

APRIL 13, 2024

# SPRING *Intensive*



## *Who*

OUR SPRING INTENSIVE IS OPEN TO DANCERS AGES 13 TO HIGH SCHOOL SENIORS.

## *What*

ALLIANCE DANCE LAB'S 2024 SPRING INTENSIVE HOSTED IN-PARTNER WITH: CHASKA DANCE TEAM, POWERED BY: ALLIANCE DANCE NETWORK IS GIVING DANCERS OF ALL LEVELS AND AGES IN MN AN EXCLUSIVE OPPORTUNITY TO LEARN FROM TOP NOTCH, QUALIFIED CHOREOGRAPHERS AND DANCE EDUCATORS FROM OUR DANCE TEAM INDUSTRY!

## *Where*



CHASKA HIGH SCHOOL.

ADDRESS: 545 PIONEER TRAIL, CHASKA, MN 55318

## *When*

WHEN: APRIL 13TH  
TIME: 9 AM TO 3:50 PM

## *Why*

TO OFFER MINNESOTA DANCERS, THE OPPORTUNITY TO TRAIN WITH TOP NOTCH, QUALIFIED CHOREOGRAPHERS AND DANCE EDUCATORS FROM OUR DANCE TEAM INDUSTRY!



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## *Our Intensive Faculty Includes*

**(SEE THEIR PHOTO'S + BIO'S BELOW):**

KATIE GROVEN - OWNER OF DANCER FITNESS

CHRISTINE LAGER - OWNER OF MN DANCE PHYSICAL THERAPY

DANCERS FROM COLLEGE OF ST. BENEDICT DANCE TEAM

DANCERS FROM ST. CLOUD STATE UNIVERSITY DANCE TEAM

JENNI TERRY - FORMER IOWA STATE DANCE TEAM DANCER AND NOW NFL CHEERLEADER

FRANCO PARAISO - ASSISTANT COACH, DANCER, CHOREOGRAPHER, FROM UNLV REBEL  
GIRLS AND COMPANY

FLORIDA STATE UNIVERSITY DANCERS - ANNA SAVACOL, KAYLA FAIN, AND ASSISTANT  
COACH KAMERON KERNS

## *Classes Being Offered*

STRENGTH TRAINING FOR SKILLS, DANCER INJURY PREVENTION, LEAPS, TURNS, ACROSS  
THE FLOOR, CENTER, JUMPS, POM, HIP HOP, & JAZZ HIP HOP FUSION!

*EACH CLASS WILL INCLUDE INNOVATIVE CHOREOGRAPHY AND INSTRUCTION FROM THE  
BEST OF THE BEST TEACHERS!*

*DANCERS WILL ALSO BE FILMED AND FEATURED IN THE SPRING INTENSIVE RECAP VIDEO  
CONTENT ON THE ALLIANCE DANCE NETWORK/ALLIANCE DANCE LAB'S IG, FB, AND YT  
AFTER THE INTENSIVE.*

*DON'T MISS YOUR CHANCE TO LEARN FROM SOME OF THE BEST DANCERS AND  
CHOREOGRAPHERS IN OUR INDUSTRY! GET YOUR TICKETS BEFORE THEY'RE GONE AND  
WE'LL SEE YOU ON APRIL 13TH!*



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## *Schedule*

### INTENSIVE SCHEDULE

**8:40 AM TO 9:00 AM** - DANCERS SIGN IN

**9:00 AM TO 9:30 AM** - STRENGTH TRAINING FOR SKILLS WITH KATIE GROVEN - OWNER OF DANCER FITNESS

**9:30 AM TO 10 AM** - DANCER INJURY PREVENTION WITH CHRISTINE LAGER - OWNER OF MN DANCE PHYSICAL THERAPY

**10:00 AM TO 10:30 AM** - (DANCERS CHOICE) **SIDE A**

LEAPS + TURNS/ACROSS THE FLOOR COMBINATIONS + GAME DAY FUNDAMENTALS WITH DANCERS, FROM ST. CLOUD STATE UNIVERSITY DANCE TEAM

**SIDE B**

CENTER, TURNS, JUMPS, KICK TECHNIQUE + CONDITIONING WITH DANCERS FROM COLLEGE OF ST. BENS DANCE TEAM

**10:30 AM TO 10:40 AM** - BREAK + SIGN IN FOR 2ND HALF INTENSIVE PASS HOLDERS

**10:40 AM TO 11:40 AM** - POM (ALL DANCERS) WITH IOWA STATE DANCE TEAM ALUM/NFL CHEERLEADER, JENNI TERRY

**11:40 AM TO 11:50 AM** - FILMING OF INTENSIVE DANCERS PERFORMING JENNI'S POM ROUTINE IN GROUPS.

**11:50 AM TO 12:00 PM** - BREAK

**12:00 PM TO 1:00 PM** - HIP HOP (ALL DANCERS) WITH UNLV REBEL GIRLS & CO DANCER/CHOREOGRAPHER/ASSISTANT COACH FRANCO PARAISO

**1:00 PM TO 1:10 PM** - FILMING OF INTENSIVE DANCERS PERFORMING FRANCO'S HIP HOP ROUTINE IN GROUPS.

**1:10 PM TO 1:40 PM** - LUNCH

**1:40 PM TO 3:10 PM** - JAZZ HIP HOP FUSION (ALL DANCERS) WITH FLORIDA STATE UNIVERSITY DANCE TEAM DANCERS, ANNA SAVACOL, KAYLA FAIN, & ASSISTANT COACH KAMERON KERNS

**3:10 PM TO 3:20 PM** - FILMING OF INTENSIVE DANCERS PERFORMING FSU DT DANCER'S ROUTINE IN GROUPS.

**3:20 PM TO 3:30 PM** - GROUP PICTURE + BREAK

**3:30 PM TO 3:50 PM** (OR TILL LAST IMPROV DANCER PERFORMS) - PARENT SHOWCASE (DANCERS PERFORM ALL ROUTINES THEY LEARNED FROM THE DAY) + INTENSIVE DANCER IMPROV.



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## *Intensive Passes*

### **ALL DAY INTENSIVE PASS - \$175**

#### INCLUDES:

- ALL ALLIANCE DANCE LAB 2024 SPRING INTENSIVE CLASSES.
- LEARNING CLASS & PERFORMANCE GROUP FOOTAGE CAPTURED BY THE ADN, EMAILED TO YOU UP TO 2 WEEKS AFTER THE CLASS, IN A DROPBOX FOLDER TO SHARE ON YOUR SOCIAL MEDIA.
- A FEATURE IN THE PARENT SHOWCASE AT THE END OF OUR INTENSIVE.
- 1 TO 3, 8 COUNT, IMPROV VIDEO FEATURE FILMED AT THE END OF OUR SPRING INTENSIVE, DURING THE PARENT SHOWCASE.
- A FEATURE IN THE REHEARSAL FOOTAGE RECAP VIDEO + CONTENT POSTS, POSTED ON THE ADN/ADL'S IG. FB, AND YT CHANNEL .
- YOUR NAME & IG HANDLE TAGGED IN THE RECAP VIDEO + POSTS/DESCRIPTIONS.

### **1ST HALF INTENSIVE PASS - \$88**

#### INCLUDES:

- CLASS WITH: KATIE OWNER OF DANCER FITNESS, CHRISTINE LAGER, OWNER OF MN DANCE PHYSICAL THERAPY, ONE WARM UP CLASS (YOUR CHOICE) WITH EITHER SCSU DT OR CSB DT DANCERS, A POM CLASS WITH IOWA STATE DANCE TEAM ALMUNI DANCER/NFL CHEERLEADER JENNI TERRY
- LEARNING CLASS & PERFORMANCE GROUP FOOTAGE CAPTURED BY THE ADN, EMAILED TO YOU UP TO 2 WEEKS AFTER THE CLASS, IN A DROPBOX FOLDER TO SHARE ON YOUR SOCIAL MEDIA.
- A FEATURE IN THE REHEARSAL FOOTAGE RECAP VIDEO +CONTENT POSTS, POSTED ON THE ADN/ADL'S IG. FB, AND YT CHANNEL.
- YOUR NAME & IG HANDLE TAGGED IN THE RECAP VIDEO + POSTS/DESCRIPTIONS



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# SPRING *Intensive*



## *Intensive Passes*

### **2ND HALF INTENSIVE PASS - \$88**

#### INCLUDES:

- CLASSES WITH: IOWA STATE DANCE TEAM ALMUNI DANCER/NFL CHEERLEADER JENNI TERRY, WHO WILL BE TEACHING POM, UNLV REBEL GIRLS & CO DANCER/CHOREOGRAPHER/ASSISTANT COACH FRANCO PARAISO WHO WILL BE TEACHING HIP HOP, FLORIDA STATE UNIVERSITY DANCE TEAM DANCERS, ANNA SAVACOL, KAYLA FAIN AND KAMERON KERNS WHO WILL BE TEACHING A JAZZ HIP HOP FUSION ROUTINE.
- LEARNING CLASS & PERFORMANCE GROUP FOOTAGE CAPTURED BY THE ADN, EMAILED TO YOU UP TO 2 WEEKS AFTER THE CLASS, IN A DROPBOX FOLDER TO SHARE ON YOUR SOCIAL MEDIA.
- A FEATURE IN THE PARENT SHOWCASE AT THE END OF OUR INTENSIVE.
- 1 TO 3, 8 COUNT, IMPROV VIDEO FEATURE FILMED AT THE END OF OUR SPRING INTENSIVE, DURING THE PARENT SHOWCASE.
- A FEATURE IN THE REHEARSAL FOOTAGE RECAP VIDEO + CONTENT POSTS, POSTED ON THE ADN/ADL'S IG, FB, AND YT CHANNEL.
- YOUR NAME & IG HANDLE TAGGED IN THE RECAP VIDEO + POSTS/DESCRIPTIONS.

### **INDIVIDUAL CLASS INTENSIVE PASS - \$40**

#### INCLUDES:

- 1 ALLIANCE DANCE LAB 2024 SPRING INTENSIVE CLASS OF YOUR CHOICE.
- LEARNING CLASS & PERFORMANCE GROUP FOOTAGE CAPTURED BY THE ADN, EMAILED TO YOU UP TO 2 WEEKS AFTER THE CLASS, IN A DROPBOX FOLDER TO SHARE ON YOUR SOCIAL MEDIA.
- A FEATURE IN THE PARENT SHOWCASE AT THE END OF OUR INTENSIVE. (IF THE CLASS YOU CHOSE WAS IN THE 2ND HALF OF THE INTENSIVE)
- 1 TO 3, 8 COUNT, IMPROV VIDEO FEATURE FILMED AT THE END OF OUR SPRING INTENSIVE, DURING THE PARENT SHOWCASE. (IF THE CLASS YOU CHOSE WAS IN THE 2ND HALF OF THE INTENSIVE)
- A FEATURE IN THE REHEARSAL FOOTAGE RECAP VIDEO + CONTENT POSTS OF THE INDIVIDUAL CLASS YOU TOOK, POSTED ON THE ADN/ADL'S IG, FB, AND YT CHANNEL.
- YOUR NAME & IG HANDLE TAGGED IN THE RECAP VIDEO + POSTS/DESCRIPTIONS



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# SPRING *Intensive*



## *Lunch*

**\$15 - \*SOLD SEPARATELY\***

INCLUDES:

A TURKEY, HAM, OR VEGGIE SUB WITH CHIPS  
AND A DRINK (YOUR CHOICE)

### **HOW TO REGISTER & ATTEND**

1) GO TO: [ALLIANCEDANCENETWORK.COM](https://alliancedancenetwork.com) **CLICK HERE** 2) READ THROUGH THE PASSES DESCRIPTION'S ABOVE/WHAT THEY INCLUDE ABOVE 3) SELECT HOW MANY PASSES YOU WOULD LIKE TO PURCHASE BELOW 4) FILL OUT THE REGISTRATION FORM READ/AGREE TO THE WAIVER/MODEL RELEASE BELOW WHEN YOU CHECK OUT 5) CHECK OUT 6) RECEIVE YOUR ALLIANCE DANCE LAB 2024 SPRING INTENSIVE CONFIRMATION EMAIL AND AN ADDITIONAL ONE WITH THE INTENSIVE LOCATION'S ADDRESS, ABOUT WHERE TO PARK AT THE HIGH SCHOOL ETC 1 WEEK & 3 DAYS BEFORE THE INTENSIVE. 7) PRINT OFF OR SHOW YOUR INTENSIVE PASS ON YOUR SMARTPHONE TO BE SCANNED WHEN YOU SIGN IN FOR THE INTENSIVE.

**REFUND POLICY: THERE ARE REFUNDS UP TO 1 MONTH (BY MARCH 1ST) BEFORE OUR INTENSIVE OR IF IT IS CANCELLED.**

QUESTIONS? EMAIL [INFO@ALLIANCEDANCENETWORK.COM](mailto:info@alliancedancenetwork.com) OR TEXT: 651-396-0886

**PLEASE NOTE: ALL DANCERS MUST BE AGES 13 TO A SENIOR IN HS TO ATTEND. DANCERS MUST HAVE A PARENT REGISTER/ELECTRONICALLY SIGN/READ THROUGH/AGREE TO OUR MODEL RELEASE/WAIVER BELOW.**

### **MODEL RELEASE + WAIVER**

**PLEASE READ THROUGH** OUR ALLIANCE DANCE LAB 2024 SPRING INTENSIVE, ADN, LIABILITY, WAIVER, MODEL/ PHOTOGRAPHY/VIDEOGRAPHY RELEASE/POSTING PHOTOS/VIDEO/USAGE AGREEMENT\* **BY CLICKING HERE** AND AGREE TO IT, IN YOUR REGISTRATION FORM AT CHECKOUT.





## DANCER FITNESS

### STRENGTH TRAINING FOR SKILLS

Owner Katie Groven is an **ACSM certified personal trainer**, holistic health coach and **two time world champion dancer**. **She is the creator of dancer-fitness.com** an online exercise database designed to transform competitive dancers into athletic powerhouses. Katie has combined her 25 years of dance training and her fitness expertise to crack the code on improving skills, endurance and flexibility using strength training. Her signature strength training process called STRENGTHNIQUE is used by dozens of national and state champion teams all over the world. **Katie travels the country cross training teams and studios including Larkin Dance Studio, home to World of Dance finalists Eva Igo, Ellie and Ava Wagner and The Trilogy.** When she's not training individual dancers or teams she's spending quality time with her husband Chris, daughters Hazel and Amelia or growing her collection of Converse shoes.

## MN DANCE PHYSICAL THERAPY

### DANCER INJURY PREVENTION

Owner Christine Lager, **PT, DPT. Doctor of Physical Therapy, Dance Rehabilitation Specialist** and Former studio, high school & **University of Wisconsin Dance Team collegiate dancer** is passionate about helping athletes create the optimal balance between mobility and strength. About Minnesota Dance Physical Therapy: Minnesota Dance Physical Therapy is for every dance athlete. Being able to dance at a high level requires motor control, dynamic strength and end-range flexibility. Injuries can hinder dance performance and stand in the way of the self-expression dancers value most. Minnesota Dance Physical Therapy serves to advocate for dancers throughout their season and help them return to sport without limitations. Christine Lager, **PT, DPT Minnesota Dance Physical Therapy, LLC** [www.minnesotadancephysicaltherapy.com](http://www.minnesotadancephysicaltherapy.com)





LEAPS + TURNS/ACROSS THE FLOOR  
COMBINATIONS + GAME DAY FUNDAMENTALS



DANCE  
TEAM

THE ST. CLOUD STATE DANCE TEAM IS COMPRISED OF FULL-TIME STUDENTS, WHO HAVE A HISTORY OF DANCE EXPERIENCE AND ARE LOOKING TO CONTINUE DANCING AT A COLLEGIATE LEVEL. OUR DANCERS BRING PRIDE AND SPIRIT TO THE ST. CLOUD STATE CAMPUS THE TEAM CONSISTS OF 17 DANCERS WHO PERFORM AT MULTIPLE LOCAL SHOWS, CAMPUS SPORTING EVENTS, AND OTHER COMMUNITY EVENTS.

THE TEAM ANNUALLY COMPETES AT UDA NATIONAL CHEER AND DANCE CHAMPIONSHIP IN ORLANDO, FLORIDA. THE SCSU DANCE TEAM COMPETES IN THE JAZZ, POM, AND GAME DAY CATEGORIES AND HAS REMAINED COMPETITIVE, RANKING IN TOP SPOTS YEARLY. **THE TEAM WON NATIONAL CHAMPIONSHIPS TITLE IN 2016, 2020, 2021, 2022 AND MOST RECENTLY IN 2023.**

CENTER, TURNS, JUMPS,  
KICK TECHNIQUE + CONDITIONING

THE CSB DANCE TEAM IS LOCATED IN ST. JOSEPH, MN. **WE ARE 2X NATIONAL POM CHAMPIONS** AND COMPETE IN THE OPEN DIVISION FOR POM AND JAZZ AT UDA NATIONALS. WE ALSO PERFORM GAME DAY ROUTINES AT SOCCER, BASKETBALL, AND FOOTBALL GAMES. WE AIM TO BE REPRESENTATIVES OF OUR SCHOOL, WHILE STAYING COMPETITIVE. WE CAN'T WAIT TO DANCE WITH YOU!



CSB

DANCE TEAM



## POM



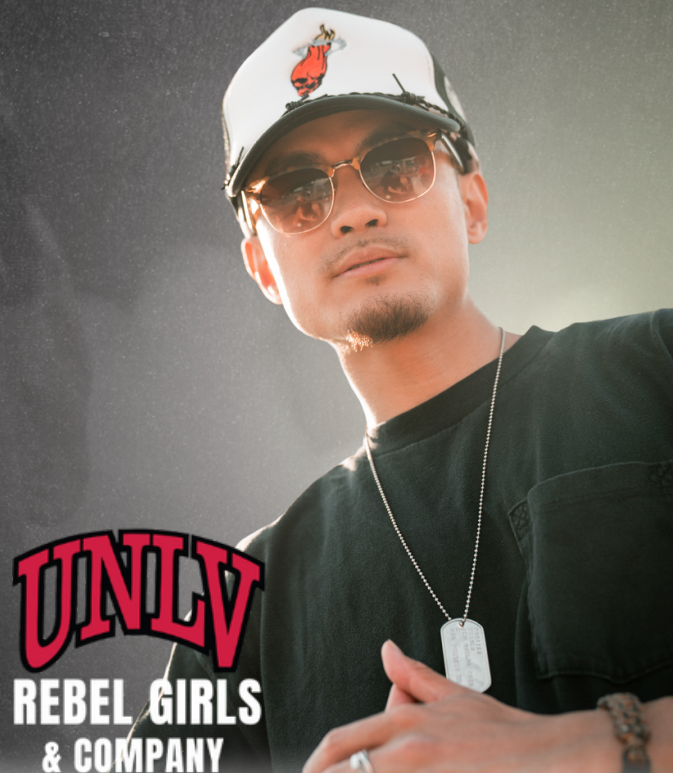
## JENNI TERRY

Jenni Terry, has been dancing since she was three years old. She grew up dancing at Studio 4 in Burnsville, Minnesota. She started competing at six years old and fell in love. Later she joined her high school dance team at Eastview and had the opportunity to be apart of team Minnesota and travel to California to compete. Jenni is a recent graduate from **Iowa State University** and served as a captain on the dance team. She achieved first place pom titles in the D1A Pom category her junior and senior year. As well as representing team USA at worlds in 2022, where USA won gold. Jenni is also a **NFL CHEERLEADER** and loves performing on **SUNDAYS FOR GAME DAY!** She excited to share her passion and love for this sport with other dancers!

## HIP HOP

## FRANCO PARAISO

Franco Paraiso is a professional choreographer and dance teacher from Las Vegas, NV. He is also the **Assistant Coach** of the UNLV Rebel Girls and Company. He has won several UDA National Championships in the D1A Hip Hop and Game Day division. If he is not teaching a class, or filming his next project, you can probably find him dancing in the kitchen for his dog.



**UNLV**  
**REBEL GIRLS**  
**& COMPANY**



# JAZZ HIP HOP FUSION

## KAMERON KERNS

Kameron Kerns grew up in the Florida Panhandle area, where she trained at the Northwest Florida Ballet Academy, multiple different competitive studios, and was a member of the Fort Walton Beach Highschool Dance Team. She was a 4 year member of the **Florida State Golden Girls and Co. Dance Team**. She graduated Summa Cum Laude from FSU with her Bachelors of Fine Arts and Minor in Business Studies. She is currently in her third year of working as a **Universal Dance Association Instructor** where she travels to work with dance teams across the country. Kameron is now in Tallahassee where she is the **Assistant Coach** for the Florida State University Golden Girls and Co. Dance Team.



## ANNA SAVACOL

I am in my third season as a member of the **Division IA Florida State Golden Girls & Company Dance Team**, and I currently serve as **co-captain**. Last season, my team and I not only place third in Division IA Jazz at UDA Nationals but we also clinched a world championship title as Team USA at the ICU Worlds Competition. Not to mention, I've also been awarded the **"Performer of the Year,"** danced at numerous ACC football and basketball games, **competed on both the jazz and hip-hop nationals stage**, and continued to freelance choreograph for local studios. I cannot wait to meet at the Alliance Dance Allies, and I'm so grateful to share the knowledge, experience and passion I have for dance with you all!



## KAYLA FAIN

I am currently a member of the nationally ranked Florida State University's Golden Girls, is a 19- year- old artist who found her passion for dance and choreography at a young age. At age four, she began dancing at Studio 5D where she trained in various styles including hip hop, jazz, contemporary, ballet, and lyrical. She quickly joined the competition realm, winning the title of "Ms Petite Prime Time" in 2011. Her spark for the dance team world ignited when she joined her high school's dance team, claiming Co-Captain of the team her junior year and Captain her senior year. During that time, Kayla choreographed her own solos receiving 1st place at the DTU Solo Competition two years in a row, including the **"Most Entertaining"** award and **a first place win in the virtual UDA Solo Showdown**. She continued to choreograph and compete with her studio, where she received a scholarship to Power Pak and Broadway Dance Center. Kayla recently became a member of **Florida State University's Dance Team** where they won gold for Team USA at the ICU World Championships in April 2023. Kayla plans to continue training and performing with FSU's Golden Girls while finding a love for teaching young dancers around the world.

