

Fall Training School

HYATT-REGENCY | CHICAGO-SCHAUMBURG



8:00-10:10a | Progressing Ballet Technique (PBT)

Discover the PBT method transforming dance education worldwide. This introductory master class will touch upon the practical, level-based units that strengthen technique and prevent injury. Please note, a 3m (10ft) resistance band is required for this class. Option to purchase is available during registration (and will be included in your registration packet).



Dr. Carrie Skony

10:20-11:20a | Beyond Injury Prevention: Building a Healthier Dance Studio

Creating healthier dancers goes far beyond injury-prevention exercises. This workshop takes a broader look at the training practices and studio environment that influence dancer health, performance, and longevity.

11:30a-12:30p | Building Better Turnout: Practical Strength Training for Dancers

Optimal turnout requires much more than flexibility—it requires strength, stability, and control. This interactive workshop gives teachers practical exercises for developing the hip rotation strength youth and adolescent dancers need to better access and maintain their turnout during dance.



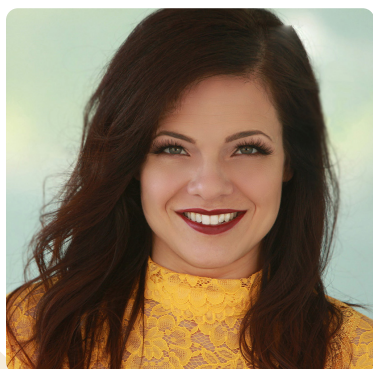
Mark Yonally

1:30-2:30p | Beyond Technique

Integrating simple music theory, history and tap culture into the classroom through Activities and Games. This class will give practical and accessible ways to bring more dimensions into the classroom, through super engaging activities that are scale-able to different ages and levels and deliver a broader view of tap dance.

2:40-3:40p | Spontaneous Choreography

Making Improvisation Fun and Approachable for the Students (and sometimes the teacher, too! ;-). This class will focus on simple but effective ways to introduce improvisation to students to help them unlock their creativity, joy and openness in tap (and other dance forms!). Expect strategies, games and activities that take the fear out of improvisation.



Kelsey Nelson

3:50-4:50p | Jazz Turns

Take your jazz technique to the next level with a class designed to build control, balance, and confidence in turns. Work through essential turning technique and explore different turn variations.

5:00-6:00p | Jazz Leaps

Work on proper technique, alignment, and strength, while exploring a variety of jazz leaps and jumps. Through progressions and combinations, develop height, extension, timing, and dynamic movement quality while learning to execute leaps with greater precision and confidence.



SATURDAY • NOVEMBER 7, 2026

Teachers	Yellow (16y+)	Green (14-15y)	White (13-14y)	Blue (12-13y)	Red (10-11y)	Purple (9-10y)	Orange (7-8y)
Registration Desk Opens 7:00	Student Honors Written Testing 7:00-8:00 (Cyan Room)						Welcome & Photo 9:30-9:45
"Morning Mingle" 7:30-8:30 Continental Breakfast	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 Victoria Barlow	Broadway Jazz 8:30-9:30 Caitlin Abraham	Tap 8:30-9:30 Mark Yonally	Contemporary 8:30-9:30 Belle Jessen	Modern 8:30-9:30 Maray Gutierrez	Jazz 8:30-9:30 Kelsey Nelson	Musical Theatre 8:30-9:30 Michael Deeb Weaver	
			10min Break				
Jazz 9:40-10:40 Kelsey Nelson	Modern 9:40-10:40 Maray Gutierrez	Broadway Jazz 9:40-10:40 Caitlin Abraham	Tap 9:40-10:40 Mark Yonally	Musical Theatre 9:40-10:40 Michael Deeb Weaver	Contemporary 9:40-10:40 Belle Jessen	Afro Dance 9:40-10:40 Angel Kaba	Ballet 9:45-10:30 Victoria Barlow
			5min Break				15min Break
Afro Dance 10:45-11:45 Angel Kaba	Hip Hop 10:45-11:45 Suavé	Modern 10:45-11:45 Maray Gutierrez	Broadway Jazz 10:45-11:45 Caitlin Abraham	Contemporary 10:45-11:45 Belle Jessen	Musical Theatre 10:45-11:45 Michael Deeb Weaver	Ballet 10:45-11:45 Victoria Barlow	Tap 10:45-11:30 Mark Yonally
11:45 Discover CNADM Lunch Provided	Lunch 11:45-1:00 Student Honors Demonstrative Testing 11:45 (Applicable Ballroom)						Lunch 11:30-1:15
12:30 Members Meeting (Cyan) Lunch Provided							
Contemporary 1:00-2:00 Belle Jessen	Ballet 1:00-2:00 Victoria Barlow	Afro Dance 1:00-2:00 Angel Kaba	Hip Hop 1:00-2:00 Suavé	Jazz 1:00-2:00 Kelsey Nelson	Modern (Wrap-Up Rally) 1:00-2:00 Maray Gutierrez	Tap 1:00-2:00 Mark Yonally	Musical Theatre (Wrap-Up Rally) 1:15-2:00 Michael Deeb Weaver
			10min Break				15min Break
Broadway Jazz (Wrap-Up Rally) 2:10-3:10 Caitlin Abraham	Musical Theatre 2:10-3:10 Michael Deeb Weaver	Hip Hop 2:10-3:10 Suavé	Modern 2:10-3:10 Maray Gutierrez	Ballet 2:10-3:10 Victoria Barlow	Tap 2:10-3:10 Mark Yonally	Jazz 2:10-3:10 Kelsey Nelson	Afro Dance 2:15-3:00 Angel Kaba
			5min Break				
Modern 3:15-4:15 Maray Gutierrez	Afro Dance (Wrap-Up Rally) 3:15-4:15 Angel Kaba	Contemporary (Wrap-Up Rally) 3:15-4:15 Belle Jessen	Jazz (Wrap-Up Rally) 3:15-4:15 Kelsey Nelson	Tap (Wrap-Up Rally) 3:15-4:15 Mark Yonally	Ballet 3:15-4:15 Victoria Barlow	Hip Hop (Wrap-Up Rally) 3:15-4:15 Suavé	
			Student Honors Presentation 5:45pm Student Competition 6:00pm (Mahogany Ballrooms)				

**Schedules Are Subject To Change*



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			5min Break				20min Break
Broadway Jazz (Wrap-Up Rally) 1:35-2:35 Caitlin Abraham	Afro Dance (Wrap-Up Rally) 1:35-2:35 Angel Kaba	Contemporary (Wrap-Up Rally) 1:35-2:35 Belle Jessen	Jazz (Wrap-Up Rally) 1:35-2:35 Kelsey Nelson	Tap (Wrap-Up Rally) 1:35-2:35 Mark Yonally	Modern (Wrap-Up Rally) 1:35-2:35 Maray Gutierrez	Hip Hop (Wrap-Up Rally) 1:35-2:35 Suavé	Musical Theatre (Wrap-Up Combo) 1:35-2:35 Michael Deeb Weaver
			WRAP-UP RALLY 2:45 (Mahogany Ballrooms) Performances, Scholarships, Giveaways				

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