

Dance Workshops

January 17, 2010

Movement Center, Essex, Vermont

Highland Dance with Bill Weaver

When Bill isn't teaching, judging or piping for Highland dancing, he works at Central Michigan University as a Certified Athletic Trainer rehabilitating injured employees of the University and as a Certified Ergonomics Specialist. Bill is a member of the S.O.B.H.D. Worldwide Judges panel as well as a Life member of the B.A.T.D. in both Highland and National dances. Bill has a small, but very successful dance school he runs with his wife, Liz, in St. Louis, Michigan. His students have won numerous Championships and are consistently very successful in many major Championships including the USIR, Canadian Inter-Provincial Championships, North American Championships and World Championships. He has been the Midwest's Representative to FUSTA four times and is presently the FUSTA Vice President. Besides teaching and judging Scottish dancing, Bill has developed a very popular training program for Highland dancers to help increase their strength and explosiveness and is also a popular piper for Scottish dancing competitions.

Intermediate/Premier 9:00am-12:00pm \$30

Beginner/Novice 12:30pm-2:00pm \$15

Ballet for Celtic Dancers with Chatch Pregger

Chatch has been a member of many ballet companies around the United States including Houston Ballet, Washington Ballet, the Boston Ballet and Boston Ballet II. He has also danced with the Arizona Ballet, Hartford Ballet, and Texas Ballet Theatre. He was a participant in the 2000 New York International Ballet Competition and has performed works by Mark Morris, Ben Stevenson, Nacho Duato, Trey McIntyre, and George Balanchine, as well as many ballets from the classical repertoire including Giselle and Don Quixote. A graduate of the Nutmeg Conservatory for the Arts, he received his early ballet training at the Adams School in Rutland, Vermont and attended summer programs at the Pittsburgh Ballet, Joffrey Ballet and Hartford Ballet.

In this workshop Chatch will address important elements of Celtic dance from the ballet master's perspective, including body alignment, hopping technique and optimizing turnout. Chatch has a gift for explaining how our bodies work and applying that knowledge to our goals as Irish and Highland dancers. All dancers, whether competitors, performers or recreational dancers, will gain insight and inspiration into how to engage their bodies to improve their overall performance.

Irish Step Dancers 10:00am-11:00am \$15

Beginner/Novice Highland Dancers 11:00am-12:00pm \$15

Intermediate/Premier Highland Dancers 12:30pm-1:30pm \$15

Cape Breton Step with Jennifer Schoonover

Jen Schoonover has performed Scottish dance at Carnegie Hall and the Kennedy Center in Washington, DC, and in July, 2004, was honored to be the only representative from the "Boston States" invited to dance in the Chestico Days stepdancing festival in Port Hood, Cape Breton Island, Nova Scotia, Canada. Jen has performed at Gaelic Roots, the New England Folk Festival, and Boston Celtic Music Fest. Also a modern dancer, she has served as artistic director of Cape Dance Theater and is codirector, with Kieran Jordan, of Turnstyles Dance Project, fusing modern and traditional dance.

In this class, Jen will introduce dancers to solo percussive dance steps and then incorporate these steps into a Cape Breton square set (group) dance. This workshop is appropriate for all ages and abilities.

Beginner 9:00am-10:00pm \$15

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REGISTRATION FORM – Mail to Heather Morris, PO Box 385, Charlotte, VT 05445

Highland (Int/Pre)	\$30.00	_____
Highland (Beg/Nov)	\$15.00	_____
Ballet (Irish Step)	\$15.00	_____
Ballet (Beg/Nov)	\$15.00	_____
Ballet (Int/Pre)	\$15.00	_____
Step	\$15.00	_____

Total Enclosed: _____

US funds, payable to St. Andrews Highland Dancers of VT
(SAHDVT)

NAME	
ADDRESS	
PHONE	EMAIL

*Dancers who have already completed an entry form do not need to complete this form unless you would like to add the ballet or step workshops.