretches that target those key areas:

- **The quadriceps, or “quads,”** a large muscle group at the front of the thigh.

*Stretch your quads by lying face down on the floor, holding onto one ankle and pulling your foot closer to your bottom. For a more intense stretch, think about pushing your hips into the ground as you pull on your foot.*

- **The hamstrings,** a group of four muscles that run along the back of the thigh.

*Lay on your back and extend one leg into the air. Make sure it's straight and gently pull it towards your face until you feel a nice stretch in the back of your leg. You can flex your foot for a more intense stretch. The longer you hold this stretch the better; give your muscles a chance to loosen, then pull your leg a little closer to achieve lengthening. Loosening your hamstrings can also help you achieve straight legs throughout your dancing.*

- **The glutes**, or the bum that you're told to kick in class.

*Lay on the floor, cross one leg over your other knee (making a four) and gently pull on your leg to stretch your booty. Remember to do both sides and hold for at least 30 seconds*

- **Hip flexors**, or inner hip muscles; these help you lift your leg to the front and are involved in turnout.

*Stretch your hip flexors by finding a lunge position, putting your back knee on the floor and gently pushing your hips forward. For a more intense stretch, engage your core*

- **Calf muscles and Achilles tendon**: Includes the large muscle at the back of the lower leg and smaller flat muscle lower down in the leg. Important, because we're up on our toes constantly during class.

*Put one foot in front of the other, bend your front knee and lean forward until you feel a stretch in your calves. To get at your Achilles (which is in a constantly shortened state while you dance) put both feet next to each other on the floor, bend your knees and try to keep pushing your heels down.*

Irish dance asks a lot of our bodies. That's why it's so essential to warm up and cool down properly. It's well worth the extra minutes and your body will thank you!

Dancer's tips: Schedule extra time for dance class warm up and cool down activities. Try to avoid having to rush from your car to the dance floor at the start of class, or having to rush off afterwards. Also, drinking water after class can help with feeling fatigued, aids in flushing out toxins, and helps reduce muscle soreness. Warm ups and cool downs should be part of your competition-day activities as well!



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