

JAM DANCE TEAMS

MAY 2013 NEWSLETTER

Dear officials and coaches,

The school year is winding down, the grass is finally green and Memorial Day is just around the corner! Many teams have already held their tryouts for next season and most teams have their camp, training and conditioning plans already in place for the summer. Before you know it, it'll be choreography session time. As you make your summer plans, we hope that you schedule time to sit back, relax and enjoy the short-lived season with your family and friends.

In JAM news, we have been very busy! As you'll see below, our new website is live. We've begun planning our annual training events and we're looking at a few new approaches to our membership levels. We are excited to work on these items, among many others, and look forward to a wonderful 2013-14 season.

Happy May!
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 sportsmanship 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.



New Website Announcement

We are pleased to announce the launch of our new website design and layout! The site features information for host schools, on joining JAM and about our members. See Page 4 for additional website upgrades! Be sure to bookmark www.jamdanceteams.org!



ABOUT US HOST SCHOOLS JOIN JAM MEMBERS SCHEDULED MEETS CONTACT US



Ready to Serve You

JAM members have a variety of dance backgrounds including high school dance team, studio, college dance team, professional cheer and dance, instruction, choreography and more. With over 100 members from all corners of the state, we are ready to serve you and your competition.

Guide to Sports Nutrition

The National Federation of State High School Associations is a great resource for both coaches and officials. Their website boasts information, courses and curriculum, videos and support for a wide variety of topics such as sportsmanship, conditioning, concussion training and behavior modeling.

One of their free elective courses is a Guide to Sports Nutrition. The course summary, below, is taken from the NFHS site:

This course hosted by sports medicine specialist Dr. Mick Koester, will provide information that can help your students be performing at their peak. Students spend a lot of time and energy working out and playing sports, but they often don't think about what they eat and drink. Proper nutrition can optimize athletic performance. As a coach, you may think this is an area that you have little influence or control over, however this course will provide you practical tips on how you can model and teach proper nutrition.

To take the course, simply register online at www.nfhslearn.com. Summer is a great time to further your education and this course can be used to guide your dancers as they prepare for summer camps and off-season training.

Starettes Audition Information

The Starettes, the high-kick and performance dance ensemble from Minnesota PerformDance Productions, is calling all dancers-ages 18 and over-to audition for their 2013 cast.

Two audition dates to choose from:
Wednesday, June 5th, 7:00pm - or - Sunday, June 9th 1:00pm

Auditions will take place at The DanceXchange in Edina.
Jazz & Ballet training is required and you must be at least 18 years old to audition.

Please register by emailing Starettes@minnesotaperformdance.org.
Call 612-309-2430 with questions.

In the Spotlight

Get to know JAM judge:
JAYME SMRSTICK



Resides In: Rosemount
Occupation/Company: Senior Data Architect at BlueCross BlueShield of MN
JAM Member Since: 2002

Q: Tell us a little about your dance background.

A: I started taking dance classes when I was five years old. I performed in competition teams into my high school years. I also became a dance instructor at my dance studio my senior year in high school and continued teaching dance during my college years. I also took many dance classes at UMD, I am actually only a few credits shy of a dance minor. When I moved to the Twin Cities area, I took up dancing at Mauri's dance studio for a few years before I became a dance judge.

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

A: I was taking classes at Mauri's when I met Kim Meyer and Jill Kortenhof. I was looking for opportunities to contribute to the dance community. I was considering trying to get back into teaching but I felt that judging was the next appropriate step for me. So after talking with Kim and Jill, they connected me with the right people and here I am 10 years later!

Q: What are your interests and hobbies?

A: Now that the weather is finally nice, I look forward to working in my gardens. I am very active in my children's school and our church, I serve on several committees and volunteer as much as I can.

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

A: When I was in high school, my competition team performed to Michael and Janet Jackson's *Scream*. My dance instructor found a simple pattern for our costumes: a long-sleeved turtleneck and pants in various solid sequined fabric. I got silver. My spitfire Grandma who stood 4 ft 8 inches made this costume for me. I remember either her standing on a chair or I would have to bend to my knees in order for her to measure or pin the fabric, all the while cursing the fabric that wouldn't behave and my fear that she was going to stab me with a pin! After a lot of time together, the costume was finished and I looked like a giant disco ball! My silver sequin disco ball costume definitely wasn't one of the cutest costumes I had, but it is the most memorable.

Q: What is your ideal vacation spot?

A: White sandy beach, sitting on a lounge chair listening to the ocean, with a book in one hand and a drink in the other!

CONNECT WITH JAM

WEBSITE: jamdanceteams.org

FACEBOOK:
facebook.com/JAMDanceTeams

TWITTER:
twitter.com/JAMDanceTeams

PINTEREST:
pinterest.com/JAMDanceTeams

CORE GROUP EMAIL:
jamcoregroup@gmail.com

SCHEDULING TEAM EMAIL:
jamscheduler@gmail.com

Member News



WEDDINGS & ENGAGEMENTS

Susan Kelley is newly engaged and will be getting married on August 3, 2013.



MAY BIRTHDAYS

Kim Meyer	May 1
Ashley Artmann	May 5
Rachael Rupp	May 10
Allison Schlutz	May 11
Kate Smith	May 12
Alissa Connolly	May 15
Katie Wallin	May 15
Jennifer Brehm	May 22
Jill Thiesfeld	May 30

2013-2014 Meets Scheduled with JAM

as of 5/20/13

Date	Day	Site	Type
11/18/13	Monday	Chisago Lakes	Mississippi 8 Conference Meet
11/21/13	Thursday	Wayzata	Lake Conference Meet
11/22/13	Friday	Coon Rapids	Northwest Suburban Conference Meet
11/23/13	Saturday	Shakopee	Invitational
11/23/13	Saturday	Southland (Adams)	Small Invitational
11/25/13	Monday	Monticello	Mississippi 8 Conference Meet
11/26/13	Tuesday	Shakopee	Missota Conference Meet
12/2/13	Monday	Andover	Northwest Suburban Conference Meet
12/5/13	Thursday	Holy Angels	Missota Conference Meet
12/5/13	Thursday	Minnnetonka	Lake Conference Meet
12/7/13	Saturday	Chaska	Invitational
12/7/13	Saturday	Detroit Lakes	Invitational
12/7/13	Saturday	Hayfield	Invitational
12/7 or 12/14	Saturday	Target Center	WOW Factor Sports Invitational
12/9/13	Monday	Blaine	Northwest Suburban Conference Meet
12/9/13	Monday	Farmington	Missota Conference Meet
12/9/13	Monday	North Branch	Mississippi 8 Conference Meet
12/12/13	Thursday	Eden Prairie	Lake Conference Meet
12/14/13	Saturday	Eastview	Invitational
12/14/13	Saturday	Fridley	Invitational
12/14/13	Saturday	Hutchinson	Invitational
12/14/13	Saturday	Lakeville North	Invitational
12/14/13	Saturday	Rochester John Marshall	Invitational
12/14/13	Saturday	Zumbrota-Mazeppa	Invitational
12/14 or 12/21	Saturday	Maple Grove	Invitational
12/16/13	Monday	Buffalo	Mississippi 8 Conference Meet
12/16/13	Monday	Elk River	Northwest Suburban Conference Meet
12/17/13	Tuesday	Fergus Falls	Quad Meet
12/19/13	Thursday	Edina	Lake Conference Meet
12/19/13	Thursday	Mayer Lutheran	Minnesota River Conference Meet
12/19/13	Thursday	Rochester Century	All-City Triangular
12/20/13	Friday	Frazee	Invitational
12/21/13	Saturday	Holy Angels	Invitational
12/21/13	Saturday	Lake City	Invitational
1/9/14	Thursday	ACGC	Small Invitational
1/9/14	Thursday	Hopkins	Lake Conference Meet
1/11/14	Saturday	Aitkin	Invitational
1/11/14	Saturday	Hawley	Invitational
1/11/14	Saturday	Lakeville South	Invitational
1/11/14	Saturday	Maple Grove	Northwest Suburban Conference Championship
1/11/14	Saturday	Minnnetonka	Invitational
1/11/14	Saturday	Rochester Century	Invitational
1/11/14	Saturday	St. Francis	Mississippi 8 Conference Championship

2013-2014 Meets Scheduled with JAM

as of 5/20/13

Date	Day	Site	Type
1/16/14	Thursday	Belle Plaine	Minnesota River Conference Meet
1/16/14	Thursday	Minnetonka	Lake Conference Meet
1/17/14	Friday	Pine River-Backus	Northern Lights Conference Meet
1/18/14	Saturday	Delano	Wright County Conference Championship
1/18/14	Saturday	Faribault	Big 9 Conference Championship
1/18/14	Saturday	Farmington	Invitational
1/18/14	Saturday	Pelican Rapids	Invitational
1/18/14	Saturday	St. Charles	Three Rivers Conference Championship
1/24/14	Friday	Goodhue	Hiawatha Valley Conference Championship
1/25/14	Saturday	Blaine	Invitational
1/25/14	Saturday	Canby	Camden County Conference Championship
1/25/14	Saturday	Eastview	Showcase
1/25/14	Saturday	Holy Angels	Catholic Jamboree Invitational
1/25/14	Saturday	Prior Lake	Invitational
1/28/14	Saturday	Dover-Eyota	Invitational
2/7/14	Friday	Paynesville	Dual Meet
2/8/14	Saturday	Dover-Eyota	1A Section
2/8/14	Saturday	Aitkin	4A Section
2/8/14	Saturday	Austin	1AA Section

Want to hire JAM to officiate your 2013-14 meet?

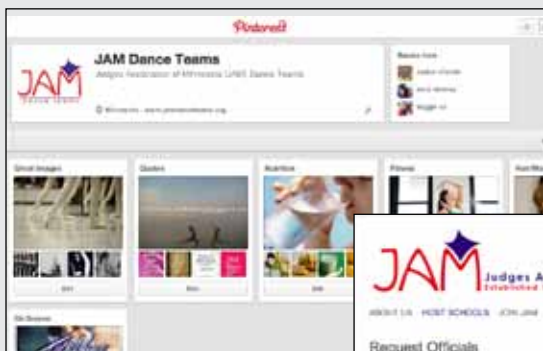
Email our Scheduling Team at: jamscheduler@gmail.com. Colleen or Sara will respond to your request and answer any questions you may have. We strive to assign the best officials available for your meet. We also try to assign officials who live close to the meet site or those willing to carpool to reduce applicable mileage fees.

We can help you determine how many officials are needed for your meet, as well as assist with basic meet planning. If you're interested in full-out competition organization, we can get you connected to our partnered meet coordinators. We look forward to serving you this season!

2013-14 JAM Scheduling Statistics

- 62: Meets Requested
- 598: Total Officiating Positions
- 359: Judge Positions
- 131: Kick Counter/Timer Positions
- 108: Tabulator Positions

More Web Updates and New Social Media Pages



Join JAM on **Pinterest**.
pinterest.com/JAMDanceTeams



Follow JAM on **Twitter**.
twitter.com/JAMDanceTeams

Request Officials on our **website**.
jamdanceteams.org