Dancers and parents,
We have had a great time getting to know you this summer. We had an excellent turnout at our summer practices and are excited about our season. Our season begins October 22 and until then we, as winter season coaches, are not supposed to have “contact” with the dancers. We have learned that many dance teams train and take additional dance classes in the “off” season. We feel that our dancers need to do the same in order for our team to be competitive.
As coaches we are not “allowed” to set up the fall season. Many schools hire a fall season dance coach who sets up the practice, training, and performance schedule. (At this time our school does not have a formal fall dance team program.) Other schools run their fall season through community education and/or have dancers take dance classes at local studios. Dancers that participate in any of the above pay a fee, which goes toward paying for the coach/instructor.

Fall season
Krista Blomdahl and Morgan Woods are the fall season coordinators/instructors. They have set up classes and practice schedules for our dancers. Classes will be instructed by Krista, Morgan and other community dance instructors. We strongly encourage dancers not involved in a fall sport to be a part of the fall season.

- **Jazz technique clinic**: Monday, Aug. 6 & Tuesday, Aug. 7; 6:00-8:00pm DEF gym
- **Kick technique clinic**: Tuesday, Aug. 21 & Wednesday, Aug. 22; 8:00-10:00am DEF gym
- **Pom routine**: Friday, Aug. 24; 6:00-9:00pm DEF gym
- **Sept. 4-Oct. 11 (Monday-Thursday)**
  - Monday: Conditioning in RHS weight room.
  - Tuesday: Practice at DEF gym 3:30-5:00pm (Captains practice)
  - Wednesday: Conditioning in RHS weight room.
  - Thursday: Practice at DEF gym 3:30-5:00pm (Fall instructor/coach practice)

Fall season cost: $35.00
Please complete the registration form and make checks payable to ROCORI dance team.
Please bring registration form to the Jazz clinic, mail to Lea’ Frank (202 11th St. N., Cold Spring) or give to captains Ashley Liestman or Abby Schramel.
Other dance opportunities:

Central Performing Arts/ROCORI Community Education: Cost $150 for both classes or $100 for each class.

- High School Ballet (Instructor: Danielle Moriarty)
  Tuesday’s Sept. 18- Dec. 4 7:30-8:30pm at DEF building

- High School Jazz (Instructor: Jill Blomdahl-Skanson)
  Thursday’s Sept. 13- Dec. 6 7:30-8:30pm at DEF building

Any additional training will make dancers better both as an individual and as a team. We strongly encourage dancers to take advantage of these opportunities. Any of the “extra” classes dancers take will help our team to become more competitive.

Winter (Competitive) Season Information

Due before Oct. 4, 2012
Warm up payment and clothing order form due. (We pushed the warm up due date back).
Please make checks payable to ROCORI High School but do NOT turn into the activities office. We need to keep track of individual payments. Please mail to Lea’ Frank – 202 11th St. N., Cold Spring – or give to Mr. Frank or Mr. Illies at RHS.

Due before Oct. 22, 2012
  - Pay winter season activity fee ($150) through the activities office
  - Signed & completed MSHSL Athletic Eligibility Form
  - Signed & completed ROCORI Area Schools Participation Policy

Performance/Competition dates:
These are the dates that we know of as of right now. More dates will be made available as they are scheduled.
Saturday, Nov. 17: Sartell Dance Show – Sartell (Shows @ 2pm & 6pm)
Tuesday, Nov. 27: CLC High Kick competition – Brainerd @ 7:30pm
Saturday, Dec. 1: ROCORI Community Showcase Show – ROCORI High School
Friday, Dec. 14: CLC Jazz competition – Willmar @ 7:30pm
Saturday, Jan. 12: ROCORI Invitational – ROCORI High School
Friday, Jan. 18: CLC Championship – St. Cloud, Apollo High School @ 7:30pm
Saturday, Feb. 2: Sections – Sartell
Feb. 15 & 16: State

Please contact us if you have any questions.

Lea’ Frank
Jen Illies
Kayelee Gill

Coaches’ email: rocoridancecoaches@gmail.com
Team website: http://rocorirockettes.weebly.com/