

JAM DANCE TEAMS

In the Spotlight

SARA NYSTUEN-ROYZENFELD



Resides In: Minneapolis

Occupation: University of Minnesota Graduate Assistant in Family Social Services and the Center for Spirituality and Healing
JAM Member Since: 2013

Q: What is your favorite part about being a MSHSL dance team official?

A: That I get to stay connected with the sport I have been involved with for over 25 years, and the privilege of officiating for the best representation of High School Dance Team in the nation!

Q: Tell us a little about your dance background.

A: I was a Cheerleader and Pom Squad performer in school and also specialized in Musical Theater. I went on to perform in college and in professional arenas and work as a director, choreographer, and coach in a variety of locations and levels.

Q: Favorite dance team trend.

A: The integration of Contemporary/Modern choreography in both styles.

Q: Outside of dance, what are your interests and hobbies?

A: Cooking, gardening, looking for the perfect brunch spot, hanging with the Hub and my friends, and karaoke!

Q: What is something people would be surprised to know about you?

A: Not surprising to anyone is that I talk a lot... so I think everyone knows everything already :)

ALLISON SCHULTZ



Resides In: St. Michael

Occupation: 6th Grade Teacher in the St. Michael/Albertville School District
JAM Member Since: 2007

Q: What is your favorite part about being a MSHSL dance team official?

A: I love the anticipation that each dance meet brings; I still get excited for each one! I also love being a part of such an awesome group of women who also love dance!

Q: Tell us a little about your dance background.

A: My first experience in dance was through Robbinsdale Community Ed. when I was in Kindergarten. I remember that I was the only girl in the class with white tap shoes because I thought the black tap shoes were for boys! I went on to dance at a local studio and then was a member of the 2 very first years of dance team at Maple Grove Senior High, and was Captain my Senior year.

Q: Favorite dance team trend.

A: I am always amazed at the choreography that comes out each year. It has become so much more intricate from transitions to turn combinations to formations...I am always so impressed how teams put together their routines with such thought.

Q: Outside of dance, what are your interests and hobbies?

A: Most of my time is spent chasing around my twin boys, who turn 2 years old this month!! I also love taking photos, traveling, and organizing.

Q: What is something people would be surprised to know about you?

A: I am a newly trained birth doula and am working towards certification! Currently I am volunteering on-call twice a month for a local organization that provides doula support to teen moms, single moms, and those who cannot afford a doula but wish to have one present at their birth.

MELANIE SCHMIDT



Resides In: Faribault

Occupation: Rice County Early Intervention Facilitator
JAM Member Since: 1999

Q: What is your favorite part about being a MSHSL dance team official?

A: Being part of a sport that continues to improve and evolve every year. The talent is outstanding and I am truly entertained at every meet I attend. I also appreciate all the wonderful people I have met through my years of officiating.

Q: Tell us a little about your dance background.

A: I started taking ballet, tap and jazz lessons at 7 years old. I continued until I joined my high school dance team. I have also taken adult ballet and tap lessons which helps me to appreciate how hard teams work to perfect their technique.

Q: Favorite dance team trend.

A: I love watching for the different styles of kicks and turns that teams develop and demonstrate every year. There is always something new happening to keep it fresh!

Q: Outside of dance, what are your interests and hobbies?

A: Most of my time these days involves chasing after my 3 young children, but I also enjoy traveling, Zumba, and cake decorating.

Q: What is something people would be surprised to know about you?

A: I can play the drums!



2014-15 Scheduled Meets List

Date	Day	Site	Type
11/17/14	Monday	Buffalo	Mississippi 8 Conference Meet
11/24/14	Monday	St. Francis	Mississippi 8 Conference Meet
11/25/14	Tuesday	Rochester Century	Rochester All-City Conference Meet
11/25/14	Tuesday	Rocori	Central Lakes Conference Meet
12/4/14	Thursday	Fergus Falls (Underwood)	Quad Meet
12/6/14	Saturday	Chaska	Invitational
12/6/14	Saturday	Detroit Lakes	Invitational
12/6/14	Saturday	Hayfield	Invitational
12/6/14	Saturday	Hutchinson	Invitational
12/6/14	Saturday	New Ulm Cathedral	Quad Meet
12/6/14	Saturday	Rogers	Invitational
12/6-12/13	Saturday	Edina	Invitational
12/9/14	Tuesday	Rogers	Mississippi 8 Conference Meet
12/11/14	Thursday	Albany	Granite Ridge Conference Meet
12/11/14	Thursday	Chaska	Metro West Conference Meet
12/12/14	Friday	Frazee	Invitational
12/13/14	Saturday	Bemidji	Invitational
12/13/14	Saturday	Eastview	Invitational
12/13/14	Saturday	Fridley	Invitational
12/13/14	Saturday	Rochester Mayo	Invitational
12/13/14	Saturday	Waconia	Invitational
12/13/14	Saturday	Zumbrota-Mazeppa	Invitational
12/13-12/20	Saturday	Target Center	Invitational
12/16/14	Tuesday	Chisago Lakes	Mississippi 8 Conference Meet
12/18/14	Thursday	Rochester Mayo	Rochester All-City Conference Meet
12/19/14	Friday	Brainerd	Central Lakes Conference Meet
12/20/14	Saturday	Lake City	Invitational
12/22/14	Monday	ACGC	Small Invitational
1/3/15	Saturday	Rocori	Invitational
1/8/15	Thursday	Becker	Granite Ridge Conference Meet
1/10/15	Saturday	Big Lake	Mississippi 8 Conference Championship
1/10/15	Saturday	Hawley	Invitational
1/10/15	Saturday	Henry Sibley	Invitational
1/10/15	Saturday	Lakeville South	Invitational
1/10/15	Saturday	Rochester Century	Invitational
1/10/15	Saturday	Winona	Invitational
1/12/15	Monday	Rochester John Marshall	Rochester All-City Conference Championship
1/16/15	Friday	Alexandria	Central Lakes Conference Championship
1/17/15	Saturday	Belle Plaine	Invitational

