



American Collegiate Dance Intensive

A One Day Dance Intensive for college level teams, or individuals seeking to audition for college or pro teams

Tuesday, July 31st

Richardson Renaissance Hotel

Schedule

8:30-9:00AM

REGISTRATION – Ballroom Lobby

9:00-9:30AM

Introductions (Joyce) & Stretching (____)

9:30-10:30AM

Dance Routines #1-2 (Jen & Mallory)

10:30-10:45AM

Show-off Routines/Coaches May Video

10:45-11:30AM

Tags & Sidelines (____)

11:30-12:00PM

Tricks & Technique (____)

12:00-1:00PM

Lunch served in Maestro's

1:15-1:30PM

Stretch and warm up (____)

1:30-2:30PM

Dance Routines #3-4 (Mallory & Jenny)

2:30-2:45PM

Show-off Routines/Coaches May Video

2:45-3:45PM

Dance Routines #5-6 (Jen & Jenny)

3:15-4:00PM

Coaches Workshop w/ TJ Maple – Encore Boardroom

3:45-4:00PM

Show-off Routines/Coaches May Video

4:00-4:45PM

The “Pro-fessional View” – meet with Pro Team dance coaches and directors for more information on professional dance opportunities: Dallas Mavericks Dancers, Dallas Cowboys Rhythm & Blue, Texas Legends, and more!

4:45-5:00PM

Door Prizes • Closing words



**March TBA, 2019
University of North Texas
Denton, TX**

College Dance Intensive Staff Bio's



Mallory Mills is the Director of the Dallas Mavericks Dancers, and is a highly respected dancer and accomplished choreographer. Mallory has been dancing for the past 26 years, the last seven professionally for the Mavericks. Her 26 years of dance experience include working for American Dance and Drill Team Company and The Dallas Powerhouse of Dance under the direction of Shella Sattler. Mallory served as captain of her high school drill team, and was an accomplished dancer winning three solo National Dance Champion titles. During her time with the Dallas Mavericks she was selected to dance on the first-ever NBA All-Star Dance Team at the 2007 Las Vegas NBA All-Star Game. Mallory also represented the NBA and the Dallas Mavericks at NBA promotional events in the Philippines and South Korea in conjunction with NBA Asia. Today she works with aspiring

dancers on both competitive and high school dance teams providing dance instruction, direction and choreography.



Jenny Durbin Smith is one of the Dallas's most sought after and award-winning choreographers and her resume reads like a "who's who" list in the dance industry! She trained in jazz and hip hop during her college years at the University of North Carolina at Chapel Hill where she was also a member of the national award winning cheer and dance teams, while obtaining a double degree in journalism and communication studies. Jenny was a two-year member of the NBA Dallas Mavericks Dancers serving as Captain in her second year. She has also been a principle dancer and actor for many national industrials, commercials, and films. Jenny's dynamic choreography has been featured on many national television commercials, industrials, films, reality television shows, and international stages. Jenny is the proud Director and Choreographer for the Dallas Cowboys Rhythm & Blue, a choreographer for the Dallas Cowboys Cheerleaders, a master instructor for Professional NFL and NBA Cheerleading & Dance Conventions including All Pro and Choreography Pros, and travels the country

choreographing for numerous high school teams, collegiate teams, professional teams, and studios.



Jen Contreras grew up in Duncanville, Texas where she began dancing at the age of 3. She was a line member, Jr. Lt., and Senior Captain of the Duncanville High Hats Drill Team. She then went on to Navarro Jr. College where she was a Freshman Lt. and Sophomore Captain for the Navarro College Showstoppers. Jennifer was a dance major at Stephen F. Austin State University and a 2 year member of the SFA Pom Squad. She has competed in 4 NDA Collegiate Nationals. Jennifer then danced for the Dallas Mavericks for 2 seasons and assisted the Dallas Mavericks Dancers rehearsals and was an assistant to Shella Sattler for 2 additional years. She has been an instructor, choreographer, and adjudicator for American Dance/Drill Team School since 1998 and has choreographed state and national level winning routines for her own teams, high schools teams and various colleges around the country. Jen has been directing studio drill teams and training dancers who aspire to be on a high

school or college dance/drill team or dance on a professional sports team for over 15 years. Some of her former students have gone on to dance for the Kilgore College Rangerettes, Apache Belles, Texas Tech Pom Squad, Arkansas Pom, OU Pom, Baylor Songleaders, SMU Pom, Houston Texans Cheerleaders, Dallas Stars Ice Girls, Dallas Cowboys Cheerleaders, and Dallas Mavericks Dancers. Jennifer is in her 6th season as the director to the NBA D-League Texas Legends Dancers. Jen directs all 4 drill companies at NSD. She resides in Frisco, Tx with her husband Bentley and 11 year old son, Skyler.

T.J. Maple is the award winning Spirit Coordinator and Dance Coach for the Stephen F. Austin University Dance Teams. His teams have won 7 national championship titles with NDA in Daytona and 14 titles at the American Collegiate Championship in Denton. TJ is known nation wide with his energetic and creative choreography. He will be teaching several Tags and Sidelines at the college intensive and leading the lunch/seminar for the college dance coaches.

