

RONAN MCCORMACK PRESENTS

Rince

2011

A WORKSHOP IN IRISH DANCE

DUBLIN

JULY 25TH - 29TH 2011

WITH

RONAN MCCORMACK

(RIVERDANCE, CELEBRITY JIGS 'N' REELS)

BREANDÁN DE GALLAÍ

(RIVERDANCE, NOCTÚ)

ZARA CURTIS

(RIVERDANCE, CELTIC THUNDER)

ÁINE CROSSAN NCEF NSSM

(FITNESS, INJURY PREVENTION)

10TH ANNIVERSARY

CONTACT: [INFO@TREBLEHOP.COM](mailto:info@treblehop.com)

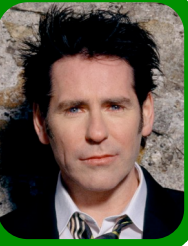
www.treblehop.com



Join Ronan McCormack, Breandán de Gallaí, Zara Curtis and sports therapist Áine Crossan for **Rince 2011** – a challenging week of Irish Dance aimed at improving your fitness, footwork and performance skills.. All levels and ages are welcome, so come along & learn to dance like a pro!



Ronan Mc Cormack is one of the worlds most sought after Irish Dance choreographers. Following a 20 year competitive career that saw Irish, British, North American and World successes, he was chosen to be part of the original Riverdance troupe. He subsequently toured the UK, USA and Canada with Riverdance, not only dancing but also playing keyboards with the Riverdance Orchestra. More recently he was seen as one of the professional dance partners on RTE's Celebrity Jigs 'n' Reels. He holds an honours degree in Music from Waterford Institute of Technology and is also a qualified TCRG and ADCRG.



As principal dancer with Riverdance for seven years, **Breandán de Gallaí** performed in Europe, Asia, Australia and New Zealand, and led the company at the opening ceremony of the World Special Olympic Games in 2003. He graduated with an MA in Ethnochoreology from the University of Limerick in 2009 and is currently completing a PHD in Arts Practice. His choreography includes Balor, a 90min contemporary Irish Dance show and he has directed and choreographed **Noctú**, which is the subject of the upcoming RTE series "Dance Off". He is also the current Dance Director of Riverdance.



Zara Curtis began performing professionally at the age of 15 and within a year became a member of the Riverdance Flying Squad. In 2003, she put her studies on hold to tour full-time with the show. As principal dancer for 4 years, she performed throughout Europe, Asia and North America. In 2007 she qualified as a TCRG. The following year she was featured in Celtic Thunder on PBS in the USA and subsequently toured with the show. 2010 saw Zara featured in a new production - Celtic Rising. She is currently studying at St. Patrick's College in Dublin, but still finds time to perform with the Riverdance Flying Squad!



Áine Crossan is a leading professional in Pain Management, Pilates and Personal Training. She works with clients from across the globe, including leading professionals in sports, film and design, and specialises in chronic pain, sports injuries, postural and pain rehabilitation. Áine has a background in performance, graduating with a BA in Drama and English from the University of Coleraine. She understands the stress placed on those in the arts and having worked for two years as a sports injury therapist with Riverdance, she offers tailor-made instruction to Irish Dancers, helping to increase fitness and strength while avoiding injury.



Venue: **Liffey Trust Studios** (117-126 Upper Sheriff Street, Dublin 1) is a state-of-the-art facility in Dublin's Docklands. Located next to the O2 Arena and The Point LUAS stop, it has nine fully equipped dance studios and it's own restaurant/bar **The Green Room**.



Hotel: **The Ferryman Hotel** 35 Sir John Rogerson's Quay, Dublin 2. Tel: +353(1)6717053 This family run hotel (1km from the venue) is housed in 2 listed buildings which have been beautifully restored to their original splendour. With a restaurant & bar known for traditional music, you're promised a warm Irish welcome! Room rates (including full Irish breakfast): Single - €40, Double - €70, Triple - €85 Quote "Irish Dance Summer School" when booking.



There will be an evening of Set Dancing at The Ferryman with **Gerard Butler** on Thursday, July 28th. This is included in the cost of the workshop, friends & family may attend for a nominal fee. We will also arrange group rates for **Ragus** and **Riverdance** during the week.

Classes

Everyday starts with a class designed to warm up the body, improve core strength and prevent injury. Following this, each participant will take classes, at the appropriate level, in solo, technique, céilí and show style. The schedule/content will vary from day to day and the participants will work with all the teachers over the course of the workshop.

Levels

Intending participants are asked to provide accurate information about their previous dance experience. This will allow them to be placed 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 group/class that best 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 2011" 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.

Feis

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 2011". This must also be declared on the application form.

Steps

There are no restrictions on participants using any of the choreography danced at the workshop. Therefore, the organisers of "Rince 2011" will not be responsible for two or more dancers performing the same choreography at subsequent competitions/feiseanna.

Dress

Appropriate soft/hard shoes or dance sneakers 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 studios. Food must not be consumed in any of the studios. Chewing gum is not permitted anywhere in the venue.
- Lunch can be purchased in **The Green Room** bar, part of the Liffy Trust facility.

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 July 1st, 2011. The balance is payable on commencement of "Rince 2011". 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 or for bank transfer account details.

Extras

Classes in Comhrá Gaeilge (Irish language conversation), Bodhrán and Tin Whistle will be offered if there is sufficient demand. (Times & cost to be confirmed, pending applications.) Please indicate on your application form if you are interested in any of these classes.

Contact

Ronan McCormack. 26 Melville Cove, Meakstown, Dublin 11, Ireland.
web: www.treblehop.com e-mail: info@treblehop.com sms: +353876369371



Application Form

NAME

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ADDRESS

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TELEPHONE

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E-MAIL

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AGE

OVER 18 UNDER 18 – PLEASE STATE

MINORS

MY **SON / DAUGHTER** (UNDER 16) **CAN / CAN NOT** LEAVE THE VENUE DURING BREAK TIMES WITHOUT ACCOMPANIMENT.

SIGNED: CONTACT NO:

INJURY

DO YOU SUFFER FROM ANY MEDICAL CONDITION OR HAVE YOU AN EXISTING INJURY THAT MAY BE AGGRAVATED BY INTENSE DANCING?

NO YES – PLEASE STATE

DANCE HISTORY

GIVE A BRIEF DESCRIPTION OF YOUR IRISH DANCE HISTORY. IF COMPETITIVE, GIVE THE NAME OF THE SCHOOL AND ORGANISATION. IF BEGINNER, GIVE DETAILS OF ANY OTHER DANCE EXPERIENCE.

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EXTRA CLASSES

GAEILGE BODHRÁN TIN WHISTLE

EXTRA CLASSES WILL BE CONFIRMED AFTER CLOSING DATE - SUBJECT TO DEMAND

CLOSING DATE FOR APPLICATIONS – JULY 1ST 2011