

# Training School

FRIDAY • NOVEMBER 7, 2025



8:00AM-10:10AM • AMY LOWE

## Revolutionary Principles of Movement

Join master teacher and RPM Director Amy Lowe for an in-depth look at the *Three Core Principles of Movement*—the foundation of RPM's 14-principle, science-based ballet methodology. Developed from over 70 years of research, these principles provide teachers with practical tools to correct technique, build strength, and prevent injury, while helping studio owners create consistent training, accelerate student progress, and enhance retention. Walk away with strategies you can implement immediately to elevate both your teaching and your dancers' performance.

10:20AM-12:30PM

## Ballet Class

Amy will guide you through a Ballet Technique class that applies the *Revolutionary Principles Movement* method.



1:30PM-3:40PM • JEREMY PLUMMER

## Jazz Warm-Ups and Progressions

Gain valuable teaching material with Jeremy's offering of warm-up combinations and progressions for your jazz curriculum.



3:50PM-6:00PM • JILL KENNEY

## Tap Warm-Ups and Progressions

Join Jill for a session focused on building your library of tap warm-ups and progressive drills.



# 2025 FALL WORKSHOP

**Training School | November 7**  
**Weekend Workshop | November 8-9**  
**Hvatt Regency | Chicago-Schaumburg**

Friday, November 7							
8:00 pm CNADM Registration Desk Open for Early Check-In   Mahogany Foyer							
8:30 pm President's Welcome Reception for Teachers   Suite 5321							
Saturday, November 8							
Teachers	Yellow (16y+)	Green (14-15y)	White (13-14y)	Blue (12-13y)	Red (10-11y)	Purple (9-10y)	Orange (7-8y)
Mahogany IV-VI	Sapphire Pavilion	Mahogany VII	Mahogany I-III	Sienna III-IV	Sienna I-II	Ivory	Slate
Registration Desk Opens 7:00	Student Honors Written Testing 7:00-8:00 (Cyan Room)						
	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	
Ballet 8:30-9:30	Musical Theatre 8:30-9:30 Shanna VanDerwerker	Modern 8:30-9:30 Michael Foley	Afro-Cuban 8:30-9:30 Victor Alexander	Modern 8:30-9:30 Kesha Milenkovic	Tap 8:30-9:30 Jill Kenney	Contemporary 8:30-9:30 Kaytee Cox	
10min Break							
Afro-Cuban 9:40-10:40 Victor Alexander	Modern 9:40-10:40 Michael Foley	Musical Theatre 9:40-10:40 Shanna VanDerwerker	Ballet 9:40-10:40	Tap 9:40-10:40 Jill Kenney	Lyrical 9:40-10:40 Jeremy Plummer	Street Dance 9:40-10:40 Jackie Lopez	Modern 9:45-10:30 Kesha Milenkovic
5min Break							15min Break
Musical Theatre 10:45-11:45 Shanna VanDerwerker	Afro-Cuban 10:45-11:45 Victor Alexander	Ballet 10:45-11:45	Modern 10:45-11:45 Kesha Milenkovic	Jazz 10:45-11:45 Jeremy Plummer	Contemporary 10:45-11:45 Kaytee Cox	Tap 10:45-11:45 Jill Kenney	Street Dance 10:45-11:30 Jackie Lopez
11:45 Discover CNADM (Mahogany IV-VI) Lunch Provided	Lunch 11:45-1:00 Student Honors Demonstrative Testing 11:45 (Applicable Ballroom)						Lunch 11:30-1:15
12:30 Member Meeting (Cyan) Lunch Provided							
Jazz 1:00-2:00 Kesha Milenkovic	Tap 1:00-2:00 Jill Kenney	Street Dance 1:00-2:00 Jackie Lopez	Contemporary 1:00-2:00 Kaytee Cox	Afro-Cuban 1:00-2:00 Victor Alexander	Modern 1:00-2:00 Michael Foley	Musical Theatre 1:00-2:00 Shanna VanDerwerker	Ballet 1:15-2:00 Amy Lowe
10min Break							15min Break
Street Dance 2:10-3:10 Jackie Lopez	Jazz 2:10-3:10 Kesha Milenkovic	Jazz (Wrap-Up Combo) 2:10-3:10 Jeremy Plummer	Musical Theatre (Wrap-Up Combo) 2:10-3:10 Shanna VanDerwerker	Contemporary (Wrap-Up Combo) 2:10-3:10 Kaytee Cox	Afro-Cuban 2:10-3:10 Victor Alexander	Ballet 2:10-3:10 Amy Lowe	Tap 2:15-3:00 (Wrap-Up Combo) Jill Kenney
5min Break							
Modern (Wrap-Up Combo) 3:15-4:15 Michael Foley	Street Dance (Wrap-Up Combo) 3:15-4:15 Jackie Lopez	Contemporary 3:15-4:15 Kaytee Cox	Jazz 3:15-4:15 Jeremy Plummer	Ballet 3:15-4:15 Amy Lowe	Jazz (Wrap-Up Combo) 3:15-4:15 Kesha Milenkovic	Afro-Cuban (Wrap-Up Combo) 3:15-4:15 Victor Alexander	
5:00 Member Testing (Cyan)							
Student Honors Presentation 5:45pm Student Competition 6:00pm (Mahogany Ballrooms)							



Sunday, November 9							
Teachers	Yellow (16y+)	Green (14-15y)	White (13-14y)	Blue (12-13y)	Red (10-11y)	Purple (9-10y)	Orange (7-8y)
Mahogany IV-VI	Sapphire Pavilion	Mahogany VII	Mahogany I-III	Sienna III-IV	Sienna I-II	Ivory	Slate
Registration Desk Opens 7:30							
"Morning Mingle" 7:30-8:30 Continental Breakfast							
Contemporary 8:30-9:30 Kaytee Cox	Ballet 8:30-9:30 Amy Lowe	Afro-Cuban 8:30-9:30 Victor Alexander	Tap 8:30-9:30 Jill Kenney	Modern 8:30-9:30 Michael Foley	Musical Theatre 8:30-9:30 Shanna VanDerwerker	Street Dance 8:30-9:30 Jackie Lopez	
10min Break							
Therapeutic Barre 9:40-10:40 Amy Lowe	Afro-Cuban 9:40-10:40 Victor Alexander	Tap 9:40-10:40 Jill Kenney	Contemporary 9:40-10:40 Kaytee Cox	Musical Theatre 9:40-10:40 Shanna VanDerwerker	Street Dance 9:40-10:40 Jackie Lopez	Modern 9:40-10:40 Michael Foley	Jazz 9:45-10:30 Kesha Milenkovic
							15min Break
5min Break							
Jazz 10:45-11:45 Jeremy Plummer	Contemporary 10:45-11:45 Kaytee Cox	Modern 10:45-11:45 Kesha Milenkovic	Modern 10:45-11:45 Michael Foley	Street Dance 10:45-11:45 Jackie Lopez	Tap 10:45-11:45 Jill Kenney	Ballet 10:45-11:45 Amy Lowe	Afro-Cuban 10:45-11:30 Victor Alexander
12:00 Member Meeting (Cyan)	Lunch 11:45-12:30						Lunch 11:30-12:30
Tap 12:30-1:30 Jill Kenney	Jazz 12:30-1:30 Jeremy Plummer	Musical Theatre 12:30-1:30 Shanna VanDerwerker	Street Dance 12:30-1:30 Jackie Lopez	Afro-Cuban 12:30-1:30 Victor Alexander	Ballet 12:30-1:30 Amy Lowe	Jazz 12:30-1:30 Kesha Milenkovic	Lyrical 12:30-1:15 Kaytee Cox
							20min Break
5min Break							
Modern (Wrap-Up Combo) 1:35-2:35 Michael Foley	Street Dance (Wrap-Up Combo) 1:35-2:35 Jackie Lopez	Jazz (Wrap-Up Combo) 1:35-2:35 Jeremy Plummer	Musical Theatre (Wrap-Up Combo) 1:35-2:35 Shanna VanDerwerker	Contemporary (Wrap-Up Combo) 1:35-2:35 Kaytee Cox	Jazz (Wrap-Up Combo) 1:35-2:35 Kesha Milenkovic	Afro-Cuban (Wrap-Up Combo) 1:35-2:35 Victor Alexander	Tap (Wrap-Up Combo) 1:35-2:35 Jill Kenney
WRAP-UP RALLY 2:45 (Mahogany Ballrooms) Performances, Scholarships, Giveaways							