

From the Director: Welcome to TDFS Showcase #4!

Let me start out by thanking Grammy Betty for filling the tiny but huge shoes left by my mom, Cynthia Boruff, who “graduated” this past fall. Betty Wines, you are the only reason I am able to keep my head above water and the bills paid. Thank you for all you do for the studio (and for cajoling Grandpapa into picking up my slack on the home front. Big thanks to him too!)

This year was a time of coming together at TDFS. Our newly-formed parent group is developing scholarship opportunities to help support students who might otherwise not have the means to continue their studies in dance or karate, or who need help with shoes or costumes. Download our scholarship application from www.trinitydancefit.com.

We also welcomed to our building Corben Page and his family, a compassionate bundle of dynamite, blowing up this town with his love for kids and athletics. In case you haven’t met him yet, Corben is a professional boxer, USA Boxing certified coach and personal trainer who has opened a training facility in our dojo at TDFS. Classes are on-going through the summer, \$65 monthly membership per person, kids and adults welcome. Please contact him for more info.

Our volunteer sound technician, the incredibly talented Joliene, has agreed to help us again this year with lighting and music. Thank you! To rent-a-hubby Jack, yes, we plan on abusing you annually now. Thank you to him, and the others who helped put in our flooring. But it’s really your wife we’re in love with. Ms. Megan, it’s an honor to provide a forum for you to teach your dance and Zumba fitness classes, and a privilege to watch your masterful musical expression.

I had the pleasure and task of choreographing the kids’ routines presented this weekend. Instead of their dances being a final publication of what they’ve learned, I taught students through their routines. Their dances grew with them. This is a different philosophy than other private dance schools, but it allows students to more rapidly increase their understanding of technique and movement until, at about year three, they tend to blossom and supersede their peers who are in performance-oriented schools more focused on “tricks” than talent. We focus on physical education first, improving mind-body connections and creative thinking that improves problem-solving skills and brain elasticity at every age, Lil’ P’Nutz through Senior Citizens.

If you want to keep up or catch up on your skills, our 6-week Summer Session begins July 18, 2022. Thanks, again, for a great year! ~T



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Hip Tap I-II for boys & girls ages 7-13

"You Need to Calm Down"

Jazmine Kasper age 11 Niah Harper age 10 Gracie Rogers age 8
Iris Rogers age 10 Olive Crow age 11
Kayleahna Schroeder age 10
Juniper Crow age 7 Ruby Eszterhaus age 10



Hip Tap combines advancing intermediate tap dancing with funky flava. In this class, students learn how to put together various 8-counts using their instruments: their bodies and shoes. Here, we get to be sassy and smiley, as long as we work hard and follow directions too!



INTRO TO TUMBLING & JAZZ FUSION

"Indiana Jones Medley"

Ellinor Charcho age 5 Ella Lyon age 4
Alexander Charcho age 6 Dahlia Jenkins age 5
Cosette Key age 4



Intro to Tumbling and Jazz Fusion students laugh and stretch and move to different kinds of music while learning front rolls, back rolls, balanced kicks, hand stands, bridges, beginning walk-overs, bear scrambles for strength and agility, bunny hops (which are beginning kartwheels,) and various side rolls that teach them how they will spin in the air some day, if they keep with this sport. Most of these kids have been in this class only for one semester, and each has overcome at least one specific fear of movement this year. They have also learned how to protect their bodies by tucking their chins and rolling from their feet to their feet.



Ballet II-III

"Splinter Cell Conviction Medley"

Aria Beck age 12

Kayleahna Schroeder age 10

Niah Harper age 10

Sophia Smith age 11

Aiyanna Kasper age 10

Aurora Clark age 11

This 90-minute pre-pointe ballet class is for serious athletes only. Boys and girls who take this class are learning how to control all the major muscles in their bodies and use them to reach new heights during jumps, stretches, and even in their daily posture. This class is foundational and prepares students for pointe shoe work; it also extends former years' training. Students learn Cecchetti Ballet method (Italian) dance curriculum and memorize not just the French words that label movements but also how those movements connect in order to perform them better. This is why so many basketball and football players take ballet: If you want to jump, you need to first know how to bend your knees while keeping your head upright and controlling your arms and frame and breath. What you do with your eyes and core is as important as engaging those lower leg muscles... Our intermediate ballet teaches advancing musicality, strength, elasticity, self-discipline, self-expression, perseverance, & coachability. *Below: Taking a break from petite allegro to practice spinning horizontally to help with turns across the floor*



P'Nutz Tap & Ballet Intro to Music & Movement *"Rockin' Robin"*

Elowen McVeigh age 4 Brooklyn Wilks age 4 Myla McCullaugh age 4

This introductory Ballet and Tap class is meant to get kids excited about all the ways we can move to different songs, that songs have parts and different beats we can listen for. When kids realize that there are layers beyond the surface of songs, they make deeper interpersonal connections as look for subterranean meanings and cues beyond their own interactions with other people. In this class, we drum with our hands and tom toms, and then we drum with our feet during tap dancing moves. Beginning ballet starts with musical interpretation, we free dance while listening for song parts, and then we practice plies, tendu, and do other activities that prepare our bodies to move more efficiently. These kids are 2.5-4 years of age, so we are often their first introduction to concepts of lining up, waiting our turn, following multi-part directions, increasing attention spans and spacial awareness.

Adult Modern Dance

"Arcadia" Choreographed & Taught by Megan Killeen
Dancers: Megan K., Annie E., Melissa T. (NP), Brady M.





Jazz Fusion II-III is our tough contemporary dance class that combines old school funk and hip hop with Broadway and character jazz dance technique. Strong foundation in ballet and tap helps these kids with fast muscle movements, displays of balance and strength, and musical interpretation that adds to the entertainment value of these very difficult routines. In this class, Ms. Megan helped to fine-tune and demonstrate some of the advanced choreography Ms. Timbre taught dancers this year. This dance demands strength, stamina, and advancing techniques whereby students can now do things like tours (jumping a full revolution in the air.) Most importantly, this hard work is fun! The song is by a Christian artist who rejects completely whatever ridicule he receives for his personal beliefs by claiming: "Yes, I'm different. So what?!"



Jazz Fusion II-III "Spazz"

Aria Beck age 12
 Niah Harper age 10
 Aiyanna Kasper age 10

Kayleahna Schroeder age 10
 Aurora Clark age 11
 Macy Blevins age 10 (NP)



Beginning Karate
"Galaxy Medley"

Aleecia Mince age 8 Ava Adams age 8
 Jimme Mince (adult) Kirsten Adams (adult)
 Harper Bauman age 7
 Norma Jean Sharp age 5

In our karate-do, we have bags, BOBs, mats, and padded weapons, but our Kenpo-based mixed martial arts classes prioritize "empty hands" self-defense, self-control, & respect. We also improve strength, balance, and stamina while learning to strike, block, kick, evade, fall without injury, and grapple.



Beginning Karate: "TMNT"

Emma Lyon age 12 Ella McCullough age 7
Niah Harper age 10 Aurora Clark age 11
Tristan Osborne age 6 Jazmine Kasper age 11
Toby Seiler age 12 Aven Sims age 6



In our Kenpo-based mixed martial arts classes, we use BOBs and bags to teach "empty hands" self-defense. We focus on self-control, balance, striking, blocking, kicking, evading, grappling, & respect. Students are prepared to use martial arts for one single reason: to get away. Everything we do is for the main purpose of "softening" someone who wants to harm us. In karate, we say that our blocks are strikes. Learning proper blocking and striking techniques requires focus followed by years of review and practice. (That is why we say that a black belt signifies the start of the journey.) Each our students is at a different level but able to help each other achieve more because these moves are spiraled – built upon the last and repeated until automatic; they don't go away. Thus, various levels are in the same class.

Adult Ballet: "16 Waltzes, Op 39: No 15"
Choreographed & danced by Megan Killeen. with Annie E.

Tap & Ballet for boys & girls ages 6-13
"What's my name?" & "Something's There"
Aleecia Mince age 8 Nakota Osborne age 8 Charlette Wilks age 6



Performing after receiving only half an hour weekly instruction in each discipline is tough! So, it's Decision Time for these kids: They are ready to begin studying each sport for at least an hour a week and now must decide if they want to continue learning ballet, tap dancing, or both at increasing levels. This year, students focused on musicality, interpreting song parts for varying effects. Dancers also learned about body lines – maintaining muscle control with pointed toes while controlling frame and arms. Increasing speed during tap and complexity of combinations in ballet was the premis of the curriculum they learned through their choreography this year. Body alignment and muscle engagement, along with focus and being teachable, will help them in whatever sport they choose. Congrats to these dancers for learning Ballet I & Tap II curriculum!

Tap & Ballet for boys & girls ages 4-6

"When I am Older"

Abigail Wakefield age 4
Trinity Toth age 5
Ella Lyan age 4

Dahlia Jenkins age 5
Cosette Key age 4
Ellinor Charco age 5

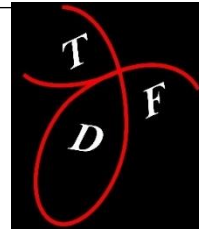


Half of the students joined in January, so we chose to perform only one dance this year. Through the choreography of this tap dance, students were pushed to develop spatial awareness through increasingly-difficult staging (use of the dance floor) that helps kids develop as creative thinkers which leads to greater success as problem-solvers in the workforce later in life. Dancers learned Ballet I and Tap I & II curriculum. They learned about focus and timing, about how to choose what you want to do versus what you need to do, and about being aware of others in a shared space.

Intro to Ballet & Jazz Fusion I for ages 4-7

"Smooth Criminal" - Ava Adams & Norma Jean Sharp

With fewer than a dozen half-hour jazz classes this semester, we are excited to have these girls performing their first funk & improv routine. Simple core curriculum mixed with improv to a song they truly enjoy gave these dancers something we all need: an opportunity just to have fun together! Learning how to move your body in new ways is cool, but busting out to our favorite music is as old as time.



This Jazz Fusion I class introduced students to foundational jazz, funk and pop combinations with a fun, recreational focus – proving that, especially when we're dancing, we're definitely "Better Together."



Jazz Fusion I for boys & girls ages 8-13: *"Better Together"*

Ella McCullough age 7 Chloe Sutton age 11 Chenoa Gaffney age 10