



Families Making the Difference!

THE TRINITY TIMES



— Winter Weekend 2025 —

"Craic" (/kræk/ KRACK), is a term for news, gossip, fun, entertainment, and enjoyable conversation, particularly prominent in Ireland. So, what's the craic this month at Trinity? In this issue: WINTER WEEKEND



Calling all **Broadway Musical** Lovers and their families...Winter Weekend 2025 is almost here! Please read this entire email as there is a lot of valuable and pertinent information regarding this colossal fun-packed, dance-oriented Trinity adventure.

REGISTRATION

Pre-Registration: Friday night from 6:00-8:00 pm at Trinity Central at Conference Point in the Conference Center.

Saturday Registration:

Location: Trinity Central

Morning Session: 8:00-8:30 am, includes all Pre-Beginner, Beginner 1 and Beginner 2/Novice dancers (River, Cork/Derry, Donegal/Galway)

Afternoon Session: 12:15-12:45 pm, includes all Novice/Prizewinner, Prizewinner/PC, Performance & Conditioning and OC dancers (Kerry and up)

At registration each dancer will receive their purchased Winter Weekend T-shirt, adjudication number, wristbands for the dinner and/or ceili and **Broadway Musical** themed items. We hope you enjoy it!

FRIDAY NIGHT ACTIVITIES

Registration and themed activities will take place in the Ballroom Foyer and Salon A. There will be dancing and crafting and all around fun! Dancers will be encouraged to partake in festive games and activities. Parents - we ask that you **DO NOT LEAVE** the activity area.

DANCER WORKSHOP PACKING LIST

All dancers should pack light. Bring one dance bag to the sessions with all the below items inside. PLEASE LABEL EVERYTHING!

- Dance shoes: Soft Shoes for the Morning Sessions, Beginner 2/Novice dancers should also bring their Hard Shoes, Hard & Soft Shoes for the Afternoon Sessions
- Gym shoes or dance sneakers
- Water bottle

Dry snack (pretzels, crackers...NO NUTS/PEANUT BUTTER PLEASE.)

DANCER WORKSHOP ATTIRE

Dancers should wear appropriate dance class attire.

- Shorts, t-shirt/tank top and poodle socks to the workshop. All dancers will receive a Winter Weekend t-shirt during registration that they can wear during the day.
- All dancers have been placed in a group based on their class level, age and main class location.

DANCER GROUPS AND SCHEDULES

[AM Dancer Roster](#)

[PM Dancer Roster](#)

[Dancer Session Rotation Schedules](#)

SESSION SCHEDULE

Morning Session	Afternoon Session
<ul style="list-style-type: none">• Registration starts at 8:00 am• Session starts PROMPTLY at 8:30 am• Pick-up at 11:30 am SHARP	<ul style="list-style-type: none">• Registration starts at 12:15 pm• Session starts PROMPTLY at 12:30 pm• Pick-up at 4:15 pm SHARP

Morning Session pick-up: At the end of the workshop, we ask that **one** parent from each family come to pick up their dancer in the room designated on the schedule. Parents will be invited to come in the room to get their dancers. On the way out you will need to **check out your dancer with the volunteer** in the room. Please remember that your dancer will not end in the same room as they started in. Please check the schedule to make sure you go to the correct room to pick up your dancer.

If you are late in picking up your dancer, they will be waiting for you by the registration table. Be sure to check your dancer out with the volunteer.

Afternoon Session Pick-up: There will not be a parent needed for dancer pick-up. Dancers can venture their way back to their room or parents.

LIVE ON STAGE

Parents are encouraged to come watch their dancers when they perform in the **Live on Stage: "Under the lights"** sessions with our adjudicators and teachers. Please note that all other sessions are CLOSED to parents.

Dancers will have two separate **Live on Stage** Sessions from Donegal and up. They will **NOT** be back to back and they will **NOT** be in the same room. One session will take place in Salon B and another in Salon C.. Please check schedules to make sure where and when your **dancer** will dance. River, Cork/Derry dancers your dancers will go through more or less the same but will only be in one Ballroom for their live on stage as they will only perform one dance they will have a session where they practice for their live on stage before doing it for you.

Also, each **dancer** will receive feedback from both judges. Instead of **dancers** collecting these sheets immediately after dancing, the **sheets will be available for pick-up at the END of the AM or PM session at their last session.**

PARENT SESSIONS -

This year all parents can get all their information and questions answered at **the Trinity Parent Sessions** in the Maple Lawn D rooms from 8:00 am - 3:00 pm Parents can learn about costumes, ensemble, wigs, makeup, teams, Trinity Performance Troupe-TPT and Trinity Booster Club-TBC.

There is one scheduled session of **Feis 101** from 9:00 - 9:25 am in Maple Lawn D.. This is for families that are new to the world of Irish Dance Competition.

VENDORS

Need poodle socks, headband, wig, shoes? Be sure and check out our vendor area in Linwood.

TRINITY FAMILY CEILI

Attire: Casual attire in your Broadway Musical theme if possible.

Wristbands: The wristbands for the dinner and/or ceili you purchased will be handed out at the time you register your *dancer* for the day sessions. Please have everyone in your party wear their wristband to the dinner and/or ceili for smooth check in at the door that evening.

If you have any questions or concerns regarding the dinner/ceili tickets, please see a volunteer at the registration table Saturday between 8-3.

Lunch Buffet

The Grand Geneva is setting up a lunch buffet for Trinity Families in the Evolve Lounge.

Buffet Dinner served from 5:30 to 7:00 pm:: Only those who purchased dinner wristbands will be allowed into the Ballroom. A bar (cash and credit cards accepted) will open in the Forum foyer at 4:45 pm. Doors open for the dinner buffet at 5:00 pm. The performances will begin at 6:15pm. (No Carry Ins Please) This year we have plenty of space to accommodate everyone so no need to rush the ballroom!

Trinity Dinner Buffet:

Pre-built salad on the buffet

Caesar Salad with Garlic Croutons, Parmesan

Mixed Green Salad, Cherry Tomatoes, Cucumber Slices (GF, Vegan)

Ranch, Italian vinaigrette Dressings & Caesar Dressing

Garlic Bread, Dinner Rolls & Butter

Parmesan Chicken Strips

Herb oil roasted vegetable medley (vegan)

Penne primavera (vegan),

Cheese Tortellini marinara &

Macaroni & cheese

Pasta add-ons

Meatballs

Diced chicken

Chef's Assorted Desserts

Freshly Brewed Coffee, Decaffeinated Coffee, Herbal & Iced Teas, Milk

Trinity Lunch Buffet

Saturday, January 25th. 2025

11:00 am to 1:00 pm

Evolve Lounge

Cheeseburger	\$9.00
Chicken Caesar Salad	\$9.00
Walking Tacos	\$9.00
Hot Dog	\$8.00
Fruit Cup	\$6.00
Chocolate Chunk Cookie	\$4.00
Coffee, Water, Soda	\$3.00
Chips	\$3.00
Candy	\$3.00

Ceili starts at 7:00 pm: Guests with Ceili Only admission will be able to enter the Ballroom beginning at 7:00 pm and not before. This will be strictly enforced. If you are early... feel free to hang out in the lobby!

During the ceili, there will also be a Silent Auction, 50/50 Raffle and Dancing!

HOW TO GET THERE

Winter Weekend is at the Grand Geneva Spa & Resort in Lake Geneva, Wisconsin. It is nearly equal distance from Chicago, Milwaukee and Madison.

The Grand Geneva has a small indoor waterpark at Timber Ridge which is another hotel onsite. There is also a ski hill. Any costs associated with the waterpark, ski hill/lift or ski rentals are not included in the cost of your room or Winter Weekend registration.

Address: 7036 Grand Geneva Way, Lake Geneva, WI 53147

Phone: (262) 248-8811

Website: [The Grand Geneva](http://TheGrandGeneva.com)

If staying overnight, just a few reminders of things that people forget to pack:

- Swim goggles
- Flip-flops
- Swimsuit & Cover-up

THANK YOU TO OUR VOLUNTEERS - An event of this size could not happen without you.

We still need a few more volunteers for the weekend...especially for nighttime activities. Please consider donating an hour or two of your time during the weekend.

Click here for the volunteer sign up:

- [Master WW Volunteer SignUp](#)
- [Dress Sale Volunteers](#)

We are looking forward to an exciting weekend and look forward to seeing you all there.

Your Trinity Booster Club
 Venus Wozniak - co-chair
 Bridget Millionis - co-chair
 Erica Minella - co-chair



Event Timeline

Friday, January 26

Pre-Registration for Dancer Sessions	6:00 – 8:00 pm	Conference Point/Trinity Central
Kid's Crafts & Activities	6:00 - 8:00 pm	Ballroom Foyer
Grade Exams	4:30 – 9:00 pm	Salon C
Faces of Trinity Photos	6:00 - 9:00 pm	Loramoor B
Black Dress Exchange and Costume Sale	6:00-9:00 pm	Maple Lawn C
Teacher's Meeting	7:00 - 10:00 pm*	Loramoor C
Irish Music Open Session	7:00- 9:00pm	TBA

Saturday, January 27

Registration and Check-In	8:00 – 8:30 am	Conference Point/Trinity Central
AM Dancer Sessions	8:30 – 11:30 am	See Dancer Rotation Schedule
Silent Auction Set Up	8:30 - 4:30 pm	The Forum
Black Dress Exchange and Costume Sale	9:00-3:00 pm	Maple Lawn C
Trinity Booster Club Booth	9:00 - 3:00pm	NorthShore (end of hallway)
Parent Presentations	8:30 - 3:30 pm	Maple Lawn D
Marketplace	9:00 – 4:00 pm	Linwood
Solo Costume Sale	9:30 - 2:00 pm	Linwood
Dancer Screenings by Steve Sedlacek, PT	8:30 - 2:30 pm	Fontana Bay Boardroom
Faces of Trinity Photos	8:30 - 3:30 pm	Loramoor B
Registration and Check-In	12:15 – 12:45 pm	Conference Point/Trinity Central
PM Dancer Sessions	12:30– 4:15 pm	See Dancer Rotation Schedule
TBC Open Board Meeting	2:15 - 3:15 pm	Loramoor C
Dads of Trinity Happy Hour	3:15 -5:00 pm	Lobby Lounge
Dinner	5:30 – 7:00 pm	The Forum
Ceili	7:00 – 10:00 pm	The Forum
Silent Auction	7:00 - 9:15 pm	The Forum

Sunday, January 28

Ensemble practice	10:00 - 3:00 pm	Salon C
PUSH Class Practice	9:30 - 12:00	Salon B



Winter Weekend Volunteer Sign Up!

In order to pull off such an amazing weekend of fun we need some additional volunteers.

Please sign up if you can!

Costume Sale volunteer sign up:

[Costume Sale Volunteer Link](#)

General Volunteer sign up:

[Winter Weekend Volunteer Sign up](#)

We appreciate all of you who have already signed up!



Parent Sessions List and Descriptions

Time	Presentations in Maple Lawn B
8:30-8:55am	Trinity Look 101 with Meghan Ochoa, an intro to equipping your dancer for the performance or
9:00-9:25am	Feis 101 with Michaela, an intro into competing in Irish dance for newer families
9:30-9:55am	Trinity Look 101 with Meghan Ochoa, an intro to equipping your dancer for the performance or
10:00-10:25am	TPT Trello 101 with MacKenzie, an intro into navigating the Trello TPT schedule for first and second year families
10:30-10:55am	Team Trinity 101 with Michaela, an intro to team dancing for newer families
11:00-11:25am	Feis 101 with Michaela, an intro into competing in Irish dance for newer families
LUNCH	
12:15-1:10pm	Trinity Look 102 with Teresa Reid. Wig demo, makeup Q & A, shoe taping and other details covered!
1:15-1:40pm	Team Trinity 102 with Michaela, for experienced families. A sneak peek of our team plan for 2025, highlighting adjustments and changes for the year. Q & A session as time allows.
1:45-2:10pm	Feis 102 with Michaela, answering questions about feis levels, qualifications, dance speeds and more.
2:15-2:40pm	Ensemble 101 with MacKenzie, answering questions about our upcoming season and a reminder of how to navigate Trello.
2:45-3:10pm	Reaching Your Goals and Preventing Injuries: A Perspective on Proper Training (Steve Sedlacek, PT)
3:15-3:40pm	Reaching Your Goals and Preventing Injuries: A Perspective on Proper Training (Steve Sedlacek, PT)



TRINITY
ON BROADWAY

Spotlight

GUEST TEACHERS



Dancing with the Stars with Ethan Kirschbaum

Ethan Kirschbaum is originally from Oakland, CA, and began his dance career as an apprentice with the Savage Jazz Dance Company while still in high school. Traveling to New York City to attend the Ailey School/Fordham University B.F.A. program, Ethan graduated summa cum laude with departmental honors in dance performance. He has performed with the Santa Fe Opera, and danced internationally including Canada, Mexico, Holland, Germany, Israel, Switzerland, Luxembourg, France, and Russia

After completing five seasons with River North Dance Chicago, Ethan was certified by the Ailey School to teach all levels of the Horton Technique. He is currently a freelance artist performing at the Lyric Opera of Chicago, choreographing locally, and teaching nationally as a guest to dance studios and university programs alike. He joined the faculty of The Chicago Academy for the Arts in 2022 as the Director of Modern Dance as well as the faculty of Hyde Park School of Dance. Ethan is proud to be the founder of Chicago Movement Collective and director of the Claire Bataille Legacy Program, continuing to provide a home for talented and passionate pre-professional dancers.

Sing your Heart Out with Meghan Newell

Meghan Newell has spent her career both on stage and behind the scenes. Meghan has taught music, voice and theatre as well working as a professional singer. Behind the scenes, she has directed and produced plays and musicals as well as music directing stage productions. As a singer, she has performed as a cantor, soloist and sang with professional choirs.



Meghan has a Bachelor of Music in voice from The Crane School of Music at the State University of New York at Potsdam. Meghan's proudest of being the mom to two Trinity Irish Dance alumnae.



Winter Weekend Marketplace

The following vendors will be in the Marketplace area:

Trinity Wear
Touch of Ireland
Reel Eire
Feisty Fitzy
M&M Sweet Treats



Meet Our Adjudicator Judy McCafferty



From Judy:

I was born and raised in Cleveland, Ohio

I started dancing with Tessie Burke when I was 8 years old (as I was tired of shagging balls for my three older brothers)

I met my husband PJ at Tessie's class when he was recruited to fill in for a special eight hand dance she had choreographed...he was to be my partner. (his two sisters also danced with Tessie) He had been dancing with another teacher in Cleveland (Bobbie Masterson), but had stopped dancing. I was eleven years old and he was 13.

The rest is history! PJ always knew he wanted to open his own school....when I finished high school I of course went off to the same college he was attending, and every weekend we drove from Ohio University back to Akron and Cleveland to teach on the weekends. We taught in Cleveland and Akron for many, many years. His job then moved us around and off we went, but by then we were both ADCRG's and we wanted to be judges too.

We have several dancers who have become TCRG's. Some have moved around and opened their own schools. Two of our dancers have continued to operate McCafferty Schools of Irish Dance. One school is in Little Rock Arkansas and another is in Tahlequah. OK.....two other formal dancers have also opened schools, one in Fayetteville Arkansas, and one in Tulsa, Oklahoma. I currently have three other dancers preparing themselves for TCRG exams....so the legacy goes on!!

Good luck to all candidates taking their exams.....maybe our paths will cross again in the future!



SOLO COSTUME SALE

We are so excited to announce that there will be a Trinity family solo costume sale on Saturday, January 25th as part of our Winter Weekend activities. The sale will run from 9:30-2:00 in the marketplace area. For this sale there are some specific rules that need to be followed. Please make sure to read this memo in its entirety so you don't miss any important information.

One of the main reasons to participate in this sale is that Trinity has a standard of quality and style for our dancers' costumes. We prefer our families that are purchasing a used costume to buy an already Trinity approved solo costume whenever possible. These dresses & vests were originally made for Trinity and fit with the Trinity style and the level of quality and detail our dancers are known for. There will be someone at the sale who will be able to approve the dress, so you won't have to go running around looking for a teacher like at a feis. Also, it helps our families to be able to sell their solo costumes, which we know is important. Finally, the fun of passing a dress or vest through the Trinity dancers is great -- younger dancers love to emulate the girl or boy who had their costume first!

To make this happen fairly to all, please help us by following these guidelines -- and remember that this sale is being run entirely by volunteers.

Sellers

Costumes can be dropped off on Saturday from 8:45-9:15am. The attached form must be filled out completely. On the form you must list a number where you can be reached during the sale so a potential buyer can reach you to make an offer. Also, please make sure all pieces of the costume (bundies, crowns, cape, etc.) are brought with the dress. All payments & negotiations will be handled between buyer & seller, no volunteer will be responsible for payment delivery. If a costume is not sold, it must be picked up at the conclusion of the sale. There is a spot on the form for you to indicate another person who is allowed to pick up the dress/vest if you cannot make it back to do so yourself. The costumes will only be released to the owner or the person listed on the form. Any dresses or vests that are not picked up will be left at the Abbey resort and the owner will be responsible for retrieving them from the resort on their own time.

[Used Solo Costume Form.docx](#)

Buyers

We can't wait to see your dancer in her new solo costume! At the sale your dancer will try on lots of dresses or vests. The costumes are first come, first opportunity. So, once you find a dress or vest that fits your dancer and it is approved, you are responsible for contacting the seller and making arrangements for payment. Once that is complete and verified by a volunteer you will be welcome to take the dress home with you.

For any questions, please contact Lisa Sweeney at lmsweeney3@yahoo.com. Thank you!



Winter Weekend Sessions

- **Dancing with the Stars: Broadway Bound!**
 - Unleash your inner Broadway star with Ethan Kirschbaum! Learn iconic choreography from your favorite musicals.
- **Sing Your Heart Out: Broadway Edition**
 - Discover your inner Broadway diva with Meghan Newel! Learn vocal techniques to belt out those show-stopping high notes.
- **Behind the Curtain: Feis First-Timer Prep** (River, Cork, Derry only)
 - New to the feis scene? Get comfortable under the lights where we take your young dancer through what they need to do at Live on Stage.
- **Under the Lights 1 & 2: Feis Experience**
 - Fine-tune your feis performance! Dance before a judge with live music and receive personalized notes to help you shine.
- **Tradition: Team Time**
 - Strengthen your bond with your team through collaborative activities and choreography. Teamwork makes the dream work!
- **Men of Trinity: Bonding & Performance Prep**
 - A dedicated session for our male dancers to connect, build camaraderie, and prepare for their upcoming performance.
- **Masquerade: Craft Your Theatrical Mask**
 - Unleash your creativity and design a unique mask to express your inner performer.

Additional Information

- All classes are designed to challenge and inspire dancers of all levels.
- Experienced instructors provide personalized attention and feedback.
- Make lifelong memories and friendships in a supportive and fun environment.



WINTER WEEKEND BLACK DRESS EXCHANGE

A black dress exchange will take place in Maple Lawn C.

If you have a dress that does not fit this is your chance to exchange your dress before TPT. And if you recently earned your dress – Congratulations! This is also the place for you!

[Black Dress Exchange](#)

If you would like to volunteer to assist at the exchange please use the link below:

[Winter Weekend Dress Exchange Volunteer Sign up](#)

Please reach out to costumes@trinityirishdance.com if you need an appointment or have any questions.





TRINITY
ON BROADWAY

Winter Weekend Auction Highlights

Here is just a sample of the wonderful items that will be auction off at Winter Weekend. Keep an eye on Facebook as more items will be revealed this week.



AN E-Bike! Roanoke 27.5 inch E Bike from Schwinn
Thank you Madison gals for securing this!



2 Gaelic Storm Concert tickets to the March 8th show at The Barrymore



The Bow Tides: Free T-shirt, CD, Sticker, and 2 Tickets to a show of your choice!
Show options:
Chicago @ IAHC 2/28/25 or
Milwaukee @ Shank Hall 3/1/25



Katie Grennan- a private dance lesson and a music lesson



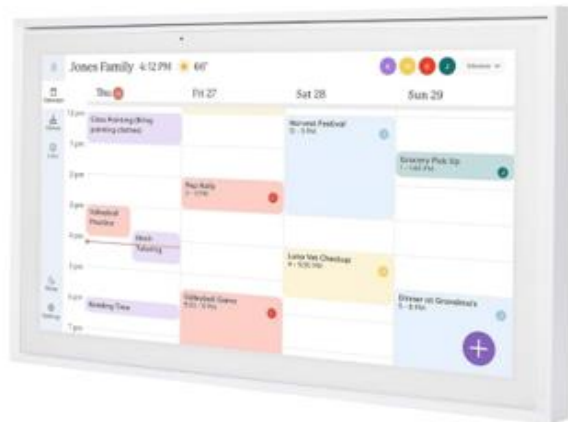
Signed Green Bay Packers football



10 tickets to Loyola Women's basketball game Loyola vs Duquesne. Also swag included!



Hotel Accomodations for 1 night at The Grand Geneva



15" Skylight Electronic Calendar



Schaumburg Boomers baseball
4 reserved tickets



Kane County Cougars baseball
4 reserved tickets



A complete set of TEAMS makeup!!



Pair of Hard Shoes from Touch of Ireland



Irish dance practice pad from Irish Dance Pro



Milwaukee Weekend of Irish Fun
(2 tickets to Irish Fest 2025 and
6 Best Place Pabst Beer History Tours



Madison Mallards- four tickets to a 2025 game



Lego Basket (Two Marvel lego sets, 5 minifigure sets,
3 baseplates, lego plush throw blanket, lego ideas book



Pizza and Soccer (2 tickets to a Forward Madison FC
game,
2 Forward scarves, and 5 slices of pizza at Ian's)



Summer House restaurant gift card for \$150, YETI cup,
hat,
tshirt, & sweatshirt



Lululemon gift card with Trinity belt bag



A Zuca!! Your choice of color & style!



Dells Getaway Basket (GC to Wilderness, GC for free
large pizza
at Moose Jaw,
2 beach towels, \$50 Kwik Trip GC)



Sticks and Sips ("Four (4) Tier one tickets and four
(4) Chuck-a-pucks" for
Capitols Hockey and \$50 GC to Lake Louie Brewing Co



Feis Survival Basket: Feis Survival Basket (\$50 GC to Kwik Trip, \$15 GC to Starbucks, Irish dance storybook, 6 rolls of tape for shoes, 3 packs bobby pins, 2 bags candy, 2 bottles of hairspray, 2 containers of self-tan, one water bottle, 2 tide pens, 2 travel wine tumblers, 1 yeti coffee travel cup, 2 donuts, 1 pouf donut)



Wisconsin Wine Basket (4 bottles of Wisconsin wine wine tote bag, and two wine glasses)



Teen/Tween basket featuring: key chain, face masks, pop socket, small bag, Stanley bottle, fuzzy socks, nerds clusters, & Lululemon belt bag



Jewelry from Goodman Jewelry. Kit Heath sterling silver necklace, earrings and ring. Green agate stone



Wisconsin Craft Beer Basket: Beer from One Barrel, Delta Beer Lab, & New Glarus breweries. Also \$25 GC to Hop Haus Brewing, bottle of hot sauce, microwave popcorn



Family Game Night basket includes Flipside, Monopoly Knockout, Balderdash, Sleeping Queens, Be-Rhymed, Go fish, Pass and Match, War & Taco Cat Goat Cheese Pizza Games, Dots pretzels, Bubblr, popcorn, sour patch kids)



PRE-ORDERED ST. PATRICK'S DAY SHIRT PICKUP

If you ordered a St. Patrick's Day t-shirt and chose Winter Weekend as your pickup location, your shirt will be in the Booster Club area.



PRE-ORDERED YARD SIGN PICKUP

You can pick up your yard sign at the Trinity Booster Club area.



Ceili awards and Scholarships

The following scholarships and awards will be announced and given out at the Winter Weekend Ceili:

Scholarships

Steve Sedlacke and Improved Functions is proud to Sponsor the following two scholarships for the 2024/2025 school year:

- *AGNES MAHONEY MEMORIAL SCHOLARSHIP*
- *MATTHEW J. ASHE MEMORIAL SCHOLARSHIP*

The purpose of the Agnes Mahoney and Matthew J. Ashe Memorial Scholarship is to recognize and reward dancers who have dedicated a significant portion of their life to the art of Irish Dance and who have helped other dancers fulfill their passion for Irish Dance as well. Please note that one application is needed to apply for both scholarships. The scholarships are each \$1,000 non-renewable scholarship to a graduating senior.

Awards

Katie Hughes Award

Each year, the Trinity teachers are asked to nominate one of their Waterford/Wexford/Wicklow dancers for the prestigious Katie Hughes award to be presented at Winter Weekend. The award is named after a long time Trinity Dancer, Katie Hughes. Katie was one of the hardest working dancers ever to come out of the Trinity program, but she did so with humility, poise and grace. She overcame challenge after challenge as she rose to the top of her game on the competitive side of Irish dance, all the while staying true to herself as a team player, The award is named after a long time Trinity Dancer, Katie Hughes. Katie was one of the hardest working dancers ever to come out of the Trinity program, but she did so with humility, poise and grace. She overcame challenge after challenge as she rose to the top of her game on the competitive side of Irish dance, all the while staying true to herself as a team player.

Performer of the Year Award

The Performer of the Year award goes to a dancer who lives and breathes Trinity's mission to elevate the community through our performances. This dancer is a dedicated TPT performer who consistently attends the practices and performances with a positive and encouraging attitude. This dancer is committed to their TPT team and is someone who brings joy to audiences' faces year round.



FACES OF TRINITY

Click here [Faces of Trinity 2025.docx](#) for all of the information on the Faces of Trinity Sessions happening at Winter Weekend!

Cannot wait to see all of your shining faces!

If you still need an appt. please reach out to Bridget Sweeney Marino at:

Bridget.Sweeney.Marino@gmail.com



TAYLOR SOLO DRESS RAFFLES

 <p>Taylor DRESSES</p> <p>GÚNAÍ Tailliúir</p> <p>ENTER FOR A CHANCE TO WIN</p> <p>50% OFF a TAYLOR DRESS</p> <p>\$25 per ticket for the Scavenger Hunt to find all the Taylor Dresses at Trinity's Winter Weekend!</p> <p><small>*One entry per person*</small></p>	 <p>Taylor DRESSES</p> <p>GÚNAÍ Tailliúir</p> <p>ENTER FOR A CHANCE TO WIN A TAYLOR SOLO DRESS</p> <p>INCLUDES A BESPOKE SOLO DRESS*, NUMBER CLIP, HAIRBAND & SHIPPING</p> <p>\$45 per ticket OR 3 FOR \$120</p> <p>TICKETS AVAILABLE ALL DAY SATURDAY AND AT TRINITY'S WINTER WEEKEND CEIL!!</p> <p><small>*STONE PACKAGE NOT INCLUDED</small></p>
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Calling All Trinity Dads!



Calling all Dads, family and friends. Please join us and raise a glass to Winter Weekend. Stop by anytime and share a beverage with us. Looking forward to meeting you!



Save the Date: 2025 Trinity Golf Outing

Date: Monday, June 16th

Majestic Oaks Golf Course @ Lake Lawn Resort
2400 E. Geneva St. Delavan, WI 53115

Check out the TBC Booth at Winter Weekend for more information.

More to be confirmed and released soon, stay tuned...



Musculoskeletal Screenings With Steve Sedlacek

Irish Dance is an activity that asks the body to function in unique ways. Virtually no other sport or art form places these types of demands on the body. For example, when most athletes have to jump, they are trained to use their arms to help get acceleration, momentum and power for a higher jump. As we all know, Irish Dancers are not allowed to do this. This means that Irish Dancers working to deliver perfect form can overcompensate with muscle groups they should not be using and ignore the muscle groups that should be called into action.

Therefore, the purpose of this Irish Dance Specific Musculoskeletal screen is to make sure key muscle groups are up to the tasks asked of them in Irish Dance. Often, dancers are aware they have challenges, but they haven't pinpointed what's actually holding them back. Undetected deficits can not only stand in the way of your dancer from reaching his or her potential, but can also lead to unnecessary injury.

Your dancer's screening will include:

- A review of any challenges your dancer keeps facing, such as adjudicators' or teachers' remarks about heel height, vertical jumps, arms in, turn outs, poster/leaning forward, and more.
- A review of any past injuries or current problems.
- Strength and flexibility tests to identify possible deficits.
- Suggested recommendations for exercises, PT and training.

Sign Up for your Dancer Screening here:

[Dancer Screening Sign up](#)

Fill out this questionnaire prior to your appointment:

[Irish Dance Screen Intake](#)



Trinity Academy of Irish Dance

www.trinityirishdance.com

877-326-2328 · info@trinityirishdance.com



