

VENUE

Dance House, Liberty Corner,
Foley Street, Dublin 1.

CLASSES

Each participant will take classes at the appropriate level in solo, technique, céilí, show dance and fitness/injury prevention.

SOLO

Learn and perfect new choreography.

TECHNIQUE

Exercises to strengthen and improve technique, leading to better performance.

CÉILÍ

Traditional and modern team dances.

SHOW DANCE

All participants will learn a “show-style” routine, to be performed on the last day.

FITNESS/INJURY PREVENTION

Improve core strength and fitness.
Receive advice on injury prevention.

LEVELS

Intending participants are asked to provide accurate information about their previous dance experience. This will allow us to place them in the appropriate class. If, at the time of the workshop, the teachers feel a participant has been misplaced, they will be changed to the class that most suits their level of ability.

MINORS

A chaperone will be on hand to accompany younger participants during break times. Parents or friends will not be permitted into a class unless they themselves are taking the

class. During breaks, participants under 16 will not be allowed to leave the venue without parental consent. The organisers of “Rince 2010” request that minors be collected promptly when their scheduled classes have finished for the day.

INJURY

If the participant has an existing injury or medical condition that may be aggravated by intense dancing, he/she must state this on the application form. If, at any stage, a participant feels unwell or unable to dance, it is his/her responsibility to inform the teacher and to stop dancing.

COMPETITION

If the participant is a competitive dancer and attends the classes of a teacher registered with one of the Irish Dancing organisations, it is his/her responsibility to inform the teacher(s) of their attendance at “Rince 2010”. This must also be declared on the application form.

CHOREOGRAPHY

There are no restrictions on participants using any of the choreography danced at the workshop. Therefore, the organisers of “Rince 2010” will not be responsible for two or more dancers performing the same choreography at subsequent competitions.

DRESS

Appropriate soft and hard shoes must be worn for all classes, except at beginner level, where a light running shoe or trainer will be permitted. Participants should wear comfortable clothing that allows movement i.e. track pants or shorts and a T-shirt. Denim jeans are not appropriate.

GENERAL

Mobile phones must be turned off during class.

Video recording will be permitted for personal use only. However, recording must not cause undue delay to the progress of the class.

Water is the only beverage permitted in the studio.

Food must not be consumed in the studio. There are several communal areas in the venue where food can be consumed. Chewing gum is not permitted anywhere in the venue.

COST

The cost for the workshop is €350.00. To secure a place, a **non-refundable** deposit of €175.00 must accompany the application form. Closing date for applications is June 25th 2010. The remainder is payable on commencement of “Rince 2010”. All cheques/drafts to be made payable to Ronan McCormack. Credit card payment through “Paypal” is possible, however, the full cost of the workshop must be paid on receipt of the “Paypal” invoice. Please e-mail to request the credit card option.

CONTACT

Ronan McCormack,
26 Melville Cove
Meakstown,
Dublin 11
Ireland.

Tel: +353 87 636 9371
E-mail: info@treblehop.com