



McBride School Fall Registration to Start August 1, 2016

Just a quick reminder to watch your emails beginning August 1, 2016, for our new registration form. Please complete the form and bring it to your primary dancing location, along with the annual \$25.00 per family registration fee. If you have any questions, please do not hesitate to contact us.

Silicon Valley / Lucky 7's Feis Success

Congratulations to all our dancers at the Silicon Valley/ Lucky 7's Feis. You ALL danced beautifully and we couldn't be more proud of you.



Thank you for being a part of Team McBride! And parents, don't forget to send us your photos from any feisanna your dancer is attending!





East Bay Feis Update

We have finalized the details with the San Ramon Marriott and our syllabus will be out shortly. Entries for the feis will be at Feis Productions (www.feisinfo.com) and we anticipate online registration opening by the end of the month. We look forward to a very successful feis this year. Don't forget to think about where you would like to volunteer: awards, stages, hospitality, decorations, set up and tear down, and raffle baskets!



Good Luck!

Good Luck to Jillian B. and Maia E. as they complete this weekend at the Dance for Life Feis in Seattle! We will all be cheering you on from California!

Team McBride Pride!!

Change in Schedule for Saturday - July 23, 2016 - Dublin Classes

Please note there will be a change to our Dublin Classes this Saturday, July 23, 2016, ONLY due to Annie judging at the Dance for Life Feis this weekend in Seattle.

ALL classes this Saturday will be held in the McBride Studios (including Annie's Beginner/Novice Prizewinners and all of Eileen's classes), with



Aindrea teaching, as follows:

9:30 a.m. to 10:45 a.m. ALL Beginners (Annie and Eileen's dancers)

10:45 a.m. to 12:00 Noon ALL Novice Prizewinners (Annie's & Eileen's Dancers)

12:00 Noon to 2:00 p.m. ALL Preliminary and Open Champions

For Annie's beginner dancers on Saturday: if you are unable to make class this Saturday at 9:30 a.m., you are welcome to come in on Monday, July 25, 2016 at 5:00 p.m. in Dublin for a make-up class.

Please let us know if you have any questions.

Ultimate Feis List from Ready to Feis

For many of our brand new beginners and advanced dancers, attending a feis can be a bit daunting. Ready To Feis has prepared the Ultimate Feis List of items to bring with you to the Feis, We have also added this document to our website. You can find it in the members portal.



THE ULTIMATE FEIS CHECKLIST

SHOES & SOCKS

- Hard shoes
- Soft shoes
- Socks
- Spare socks
- Sock glue
- Duct tape/gaffer tape
- Shoe shine kit
- Black sharpies for touch ups
- Shoelaces in various lengths
- Black electrical tape
- White electrical tape
- Elastic bands
- Buckles
- Tights
- Shoe rosin

HAIR

- Brush
- Comb
- Wig
- Hair donut
- Pouf bump
- Hair piece - headband/tiara/clips
- Bobby pins
- Hair net
- Hairspray
- Hair gel
- Colored hair spray
- Hair ties

MAKEUP

- Primer
- Foundation
- Powder
- Concealer
- Blush
- Bronzer
- Eye makeup remover
- Moisturiser
- Toner
- Lipstick
- Lip gloss
- Lip liner
- Eye shadow
- Eyeliner
- Mascara
- Fake lashes
- Lash glue
- Setting spray

FOOD & DRINK

- Water
- Sports drink
- Snack bars
- Protein bars
- Fruit
- Sandwich
- Sweets
- Mints
- Gum

Note: being at a crowded feis, you should be mindful of the food you bring. Nothing sticky, nothing staining, nothing that could cause allergic reactions to other children, like peanut butter.

FIRST AID

- Band-aids
- Headache meds - aspirin, panadol, etc
- Bach Rescue Remedy
- Any other medications needed
- Blister band-aids
- Small first-aid kit
- Instant cold pack
- Healing pad
- Sports tape
- Inhaler

PERSONAL CARE

- Deodorant
- Wet wipes
- Tissues
- Feminine hygiene products
- Nail file
- Nail clippers/scissors
- Tanner
- Bronzer

COSTUME - GIRLS

- Dress
- Kickpants
- Cape
- Dress bag
- Earrings
- Sports bra
- Warm up clothes

COSTUME - BOYS

- Shirt
- Pants
- Vest
- Tie
- Tie Clip
- Kilt
- Jacket
- Spare undershirt/belt/tie

BITS & PIECES

- Towel for doing stretches on
- Power cords
- MP3 player
- Cell phone
- Straws (can't ruin the lipstick!)
- Tweezers
- Camera
- Ribbon for your number
- GPS
- Umbrella
- Clipboard, pen & paper (for stage schedules, maps, general notes, etc)

COSTUME REPAIR

- Safety pins
- Scissors
- Needle and thread
- Glue for crystals
- Replacement crystals
- Stain removal pen or stain wipes

NOTES

 www.readytofeis.com

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How to Correctly Lace Irish Dance Light Shoes

For all our brand new first feisers and beginner dancers, lacing the irish dance light shoe, or also known as the 'Ghillie" can quickly become a trying experience. We have added a link [HERE](#) that will take you to a YouTube tutorial by Ready to Feis that will demonstrate the most common way to tie ghillies. If you still need some help, don't hesitate to ask your teachers, or one of our many experienced Dance Moms or older dancers to help.

Facebook

If you are on Facebook, please like our facebook page, "McBride Irish Dancers" and send us a "Friend" request to "McBride Irish Dance CA." While email and this new E-



Newsletter are our primary form of communication within the McBride School, we do use Facebook as a secondary method to get information out to our families. Click the Facebook Logo below and it will take you to our page!



151st Scottish Highland Gathering and Games

Dont forget that the McBride School will be performing at the Annual Scottish Games at the Alameda County Fairgrounds the weekend of September 3

& 4, 2016.

Watch for more information to come in August. The McBride Dancers are always a big hit at the games and it is a great way for our Dance Families from all locations to get to know each other!

Dancer's Corner

by Kathi Hennesey

The Importance of Warming Up for Dance Class!



In the last issue of this newsletter, I reviewed the importance of hydration. Another critical area for getting the most out of your Irish dance class is a proper warm up and cool down. Like hydration, this is a “before-and-after” package. In this issue, I'll focus on pre-class warm ups.

First of all, warm ups and cool downs have very different goals, so they're structured differently. The purpose of the warm up is to prepare the body for Irish dance movement patterns. We want to gradually get our heart rate up, increase our blood flow to the muscles, and activate our nervous system. As Irish dancer and coach, Lauren Early points out in *Reaching New Heights*, we're firing up the fast twitch muscle fibers to increase muscle speed and contraction times. Warm ups also help release fluid around the joints, which makes motion easier for the dance moves.

An important aspect of warm ups is injury prevention. A body that is properly warmed up is much more able to withstand the stresses of Irish dance movements, which include leaps, jumps and less strenuous, but very repetitive motions.

A less obvious, but still valuable part of warm ups, is the mental preparation. A warm up session is a kind of ritual for the dancer to get prepared and to get focused on what they have to do in class. During warm ups, we're leaving the outside world behind and getting ready to reconnect with the dance class learning process. We start thinking about our steps, what we've been working on and where we want to go.

Proper warm ups for Irish dance class involve *dynamic stretching*, where the muscles are stretched through continual movement. The muscle is not stretched and held; we want to gradually loosen and warm up the muscle while taking it through its full range of motion. We also want to engage several muscle groups at once and get the

muscles working together. This builds strength and power for dance class.

Examples of good warm ups are exercises of a steady rhythmical nature involving joints of the body, such as gentle knee bends, arm swings - with or without torso twisting - skipping, light jogging or marching in place. Whatever your choice, it's important not to overstretch the muscles at this point.

A favorite warm up of Lauren Early is standing leg swings. While holding the wall or a barre, the motion of swinging your leg back and forth prepares the hamstring, as well as the glutes, hip flexors, lower back, and all the surrounding stabilizing muscles in one exercise.

A note about *dynamic stretching vs. static stretching*. Dynamic stretching involves movement. Static stretching is used to increase the range of movement with the body at rest. Static stretching is often done as floorwork or barre work. An 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) to stretch the large muscles above the knee.

First, this tends to target one area with little connection to other muscle groups. Secondly, while you're doing this, your heart rate and blood flow will decrease, which is the opposite of what we need to prep for class. Also, numerous studies have shown that static stretching reduces your muscle strength for an average of sixty minutes. So if you've been doing static stretches before Irish dance class, you'll want to make a switch to dynamic stretching for your warm ups. Remember, the key to dynamic stretching is *movement* involving multiple muscle groups.

There is a place for static stretching, which is during your cool down, and we'll cover that in more detail next issue.

Dancer's tip: Schedule extra time for dance class warm up and cool down activities to maximize your class time. Think of it as a package deal!



we will
never give out
your email or
any part of
your info



McBride School Instructor Contact Information:

Annie McBride, ADCRG

anniemcbr@aol.com

Eileen McBride-Parker, TCRG

mcbridechampion@aol.com

Aindreea Parker, TCRG in training

aindreeaparker@gmial.com

McBride School of Irish Dance

6715 Dublin Blvd., Suite F,

Dublin, CA

510.530.6240

www.mcbrideirishdancers.com