

JAM DANCE TEAMS

MEMBERSHIP NEWSLETTER, DECEMBER 2012, V.2

Dear JAM Members,

With lots of conference meets and some big competition weekends under our belt, we can now say that the dance team season is officially in full swing! There is some fierce competition out there this year! It's been so fun to see teams improve week to week.

We hope you have been enjoying your officiating assignments so far this season. Most of our new members have completed or are about to complete their trial judging requirements. In the four weeks since meets have started, we have filled 250 officiating assignments! We will fill another 200 positions before heading into Christmas break! Thank you all for your commitment to JAM and MN dance team!

Happy Holidays!
JAM Core Group

JAM MISSION STATEMENT:

JAM was formed for the purpose of promoting, training and increasing the number of quality dance team officials throughout the state of Minnesota. JAM subscribes to a four-fold mission: 1) To provide information and facilitate discussions between judges, coaches, activities directors and MSHSL. 2) To encourage standards of sportsmanships at meets and competitions. 3) To offer a mentoring program to new and/or inexperienced judges. 4) To maintain and support its quality judges and strive to increase our credibility as trained, knowledgeable professionals.



JAM Wants YOU!

Although it feels as if we've just started this season, the Core Group is already planning ahead for next season. Beginning in January, applications for next year's Core Group will be accepted. If you are interested in becoming more involved in the behind-the-scenes workings of JAM, please consider applying to become a part of the 2013-2014 Core Group.

The Core Group works year round to develop our member training, improve judging processes and procedures and to help continue to build and improve our organization as a whole. It's extremely important that you be a self-starter, that you are able to work with minimal direction and that you are able to commit to the position and duties. You must be passionate about dance and dance team and have a desire to make a difference. It is a difficult but extremely rewarding and fulfilling experience.

The benefits of Core Group membership are many, including:

- Free JAM membership
- Free hotel stay for Northern Training
- Small annual stipend
- Connect with other JAM members and stay involved year-round
- Ability to implement your ideas

Core Group positions can be reassigned each year based upon the skill set of the new and existing Core Group members. Positions are discussed and assigned at the very first Core Group meeting and roles can evolve throughout the season. Core Group members whose term expires at the end of this season are Katie Ohlund, Emily Puza, Amanda Ballensky and Becky King. Remaining Core Group members are Lauren Theobald, Stacy Abel, Colleen Christensen and Sara Hordyk Portner.

Please consider giving more of yourself to our organization. More information about applying to the Core Group, including the application form, will be sent via email in January. In the meantime, if you have any questions, do not hesitate to contact any current Core Group member or email the Core Group at jamdanceteams@yahoo.com.

Electronic vs. Manual Tab

We've had some questions from host schools and meet coordinators regarding the electronic and manual tabulation options. We hope this will clear up any confusion.

The host school has the option of utilizing the MSHSL electronic tabulation program or having the necessary tab room forms available for manual tabulation.

JAM recommends using the electronic tabulation program as it offers many automatic formulaic checks and balances and provides the option to easily save and send results. Electronic tabulation can also save host schools significant paper and toner costs by providing the Ranking Sheet in team packets and emailing the full results to participating teams after the competition.

In the case of electronic tabulation, JAM officials do not usually bring their own equipment. Some members do have a laptop and wireless printer that they may bring to a meet, but this is not required per the Rules Book.

The tabulation program and detailed instructions are available on the MSHSL website.

Mentor Program Highlights

The annual JAM Mentor Program was a huge success this year. Nearly 20 mentorees participated in either the half-day or full-day program. 100% of participants' feedback was positive.

Here are a few highlights from the day:

"I feel much more confident in all roles of officiating. Great hands-on experience!"

"Every part of the day was highly beneficial. I really enjoyed all of the opportunities to judge other classes and styles. I enjoyed every minute!"

"I feel so well prepared after today!"

"My mentor was very helpful in every way. It was a great experience."

"This is my first year in JAM and I am very impressed with all aspects of JAM training."

"Helpful to touch on everything from kick counting and tab. Judging both kick and jazz in a range of classes A-AAA and JV/B teams through varsity and comparing scores with actual judges scores was very beneficial. Very organized and well run."

A HUGE thank you to Chaska for hosting the program this year and another GIANT thank you to Core Group members Stacy Abel and Emily Puza for coordinating the event.

CONTACT US

WEBSITE: www.jamdanceteams.org

FACEBOOK: JAM Dance Teams

CORE GROUP EMAIL:
jamdanceteams@yahoo.com

SCHEDULING TEAM EMAIL:
jamscheduler@yahoo.com

Emergency Procedures

It's that time of year again. Icy roads, white-out conditions, snowstorms and below zero temperatures are back. Although the weather might be frightful, it's not very often that dance team competitions get canceled. Follow these guidelines when dealing with bad winter weather:

- **Consider the meet on until you hear otherwise.**
The Superior Judge will be in contact with the meet coordinator or host school and if the meet is going to be canceled, she will contact the assigned officials immediately. During weekdays, if school is canceled, chances are the evening activities will also be canceled. Watch your inbox for a message from your Superior Judge.
- **Plan ahead for time and traffic.**
Allow yourself plenty of time to get to the meet. Don't put yourself in the position where you feel rushed or are running behind. Drive safely and beware of accidents and road conditions. Visit www.511mn.org before your trip to get up-to-date analysis of Minnesota roads.
- **Use common sense.**
If it is too dangerous to drive to your assigned meet, contact the Superior Judge and Scheduling Team immediately. Email AND call both parties. We may be able to find a last minute replacement or shuffle around the assigned officials. Your personal safety is more important than risking your life driving to a meet.
- **Accidents happen.**
No matter how well you prepare, sometimes things happen. A stalled or stuck vehicle or an accident are very real possibilities this time of year. Keep a winter emergency kit in your car. Make sure to save your Superior Judge's cell phone number in your phone and after you've called for emergency personnel, call her to let her know of your situation. It is better to know that you are okay but can't make it, than to not hear from you and wonder if you'll be coming.

The following guest article is featured in the JAM Coaches Contact Committee December Newsletter. Although it is written for the audience of coaches and dancers, we thought JAM members might also be interested in learning the benefits of yoga and how it can help add to a healthier lifestyle.

How Yoga can be Beneficial to Dancers

Guest Article by Rebecca Kelly

Rebecca Kelly lives, breathes and teaches yoga in Minneapolis. After taking her first class five years ago, yoga became such an amazing part of her life that she decided she needed to learn how to share it with everyone she could reach. She enjoys gardening, heart opening poses and cooking delicious vegetables for her friends and family.

There is a great parallel between dancing and practicing yoga. A physical yoga practice asks one to move into and out of specific, predetermined poses with controlled and graceful movements all while keeping a focused mind and a steady breath. Joy, gratitude and a lightness of spirit result.

For anyone that dances competitively, adding in a regular yoga practice can have many benefits. Yoga helps to build strength and flexibility at the same time which can prevent injury and strain. There is a great emphasis on finding the proper alignment and engaged muscles in each pose. Many dancers are very flexible in their joints and this can sometimes make them more susceptible to tears and strains in the ligaments and tendons that hold their bodies together. The body awareness that yoga brings can help prevent dancers from going beyond their limits. Beyond the obvious physical benefits, there are many more subtle ways that yoga can help dancers and anyone interested in a healthier lifestyle. Better sleep patterns, increased digestion and circulation, more energy and increased range of motion are all some of the differences that those who practice yoga may notice.

While many people come to the mat for all of the reasons above, the real benefits happen upstairs. By combining breath and movement, yoga allows for a clear mind and relief from chronic stress and the busy chaos of modern life. Things learned in the yoga studio can be practiced in everyday life, also. Remembering to take a few deep breaths and relaxing the face and shoulders can help dancers stay centered and grounded in the minutes before a big competition or difficult routine.

The next step to accessing all of the wonderful ways yoga can enrich your life is to find a great teacher. With the many styles of yoga available, finding the right type of class can be a little overwhelming. Here are some of the most popular styles.

- **Restorative or Yin Yoga** – Makes use of props like blankets and padded bolsters to support the body as it relaxes into each pose over the course of several minutes. This is an excellent compliment to rigorous dance or work-out routine.
- **Hatha or Slow Flow** – A gentle, slow paced class that will give a great introduction to the basic yoga poses and allows time to experience and learn each one individually.
- **Vinyasa or Power Yoga** – A more vigorous style that uses breath-synchronized movement to link poses together in an energetic flow. A series of poses called “Sun Salutations” are used to warm up the body for the more intense stretching that’s done at the end of class.
- **Bikram or Hot Yoga** – A series of set poses practiced in a 95–100 degree heated room which allows for loosening of muscles and lots of sweat which is thought to be detoxifying.

Think about incorporating yoga in your dance team practices or encourage your dancers to take classes on their own. You can find great studios throughout the metro area or start with classes that are usually offered at most fitness centers. Namaste!

In the Spotlight

Get to know JAM judge:
VALISA MCKINNEY



Resides In: Inver Grove Heights, MN
Occupation/Company: Attorney, Dakota County Attorney’s Office

Q: Tell us a little about your dance background.

A: I participated in dance off and on when I was young. When I was in high school, I decided to try out for danceline instead of cheerleading and made it. I have been hooked (up) ever since. I was on danceline in college. After college, I coached a high school dance team. I have also been dancing at a studio for the past several years.

Q: Why did you decide to become a MSHSL official?

A: Coaching became difficult once I graduated from law school and obtained full time employment. Judging dance teams allows me to stay involved in an activity that I love and feel so passionate about.

Q: What are your interests and hobbies?

A: Obviously dance, but I love to travel and attend sporting events, especially the Minnesota Vikings. I also love to entertain and cook. I am also in a lawn bowling league as well as a traditional bowling league.

Q: Tell us about a favorite dance that you performed or costume you wore. How old were you?

A: I have so many favorite dances that I can’t just pick one. However, in college, our football team made the playoffs. The game was in the Metrodome and the danceline was asked to perform at halftime. We performed the dance that I choreographed to “Baby I’m a Star”. When I go to the Vikings games, it is fun to look down on the field and know that I performed on it.

Q: What is your ideal vacation spot?

A: I haven’t been yet, but I cannot wait to see Fiji! I have a goal to make it to six of the seven continents. When you live in Minnesota, who needs to go to Antarctica?

2012-2013 Meets Scheduled with JAM, Page 1

12-16-12

Date	Day	Site	Time	Type
12/17/12	Monday	Anoka	7:00 p.m.	Conference Meet
12/18/12	Tuesday	Chaska	7:00 p.m.	Conference Meet
12/18/12	Tuesday	Superior, WI	7:00 p.m.	Dual Meet
12/20/12	Thursday	Albany	7:00 p.m.	Dual Meet
12/20/12	Thursday	Jordan	7:30 p.m.	Conference Meet
12/20/12	Thursday	New London-Spicer	8:00 p.m.	Dual Meet
12/21/12	Friday	Rochester Century	7:30 p.m.	Triangular
12/22/12	Saturday	Frazee	12:00 p.m.	Invitational
1/5/13	Saturday	Belle Plaine	12:00 p.m.	Invitational
1/5/13	Saturday	Blaine	TBD	Invitational
1/5/13	Saturday	Robbinsdale Cooper	1:00 p.m.	Conference Championship
1/5/13	Saturday	Winona	TBD	Invitational
1/7/13	Monday	BBE	6:00 p.m.	Invitational
1/7/13	Monday	Big Lake	7:00 p.m.	Conference Meet
1/7/13	Monday	New London-Spicer	7:00 p.m.	Quad Meet
1/7/13	Monday	Pierz	7:00 p.m.	Conference Meet
1/8/13	Tuesday	New Ulm Cathedral	7:00 p.m.	Dual Meet
1/8/13	Tuesday	Rochester Mayo	7:30 p.m.	Triangular
1/8/13	Tuesday	Sauk Rapids-Rice	6:30 p.m.	All-Area Meet
1/10/13	Thursday	Albany	6:30 p.m.	Conference Meet
1/10/13	Thursday	Delano	6:00 p.m.	Conference Meet
1/10/13	Thursday	Edina	7:00 p.m.	Conference Meet
1/11/13	Friday	Norwood-Young America	7:30 p.m.	Conference Meet
1/12/13	Saturday	Hawley	12:00 p.m.	Invitational
1/12/13	Saturday	Lakeville South	10:00 a.m.	Invitational
1/12/13	Saturday	Maple Grove	11:00 a.m.	Conference Championship
1/12/13	Saturday	Marshall	10:00 a.m.	Invitational
1/12/13	Saturday	Minnetonka	TBD	Invitational
1/12/13	Saturday	Rochester Century	11:00 a.m.	Invitational
1/12/13	Saturday	ROCORI	11:00 a.m.	Invitational
1/12/13	Saturday	Waconia	12:00 p.m.	Invitational
1/14/13	Monday	Melrose	7:00 p.m.	Mini Inviational
1/15/13	Tuesday	Annandale	7:00 p.m.	Dual Meet
1/16/13	Wednesday	Cretin-Derham Hall	6:00 p.m.	Conference Championship
1/17/13	Thursday	Hopkins	7:00 p.m.	Conference Meet
1/17/13	Thursday	Mayer Lutheran	7:00 p.m.	Conference Championship
1/18/13	Friday	Crosby-Ironton	TBD	Conference Championship
1/18/13	Friday	St. Cloud Apollo	7:00 p.m.	Conference Championship
1/19/13	Saturday	Farmington	12:00 p.m.	Invitational
1/19/13	Saturday	Mayer Lutheran	12:00 p.m.	Invitational
1/19/13	Saturday	Mound Westonka	1:00 p.m.	Conference Championship
1/19/13	Saturday	Pelican Rapids	11:00 a.m.	Invitational
1/19/13	Saturday	PEM	12:00 p.m.	Conference Championship

Date	Day	Site	Time	Type
1/19/13	Saturday	Rochester Century	12:00 p.m.	Conference Championship
1/19/13	Saturday	Rogers	1:00 p.m.	Conference Championship
1/19/13	Saturday	Superior, WI	12:00 p.m.	Conference Championship
1/19/13	Saturday	Totino-Grace	10:00 a.m.	Invitational
1/19/13	Saturday	Wayzata	9:30 a.m.	Invitational
1/19/13	Saturday	YME	12:00 p.m.	Invitational
1/21/13	Monday	ACGC	7:30 p.m.	Dual Meet
1/24/13	Thursday	Becker	6:30 p.m.	Conference Championship
1/24/13	Thursday	BOLD	6:30 p.m.	Conference Championship
1/25/13	Friday	Alexandria	7:00 p.m.	Mini Invitational
1/25/13	Friday	Cannon Falls	6:00 p.m.	Conference Championship
1/26/13	Saturday	Dover-Eyota	12:00 p.m.	Invitational
1/26/13	Saturday	Eastview	7:00 p.m.	Showcase
1/26/13	Saturday	GFW	TBD	Invitational
1/26/13	Saturday	MACCRAY	12:00 p.m.	Conference Championship
1/26/13	Saturday	Mounds View	8:30 a.m.	Invitational
1/26/13	Saturday	New London-Spicer	12:00 p.m.	Invitational
1/26/13	Saturday	Prior Lake	10:00 a.m.	Invitational
1/26/13	Saturday	Simley	10:00 a.m.	Invitational
1/26/13	Saturday	Target Center - WOW Sports	10:00 a.m.	Invitational
1/31/13	Thursday	ACGC	7:00 p.m.	Invitational
1/31/13	Thursday	Cannon Falls	7:00 p.m.	Mini Invitational
2/1/13	Friday	Lakeview	6:45 p.m.	Invitational
2/2/13	Saturday	Hawley	TBD	Section 4A
2/2/13	Saturday	Sartell	12:00 p.m.	Section 4AA
2/2/13	Saturday	Waconia	TBD	Section 3AA
2/2/13	Saturday	Wayzata	TBD	Section 2AAA
2/9/13	Saturday	Aitkin	TBD	Section 2A
2/9/13	Saturday	Dover-Eyota	TBD	Section 1A
2/9/13	Saturday	Faribault	TBD	Section 1AA
2/9/13	Saturday	Montevideo	12:00 p.m.	Section 3A
2/9/13	Saturday	North Branch	TBD	Section 2AA

2012-2013 JAM Regular Season Scheduling Statistics 12-11-12

110: Meets Requested
953: Total Officiating Positions
600: Judge Positions
152: Tabulator Positions
202: Kick Counter/Timer Positions

Save the Date

February 1 - JAM Core Group Application
 Deadline
February 2 - Section Meets
February 9 - Section Meets
February 15 - State Jazz Tournament
February 16 - State Kick Tournament
March 2 - JAM General Membership Meeting

Member News



WEDDINGS & ENGAGEMENTS

Kim Diedrichs got engaged on November 18. She and fiancé Ryan Sharp are planning a wedding in the Twin Cities on August 17, 2013.



MOVES

Kaelynn Kampa purchased her first home in St. Joseph, MN. She will close on it at the end of this month.

New things in your life?

Email us to be included in the next membership newsletter!



BABIES

Amy Rath welcomed a baby girl, Chloe Marie, on November 26. Chloe joins big brother Carter and big sister Cali.

Melanie Schmidt had twin girls on December 3. Aviana Elise and Eliza Avonlea are welcomed home by big brother Leighton. **Melissa Erp** is the proud aunt!

Martha Speckel had a baby boy, Graham Timothy, on December 11. Graham has a big sister Amelia and big brother Gabe. **Sarah Hudyma** is the proud aunt!

Carrie Coppock is expecting her first child, a baby boy, in late January.

Nikki Hardy is pregnant with her second child and due in early July. Three-year-old Gavin is excited to be a big brother.

CONNECT WITH JAM ON FACEBOOK

For the latest in JAM news and updates, make sure to "Like" JAM Dance Teams on Facebook.

Help us reach our goal of 300 page likes by the end of the month.

Share our page with your friends and encourage them to "Like JAM Dance Teams"!

Miscellaneous Things of Note

- Remember to enter your judging schedule on the MSHSL website. Only enter the varsity teams that you score.
- Remember to rate the schools on the MSHSL website after each meet. All scores start at 4. If you rate above or below a 4, please describe your experience in the comments area provided.
- Don't forget to include the new Tab Cover Page with the results packets for each meet. This form can be found on your USB drive under the Tabulation folder.
- Superior Judges and/or Tabulators - please send the meet results (Final Placements and Rank Points) to the following email addresses:
mnhsdanceteam@gmail.com (MN HS Dance Team blog)
marshkerryk@gmail.com (MADT results page)

Example:

12/1/12 California Invitational

AAA Varsity Kick

1. Hollywood (3)

2. Malibu (6)

3. Beverly Hills (9)