

Dallas Officer Camp



Day 1

- 8:30-9:15 Registration - Lobby of Convention Center
- 9:30-12:00 Greetings, Stretching, Camp Dance, Kick Series
*Social Officers learn camp dance and kick series with dance officers
- 9:45-11:00 Directors Camp Information Meeting and Review Camp DVD - *Mistra Private Dining Room*
- 12:00-1:00 Lunch provided (Turkey, Ham or Beef box lunches with chips, whole fruit, dessert and drink)
- 1:15-2:00 *Life Lessons in Leadership* conference #1 "Know Your Role"
a. Captains or head officers - Natasha Newbrough & Miriam Vera
b. 1st Lt or second in command - Brittany Watkins
c. Lts/dance officers - Kayla Norman
*Social Officers "Know Your Roll" - *Compass Rose*
- 2:15-4:30 Officer Dances #1-5
*Social Officers divide into groups for group project assignments - *Compass Rose*
- 1:30-2:30 Dir. Seminar- "TEA Mandates for Fine Arts and Physical Education" Kara Guinn
- 5:00-6:00 Dinner provided (Hamburger or Hot Dog, baked beans, dessert, lemonade)
- 6:00-10:00 American Store open
- 6:30-8:30 Home Routine/Talent Night (Turn in music at 6:45)
*Social Officers may do a home routine or support the other performances
- 8:30-9:15 Miss High Kick
- 9:15-9:45 "Developing Creative Choreography" and Choreography Assignment
*Social Officers - meet with staff for project assignment
- 9:45-10:00 Team Building Activity and Awards (Dance and Social Officers)
Meet with Staff Buddy: Question/Answer on Choreography Assignment
- 11:00pm Quiet in hotel lobby and hallways (can only practice in convention center area)

Day 2

- 8:15-9:00 Breakfast on your own
- 9:00-10:00 Technique Workshop #1 – (learning combinations)
*Social Officers "Event Planning & Motivation" - *Compass Rose*
- 10:15-11:00 *Life Lessons in Leadership* conference #2
a. Inspiration vs. Motivation - Lts. or Officers - Natasha & Brittany
b. Team Conflict Resolution - Captains/Head Officers- Kayla & Miriam
*Social Officers -Inspiring team spirit
- 10:30-11:45 Directors Workshop – "Putting Your Best Face Forward" with Beth Royal
- 11:15-12:00 Dance Officer Seminar "Teaching and Polishing"
(Divide into 3 groups) - Miriam, Kayla, Brittany
*Social Officers- continue "Event Planning & Motivation"
- 12:00-1:00 Lunch provided (Chicken tenders, salad, mashed potatoes, dessert, lemonade or tea)
- 1:30-4:00 Officer Dances #6-10
*Social Officers – Learn Pep Rally Dance -*Compass Rose*
- 1:30-3:00 Directors Workshop-"Fitness & Conditioning for Your Team" by Allison Gustschlag
- 3:00-4:00 Directors Workshop "Bling it On" with Joyce Pennington -*Catamaan Board Room*
- 4:00-5:00 Practice Creative Choreography assignment/Directors observe
*Social Officers work on their projects
- 5:00-6:00 Dinner Provided (Pasta Bolognese, Pasta Alfredo, hot rolls, caesar salad, lemonade or tea)
- 5:30-6:30 American Store Open
- 6:30-9:00 Officer Dances #11-15
*Social Officers – "Spirit and Creativity" Posters and Projects -*Compass Rose*



- 7:00-7:30 Directors Workshop – “Making Team Travel Work for You” with Kara Guinn
 7:30-8:00 Directors Workshop – “Adapting Choreography” with Kara Guinn
 9:00-9:30 Team Building and Awards (*Social Officer group selected to lead camp in team building)
 9:30-11:00 Open Practice time for Creative Choreography or Feature Dance
 *Social Officers continue to work on their final evaluation project

Day 3

- 8:00-9:00 Breakfast on your own
 9:00-10:00 Technique Class #2 Levels 1,2,3 (Show-off combinations, plus descriptions below)
 *Social Officers “Scrap-booking and Team History” *Compass Rose*
 10:00-10:30 Review Camp Dance or practice Feature Dance
 *Social Officers -complete final evaluation project and set up in ballroom for viewing
 10:30-12:00 Practice on Your Own and check out of hotel (store luggage or take to vehicle)
 10:00-10:30 Directors Workshop – “Problem Solving With Students and Parents”
 12:00-1:00 Lunch provided- (Turkey, Ham or Beef box lunches with chips, whole fruit, dessert and drink)
 1:15-2:00 Auditions for All American, Hon. Mention, Jr. All American
 2:00-4:00 Creative Choreography and Dance Evaluation
 Social Officer Projects displayed in Ballroom
 Social Officers “show off” their dance as a combined group (no evaluation)
 4:00-4:30 Awards and Farewells/American Store open

Officer Featured Dances

Session 1

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|---------------------------|------------------------------|-------------------|
| 1. “Shake This” | Int. Pom | Kayla Norman |
| 2. “Morning After Dark” | Int/Adv Hip Hop | Natasha Newbrough |
| 3. “When Love Takes Over” | Int Jazz | Brittany Watkins |
| 4. “Back to the Beat” | Int/Adv Military | Meredith Walraven |
| 5. “Save Me For Myself” | Int/Adv Contemporary Lyrical | Miriam Vera |

Session 2

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|-----------------------------|-----------------------|-------------------|
| 6. “Shooting Star” | Int/Adv Stylized Jazz | Miriam Vera |
| 7. “Crank That Thang” | Int Hip Hop | Kayla Norman |
| 8. “Kick It” | Int/Adv Pom | Brittany Watkins |
| 9. “What Do I Know of Holy” | Int/Adv. Lyrical | Meredith Walraven |
| 10. “Cooler Than Me” | Int/Adv Jazz | Natasha Newbrough |

Session 3

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|-----------------------|--------------------|-------------------|
| 11. “I Love Lucy” | Int Character Jazz | Kayla Norman |
| 12. “Better Man” | Int/Adv Modern | Miriam Vera |
| 13. “Clap Your Hands” | Int Pom | Natasha Newbrough |
| 14. “Cowboy Casanova” | Int/Adv Kick | Meredith Walraven |
| 15. “Tea Party” | Int/Adv Novelty | Brittany Watkins |

Technique Class Descriptions

Introduction to Level One Technique will provide your dance officer with the fundamental styles of dance technique. This class is designed for the dance officer who wants to get back to the basics or who will be teaching new dance team members. Learn the positions of the feet and arms, as well as establish proper alignment and turnout. Dancers will also learn basic dance vocabulary. This is a great introduction to dance for those who want to learn or review the fundamentals of dance technique or for students transitioning from other of types of movement studies. Progressions, turns, leaps, and jump combinations will be taught.

Step Up to Level Two Technique will provide your dance officer with a more challenging level of dance technique. This class is designed for the dance officer who wants to enhance her technique or who will be teaching the intermediate members of the team. Proper alignment and turnout will be taught as well as upper level skills for jumps and turns. Progressions, turns, leaps, and jump combinations will be taught.

PRO Level Three Technique will provide your dance officer with advanced level dance technique. This class is designed for the dance officer who wants to maintain and improve her dance technique as well as maintaining peak performance and technique for your team. Progressions, turns, leaps, and jump combinations will be taught.

LevelOne (Introduction)

Single Pirouettes, Turns: Pique, Tour, Pencil, Coupe; Grand Jete, X-Jump, C-Jump, Pas De Bouree, Chasse, Toe

Lift, Tilt and Pitch Kick

Level Two (Step Up) Prerequisite Level One Technique (Introduction)

Double Pirouettes with Variations, Axle Turns and Variations, Switch Leap, Beginning Russians and Half Russians, Single Fouetté Turn, Single A la Second Turn, Double Attitude Turn, Reverse Turns

Level Three (Pro) Prerequisite Level One (Introduction) and Level Two (Step Up)

Triple and Quad Pirouettes with Variations, Fouette Turns with Changing Directions of Spots, Turns in 2nd Position, Switch Leaps with Variations, Russians, Switch Centers, Extensions – Needle, Turning Leg Extension, Calypso, Turning C Jumps, Illusions, Diagonal Pump Leap

Team Performance Order

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|---------------------------|------------------------|----------------------------------|
| Burnett Jr High | Sweethearts | Brittany Sluetz |
| C.E. Byrd HS | Highsteppers | Krista Redmond |
| Community HS | Dazzlin' Dames | Kendyl Logston |
| Crowley HS | Talonettes | Jenna Garland |
| Dallas Christian HS | Chargerettes | Belinda Bunch |
| Dallas Christian HS | Social Officers | Belinda Bunch |
| Duncanville HS | High Hats | Kristi Beaty/Tasha Evans |
| Duncanville HS | Social Officers | Kristi Beaty/Tasha Evans |
| Ennis HS | Lionettes | Cassandra Ortiz |
| Giddings HS | Buffalo Gals | Diane Wied |
| Heath HS | Highsteppers | Monica Lyon |
| Hebron HS | Silver Wings | Diane Craig-Kincaid |
| Jesuit College Prep | Rangerettes | Linda Coffin |
| Jesuit College Prep | Social Officers | Linda Coffin |
| John Tyler HS | Brigadettes | Sabra Godair |
| John Tyler HS | Social Officers | Sabra Godair |
| Keller HS | Indianettes | Melissa Jones |
| L.D. Bell HS | Raiderettes | Melinda Manley |
| L.D. Bell HS | Social Officers | Melinda Manley |
| Lake Dallas HS | Highsteppers | Amy Huff/Megan Dillie |
| Lone Oak HS | Red Blazes | Jennifer Ragsdale |
| MacArthur HS | Cardettes | Stephanie Roe |
| MacArthur HS | Social Officers | Stephanie Roe |
| Marshall HS | Mavettes | Mary Ware/Tiffany Best |
| Mary Immaculate JH | Highsteppers | Liz Mahaffey |
| McCallum HS | Blue Brigade | Nancy Honeycutt |
| McKinney North HS | NorthStars | Shara Barry |
| McKinney North HS | Social Officers | Shara Barry |
| North Garland HS | Mam'selles Vars. | Kelly Long |
| North Garland HS | La Petites | |
| Pantego Christian HS | Panther Pride | Angie Meister |
| Pantego Christian HS | Social Officers | Angie Meister |
| Paris HS | Blazettes | Danielle Chesshire |
| Plano Sr High | Planoettes Sgts | Meredith Walraven |
| Porter HS | Golden Graces | Morgan Nunally |
| Prestonwood Christian Ac. | Lionettes | Salena Streenz |
| Prestonwood Christian Ac. | Social Officers | Salena Streenz |
| R.L. Turner HS | Lionettes | Sarah Barland |
| R.L. Turner HS | Social Officers | Sarah Barland |
| Richland HS | Dixie Belles | Nicole Horne |
| Richland HS | Section Leaders | Nicole Horne |
| Richland HS | Social Officers | Nicole Horne |
| Royce City HS | Golden Debs | Chandra Caffee/Michelle Culp |
| Royce City HS | Social Officers | Chandra Caffee/Michelle Culp |
| Sachse HS | Swingsters | Brittany Shaver |
| So. Grand Prairie HS | Chey-Annes | Dani Warden |
| Thomas Jefferson HS | Liberty Belles | Alice Davenport |
| W.T. White HS | Caballeras | Pam Day |
| W.B. Ray HS | Tex-Anns | Stacy Gonzalez/Angelica Gomez |
| Wakeland HS | Legacy Line | Christina Grider/Samantha Knight |
| Wakeland HS | Social Officers | Christina Grider/Samantha Knight |
| Waxahachie HS | Cherokee Charmers | Erica Pointer |
| Williams HS | Chey-Annes | Jeanine Prough |

Supporting breast cancer research through camps in 2010

