

# SUMMIT DANCE SPRING NEWS

A spring update of all that's happening at Summit Dance Academy!  
Summit prides itself in being a studio of excellence in all styles of dance. Creating a well-rounded culture to help dancers become successful adults.

## CONGRATULATIONS

*Congrats!*

JILLIAN AXTON

For being accepted into the below  
collegiate dance programs!

Southern Methodist University  
Texas Christian University  
University of Utah  
University of Illinois Urbana-  
Champaign



*Congrats!*

ELLA PADRNOS

For being accepted into the below  
collegiate dance programs!

Texas Christian University  
Indiana University  
University of Utah  
University of Colorado Boulder  
Loyola Marymount University



NRG PRODIGIES

Congrats to Jillian Axton, Ella Padrnos,  
Shylee Sagle, Alexa Sanders, Sophia  
Sanchez, Tenlee Tope all accepted to  
the NRG prodigy family.

Special shout out to Tenlee and Shylee being name  
So Danca representatives. Congrats to Jillian and  
Shylee for being Lacey Schwimmer's Killer Bs!



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## CONGRATULATIONS



### SHYLEE SAGLE AND JASMINE JACKSON

Congratulations to both girls for being accepted to the prestigious School of American Ballet's summer program in NYC. One of the hardest programs to be accepted into!

Congrats to Jasmine on being a Jump winner. Congrats to Shylee on winning YAGP Argentina.



### SUMMIT DANCE ACADEMY COMPANIES

Awarded Studio of Excellence and In10sity Challenge winners!

Congrats to all our soloist/duets/trios on their big wins at various competitions and conventions. Check out our instagram award highlights to see more!



### TEEN AND SENIORS WIN BIG!

Our teens and seniors took home big awards at both In10sity and NRG.



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## WHAT'S COMING



### ABBEY HOPE NUGENT-CU HEAD COACH

More fun classes preparing our dancers for collegiate dance teams!

Teens and Seniors are welcome to join Abbey for her next contemporary class! Abbey will be joining us in April, May, Turns Intensive, Industry Intensive and fall guest classes!



**KATE BENNETT**

**ABOUT KATE**  
Kate Bennett, PsyD, is a clinical sport psychologist, author, and speaker. As a former coach, athletic trainer, and two-time national track cycling champion, she combines her sport experiences with her clinical expertise to support the mental health and performance needs of athletes, performers, and high-achieving individuals. Dr. Bennett is a specialist in the treatment of athletes with eating disorders and authored "Treating Athletes with Eating Disorders."

**CONTACT INFO**  
Kate Bennett, PsyD  
kbennett@athleteinsight.co  
720-724-4548

**MASTER CLASS TOPICS**

- Endure competition season with real self-care strategies
- Break through perfectionism with excellence
- Build confidence by focusing on things within your control

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### DANCERS WELL-BEING SEMINAR

A seminar on how to take care of our physical and mental health!

Dancers ages 11 and up are welcome.

**ALICE BARNES**

**ABOUT ALICE**  
Dr. Alice Barnes is a Doctor of Physical Therapy and Board Certified Sports Clinical Specialist that works with dancers of all ages and abilities.

She focuses on helping dancers shift from feeling injury prone to resilient with an individualized and clear plan filled with the tools to develop a strong body and mind.

Whether dancers are seeking injury prevention or recovering from an injury her goal is to help you continue to dance across the stage.

**CONTACT INFO**  
Alice Barnes PT, DPT, SCS  
alicebarnesdpt@gmail.com  
(513) 604-8469

**MASTER CLASS TOPICS**

- Warm up and cool down routines to reduce risk of low back, hip and ankle injuries
- Recovery techniques to self-manage injuries throughout competition season

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### ABBY JO OLIVER

Abby Jo is the Dance Team Union's Collegiate Camp and Competition Rep. Abby works with College Dance teams all over the nation and helps create the best experiences for their team at camp, regionals, and nationals at the competitive Collegiate level. Abby will be coming in to educate the dancers on the college recruitment process.

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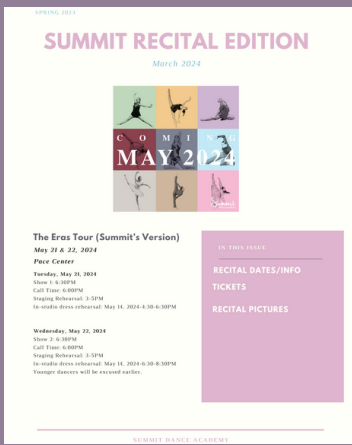
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## WHAT'S COMING

### RECITAL

Don't forget to mark your calendars for May 21/22 for our show dates!

Tickets will go on sale in April!

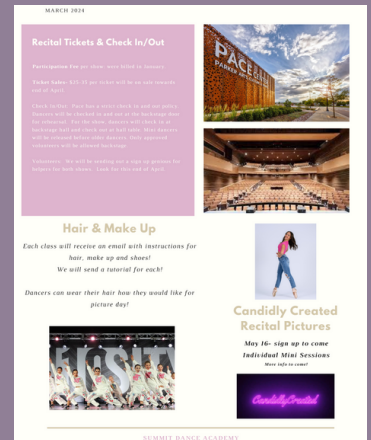


**SUMMIT RECITAL EDITION**  
March 2024

**The Eras Tour (Summit's Version)**  
May 21 & 22, 2024  
Place Center  
Friday, May 24, 2024  
Show: 6:30PM  
Call Ticket: 6.800PM  
Seating Information: 3-5PM  
In-units direct rehearsal: May 14, 2024 4:30-6:30PM

**TO FREE SHOW**  
RECITAL DATES/INFO  
TICKETS  
RECITAL PICTURES

Summit Dance Academy



**Recital Tickets & Check in/Out**

Participation Fee: \$100 per ticket with an on-site rehearsal fee of \$25.

Check in/Out: Each class is asked to arrive 30 minutes before the show to allow time for check in, make up, and shoes. We will send a tutorial for each!

Directions: We will be sending out a map to parents for the night show. Look for the end of April.

**Hair & Make Up**  
Each class will receive an email with instructions for hair, make up and shoes!  
We will send a tutorial for each!

Dancers can wear their hair how they would like for picture day!

**Candidly Created Recital Pictures**  
May 16- sign up to come Individual Mini Sessions  
More info to come!

Summit Dance Academy



**Variations Intensive 2024**

MAY 28-MAY 31  
12:30-2:30PM  
LIMITED SPACE  
\$130 (EB)

BALLET-POINTE-VARIATIONS-PILATES-PBT-AUDITION PREP

Summit Dance Academy  
info@summitdanceacademy.com

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Dancers participating have priority for rehearsal seats. To be eligible for rehearsal, dancers must participate in this camp. \$50 deposit sign-up fee.

### HAVE YOU SIGNED UP FOR SUMMER?

Make sure to reserve your spot today!  
In two summers, you can advance your training one year!



**Acro Intensive 24**

SESSION 1: MAY 28 11:00-12:00 - \$80 (\$100)  
SESSION 2: JUNE 28 11:00-12:00 - \$80 (\$100)  
SESSION 3: JUNE 18 11:00-12:00 - \$80 (\$100)

ON OFF WHEN REGISTERED BY 2:00PM

LIMITED SPOTS

SUSAN BEENS  
ACRO

HEATHER WEBB JASSO  
PBT CERTIFIED

KELLY AMADEO  
PBT CERTIFIED

RACHEL BLOCH  
PILATES CERTIFIED

ACRO- FLEXIBILITY- STRENGTH- PILATES- PBT

Summit Dance Academy  
info@summitdanceacademy.com  
Campus placed by 4/18/24  
\$50 deposit sign-up fee. \$125 to receive early bird pricing.

### TEAM AUDITIONS

Come join our teams! This is great way to prepare for college dance teams and college programs! We work to prepare dancers for high school and college goals with this program!



**SUMMIT DANCE ACADEMY**  
**COMPANY AUDITIONS**  
CULTIVATE YOUR ARTISTRY

Thank you for auditioning!  
Results will be emailed out by May 27, 2024.  
Contracts and participation fees will be due May 28, 2024 by 10pm.

