

THE MISSOURI STATE HIGH SCHOOL ACTIVITIES ASSOCIATION PRESENTS:

2017 MSHSAA One Day Dance Clinics

SPONSORED BY:

Partners in
Coaches'
Education



CLINIC SCHEDULE

9:00 AM	Welcome Demonstration & Introduction of UDA Instructors
9:15 AM	Sports Medicine Session for Coaches
9:15 AM	Warm-Up / Stretching - Participants
9:50 AM	Pick-A-Class: Lifts, Tricks, Jumps & Turns
10:20 AM	Technique Stations
11:15 AM	Sideline Routines
12:00 PM	Lunch
1:00 PM	Team UDA
1:00 PM	Coaches Roundtable
1:15 PM	Dance Routines *
2:30 PM	Private Review/Showcase
3:15 PM	Summary/Goodbyes
3:30 PM	Dismissal

*Dance teams will be taught separately based on skill level. Material will be adjusted according to skill level. The easier material will NOT be on the DVD.

UDA will have souvenir items available for purchase with prices ranging from \$6 to \$40

WITH UDA, THERE IS SO MUCH TO LOVE



LEARN FROM THE BEST.

It takes more than just talent to become a member of the UDA Staff. Along with the right dancing, technique and teaching skills, UDA looks for young men and women possessing character and enthusiasm, as well as teamwork and leadership skills.



SIDELINE CLASS

Let UDA prepare you for gameday this fall with new sidelines to perform at football and basketball games. With material in hand, you can set formations and level changes to take your sidelines to the next level.



TECHNIQUE STATIONS

Technique class is a great way to try new skills or perfect those skills your team has been working on. With stations, send each team member to the class that best fits their needs and will help make this a stronger technical dancer this season.



NEW ROUTINES

Head into your season with NEW routines perfect for all your team's performance needs. Send your teams to different routine classes to gain as much material as possible then put your team in formations and groups when it's time to perform.

CLINIC FORMAT



The MSHSAA will be sponsoring One Day Dance Clinics this summer at 8 different sites throughout the state. Universal Dance Association (UDA) will provide 4 talented, experienced and professional instructors to conduct these clinics. These enthusiastic instructors will provide an exciting and educational clinic experience for dancers of all levels.

Updated instruction to be taught at the clinic will include new and usable routines and sidelines. There will also be instruction on how to properly perform technique with skills broken down by our qualified instructors. The technique stations are great for dancers of all levels where you can send each individual to the best class for them.

The program format will feature 2 coaches' sessions. The first session will be a "Sports Medicine for Coaches" conducted by an athletic trainer. This year's session will cover "Emergency Action Planning and Injury Prevention: Basic Wrapping and Taping". This will be a hands-on session so coaches will need to bring a roll of pre-wrap, tape, and scissors to the session as none will be provided on site. The second session will be a 'Coaches Roundtable' discussion led by a UDA instructor. Topics will be selected based on those submitted by the coach on the registration form.

The MSHSAA One Day Dance Clinics provide school dancers an affordable clinic experience with excellent instruction. The UDA instructors will motivate your dancers and get them off to a great start for the summer. Come join in the fun and excitement!



ABOUT THE CLINICS

Each clinic will begin at 9:00 AM and finish at 3:30 PM, with an hour scheduled for lunch. The clinic pre-registration fee is \$25 per student, which includes a MSHSAA dance t-shirt. Please complete the size when submitting your registration form. Faculty coaches are admitted free. Coaches are welcome to attend the coaches' sessions at no charge, even if their dancers are unable to attend.

Due to the warm weather that generally prevails this time of year, it is recommended that all dancers wear appropriate attire (i.e. shorts, athletic shoes) as some facilities may not run their air conditioning during the summer months. Lunch will not be provided, so students should bring a sack lunch or make other arrangements.

All materials taught will be new and will NOT be taught at other UDA Summer Camps. Each school will receive a DVD of all the material taught at the clinic. However, the easier version of the material taught to the younger teams will NOT be on the DVD. We suggest that you bring a pencil and paper for additional notes. This will be especially helpful in technique stations and lifts, tricks, jumps, and turns since no videotaping of the UDA instructors teaching will be permitted.

Pre-registrations must be postmarked by **May 5, 2017**. All registrations postmarked after May 5th shall be \$30. Walk-in registrations shall be invoiced to the school at \$30 per participant. No payments will be accepted at the clinic site as schools will be billed directly by MSHSAA. Tear off the attached form and mail it in today!

Make plans NOW to attend the 2017 MSHSAA One Day Dance Clinics!

TO REGISTER:

Send your pre-registration form to MSHSAA.

MON. JUNE 12, 2017

SMITH-COTTON HIGH SCHOOL
2010 Tiger Pride Blvd.
Sedalia, MO 65301
(Contact: Julie Willadsen)

NOTRE DAME (CAPE) HIGH SCHOOL
265 Notre Dame Drive
Cape Girardeau, MO 63701
(Contact: Deana Pecord)

TUE. JUNE 13, 2017

RITENOUR HIGH SCHOOL
9100 St. Charles Rock Road
St. Louis, MO 63114
(Contact: Kim Daus)

NORTH COUNTY HIGH SCHOOL
7151 Raider Road
Bonne Terre, MO 63628
(Contact: Ashley Douglas)

WED. JUNE 14, 2017

WILLIAM MATTHEW JUNIOR SCHOOL
1515 S Cottage Grove
Kirksville, MO 63501
(Contact: Susan Jones)

CUBA HIGH SCHOOL
1 Wildcat Pride Drive
Cuba, MO 65453
(Contact: Melissa Albright)

THUR. JUNE 15, 2017

OAK PARK HIGH SCHOOL
825 NE 79th Terrace
Kansas City, MO 64118
(Contact: Stephanie Coomes)

JOPLIN HIGH SCHOOL
2104 Indiana Drive
Joplin, MO 64804
(Contact: Abbey Holloway)

Deadline for pre-registration is
May 5, 2017

MSHSAA DANCE CLINIC REGISTRATION FORM

(one per school)

School

Address

City/Zip

Site Attending:

(Please check beside site attending)

Monday

Smith-Cotton HS

Notre Dame (Cape) HS

Tuesday

Ritenour HS

North County HS

Wednesday

William-Matthew MS

Cuba HS

Thursday

Oak Park HS

Joplin HS

Topic Recommendation for Coaches Roundtable:

of Students (before May 6th) ____ at \$25 each, total: \$ ____

of Students (after May 6th) ____ at \$30 each, total: \$ ____

Total Additional T-Shirts ____ at \$15 each, total: \$ ____

TOTAL REGISTRATION FEE: \$ ____

Participants T-Shirt Size Information:

(indicate number of each size)

____ YL ____ YXL ____ S ____ M ____ L ____ XL ____ XXL

MSHSAA WILL INVOICE THE SCHOOL FOR THE REGISTRATION FEE LISTED ABOVE.

Coach's Name (print)

Coach's Email

Signed

Mail this registration form directly to:

MSHSAA
PO Box 1328
Columbia, MO 65205 - 1228
(573) 875 - 4880