

www.allstardancecamp.net

Planning for a Great Camp Experience

Dance Lines by Rubye Del Harden

As you continue to review the schedule, and are finding lots of exciting options, I strongly advise that you don't try to do too much. Unless you are accustomed to dancing ten or more hours a day, you will wear out quickly if you try to do it all. It is much smarter to first figure out how many classes you can easily handle and still be able to dance each night and then choose the classes in which you have the most interest.

If you have a private lesson teacher, it is a good idea to get their input. It is also important to get an accurate assessment of your level. If you try to dance higher than your level, you will probably get frustrated. This is especially true for the routine classes. In the routine classes, it is important to dance down a level. The teachers will be too busy teaching the routine to stop and explain figures to you. If you are in a full bronze routine class you should already know the full bronze figures. Then you can concentrate on learning the sequences and on upping your performance skills.

It's fine to take a few classes that are slightly higher than the level where you have been dancing. In those classes you will definitely get exposed to new figures and higher level technique. But, again, for the most satisfying camp experience make sure most of your classes are at the level you are currently learning or even a few at a lower level so you can practice your technique and have fun.

Also, you can go to different levels in different dances. For instance, you may be a full bronze dancer in Waltz, but if you have never done Nightclub Two Step, you might choose to go to Beginning Bronze or Intermediate Bronze in that dance style.

Many people ask if you need to sign up for specific classes before class begins. The answer is no, not at all. You are welcome to attend any classes on the schedule. Just show up five minutes before the class begins with your shoes on and be ready to start. You can also audit a class without dancing. But be very sure to not carry on conversations in the room during the class. I know it may be tempting to talk with others who are also sitting there watching. But if you do that it will be disruptive for those who are trying to hear the teacher. So, we ask you to be very respectful in the classes so that all the focus can be on what the teacher is teaching.

The goal is to have fun. It isn't fun to push so hard that your body is uncomfortable, to take classes that are frustrating or to wear yourself out during the day so you can't enjoy the parties. Remember the first rule of camp is to Have Fun!



AVAILABLE TUESDAY - THURSDAY 8AM - 9PM FIRST COME, FIRST SERVED

\$40 FOR 30 MINUTES \$70 FOR ONE HOUR

Call Jill to schedule & lock in your preferred time.

662.213.0504

MEET MIA MOORE

Our certified massage therapist loves making people feel better.

Schedule with her so you'll be able to keep dancing and having fun.

Warm Up With Phillip

One way to make camp more enjoyable is to start each day with a warm up. Our own Phillip Farley teaches a warm up class Monday through Thursday at 8:15. In 30 minutes, he uses dance moves to help you get moving! The movements help you stretch and gently get your body started. Even better, you'll be practicing moves that apply to your dancing.

- Monday you'll Rock Your Rhythm
- Tuesday you'll Strengthen Your Smooth
- Wednesday you'll Move Country Style

Join in for one or all!

Meet Our Pros Phillip Farley



Phillip Farley, the first-ever STAR CAMPER at All Star Dance Camp, celebrated for his enthusiasm and friendly spirit. From camper to respected staff member, his energizing warm-up sessions and expertise in dance spins and turns inspire dancers of all levels.

Learn more about him by clicking here.

Don't Miss a Thing!!

We want to be certain you don't miss any of the information we've sent about preparing for camp. So all of the information we've previously sent can be accessed in each newsletter. Just click on the links in this section.

Suggest Music for the Playlists
Camp Theme
Party Themes
After Parties
Ron Montez Youth Scholarship
Meet Jim & Jenell Maranto
Meet Jason Barnes & Missy Lindsey
Meet Robbie Greenwood & Tammy
Wilson
Meet Aaron Smith & BJ Harden Jones
Ron Montez Scholarship Recipients!
Meet Kem Overby
Meet Andrew Davis

About the Class Schedule
Routine & Series Classes
Official Line Dance
Ladies & Men Performance Classes
Class Schedule
Party Schedule
Dance Into Camp Workshops
Hotel Reservations
Traditions and Innovations
Improving your dance skills
Dance Shoes of Tennessee
Schedule Change
Videoing at the End of Class

Comments? Questions?

Email our camp director, Rubye Del Harden at rubyedel@allstardancecamp.net.

About All Star Dance Camp



All Star Dance Camp is the best ballroom dance vacation! Dancers of all ages and abilities gather in Philadelphia, MS at <u>Pearl River Resort.</u>

In addition to a welcome party on Sunday evening, camp features four full days of classes with dinner and dance parties every evening. As always, National Champions Jim & Jenell Maranto will be headlining camp. All Star Dance Camp offers seven or more classes daily and opportunities to take private coaching with all our great camp staff members. Campers can choose their own classes and class levels. Class levels include Beginning, Intermediate and Full Bronze as well as Silver levels.

Camp tuition includes classes, dinner Monday - Thursday and dance parties each evening. Call Jill at (662) 213-0504 to register.

allstardancecamp.net

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