



**July 22<sup>ND</sup> thru July 24<sup>TH</sup>**  
**CROWNE PLAZA HOTEL**  
**3000 Dirksen Parkway, Springfield, IL 62703**  
**1-800-589-2769**

**Room Rate: \$107.00 per night**  
**Group Rate Code: IDTA SUMMER INTENSIVE**

**4<sup>TH</sup> ANNUAL**

**Summer Dance Intensive Featuring**

Professional Instruction In...

- Hip Hop • Modern • Conditioning & Stretching
- Leaps & Turns • Jazz • Pom • Kick • Lyrical
- Contemporary • Krump and Musical Theater

**3 Levels To Challenge Each Dancer.**

Cost: \$185 per IDTA member • \$195 non-members

Also Includes: T-Shirt, 2 Breakfasts, 2 Lunches, Plus Awards

**New Friday Night Class for Seniors ONLY!**

**FOR MORE INFORMATION CONTACT: Christy at [christy\\_fisher@hotmail.com](mailto:christy_fisher@hotmail.com) or Lynn at [lynn\\_marie22@hotmail.com](mailto:lynn_marie22@hotmail.com)**

**FRIDAY**

**6:30 - 8:00 PM**

Meet & Greet for Coaches & Choreographers *while your dancers take a KRUMP class!*

**SATURDAY NIGHT**

**Push The Limit Competition**

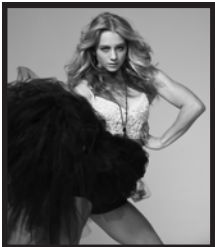
*Awards and scholarships for top scoring teen and senior soloists, top scoring duet/trio and our small group category!*

*Sr. Solo, Duet/Trio, Jr. Solo, Duet/Trio, Jr. High Solo, Duet/Trio*

**COACHES CLASSES!**

*Receive valuable information on what our Execution or General Effect Judges look for.*  
**\$65 for IDTA members**  
**\$75 non-members**

**This is a great opportunity to take dance classes from professional dancers and choreographers!**



**Mollee Gray** booked her first professional job at the age 11. Since then her career has been nothing less than a dream for all aspiring professional dancers. Mollee has been on movies, TV shows, commercials and instructional DVDs. You can see her on screen in shows such as High School Musical 1, 2 and 3, So You Think You Can Dance, American Mall, Drop Dead Diva, Big Time Rush, Victorious, The Ellen Show, Camp Rock 2 and the list goes on. Mollee has become a highly sought out teacher/choreographer throughout the United States, Europe and Central America. Despite her ever continuous and rapid success in the dance industry, Mollee has been slowly

pursuing a career in acting. Her favorite booking, so far, has been the box office hit "No Strings Attached" featuring Ashton Kutcher and Natalie Portman, where she played the supporting role of "Sari." Mollee still sees and believes in the importance of giving back to her community. She often shares her gifts through charity events and donations. However, her true love of giving comes through the form of performing, teaching and choreographing!



**Kyle Hill** moved out to Los Angeles at the age of 17 to be part of the prestigious EDGE scholarship program to pursue his love of choreography and dance. Since finishing his scholarship Kyle has performed in numerous commercials, industrials, Broadway shows, and television hits. Most recently you can see Kyle performing in the smash hit TV show GLEE, HOUSE, and the new movie Gnomeo and Juliet. He has also choreographed for Betsey Johnson's Fashion Shows, new artist TwinkleU, and many dance companies across North America. Kyle has had the pleasure to assist some of the top choreographers in stage performance including J.T. Horenstein, Dana Perry, and

Denise Gula. Mr. Hill has also appeared in commercials for Directv, Honda, Kia, Toyota, Roundtable Pizza, and many more. One of Kyle's biggest accomplishments was to be part of the Broadway hit WICKED for two and a half years and work with Julie Taymor on GRENDL. Kyle has recently been recognized around the world for his innovative take on musical theater and received many awards for this. **Live Stage** Betsey Johnson Fashion Show



**TOKYO** was introduced to dance during his Senior year in high school. He grew up in the martial arts and began training at age 5. By 15 he attained several black belts in various arts in addition to training in Wrestling, Muay Thai, Boxing and MMA (Cage Fighting). At age 17, after a promising undefeated amateur record, Tokyo discovered dance. Tokyo has been fortunate enough to have done master classes and choreography in the US, Canada, Australia, Central America and UK for many studios, companies, colleges, casinos and Cirque Du Soleil. Due to Tokyo's background in martial arts his approach to dance movement, philosophy and teaching is very unique and has been received and loved by many. Other than teaching/choreographing, Tokyo spent four years directing one of the largest dance competitions in the US. Since concluding his positions as a competition director, Tokyo is currently on faculty at the world renowned professional dance studio Millennium Dance Complex and on as a faculty member and/or guest choreographer with several conventions such as NRG, WILD, Coastal Dance Rage, The PULSE and Intrigue Dance Intensive. He is extremely excited to give back to those that have given so much to him, through the art of dance!



In her 4th year with Push The Limit, **Toya Renee Ambrose** is a former NBA dancer, for both the Chicago Luvabulls and the Memphis Grizzlies. She was also a member of the 12-time national champion University of Memphis Pom Squad, where she received her BFA degree in graphic design. Toya is the current Head Coach of the University of Connecticut (UCONN) Dance, Cheerleading, and Mascot Teams. She is the former Head Coach of the 2-time National Champion University of Illinois at Chicago Dancing Flames. In addition, she choreographs for competitive dance teams and studios throughout the country, and her choreography has won 6 national titles and 7 state titles in the last 3 years. Toya has choreographed for Arizona State University, Lindenwood University, University of Illinois at Chicago, Pattonville High School (St. Louis), and many teams in the Northwest Indiana, Chicago, and St. Louis areas. Toya currently lives in Vernon, CT and travels all around the country with the successful UCONN Huskies football and basketball teams.

**More Instructors Are Scheduled In Order To Give You A Wide Range Of Professional Dance Classes!**

# PUSH THE LIMIT

## IDTA Summer Intensive

### July 22nd – 24<sup>th</sup>, 2011

**Crown Plaza Springfield**  
 3000 South Dirksen Pkwy  
 Springfield, IL 62703  
 (800) 589-2769

Room Rate: \$99.50/ night

Group Rate Code: IDTA SUMMER INTENSIVE

Tuesday Night:

5:30pm	Check-in		
6:00-6:30pm	Warm-up		
6:30-8:00pm	Krump-All levels		
8:00-9:00pm	Senior Class	<b>NEW!!</b>	(see information in official rules & guidelines section)

Wednesday:	Beginning	Intermediate	Advanced
7:00 am	////////////////////////Breakfast////////////////////////		
8:00 – 8:30am	All Levels- Conditioning/Stretching		
8:30 – 9:30am	Hip Hop	Leaps/Turns	Modern
9:30-10:30am	Kick	Hip Hop	Leaps/Turns
10:45-11:45am	Lyrical	Modern	Kick
11:45-1:00pm	////////////////////////Lunch////////////////////////		
1:00-2:00pm	Modern	Lyrical	Hip Hop
2:00-3:00pm	Leaps/Turns	Kick	Lyrical
6:00pm	Push the Limit Competition		

Thursday:	Beginning	Intermediate	Advanced
7:00 am	////////////////////////Breakfast////////////////////////		
8:00-8:30am	All Levels- Conditioning/Stretching- Tokyo		
8:30-9:30am	Jazz	Pom	Musical Theater
9:30-10:30am	Contemporary	Jazz	Pom
10:45-11:45am	Pom	Musical Theater	Contemporary
11:45-1:00pm	//////////////////////// Lunch////////////////////////		
1:00-2:00pm	Musical Theater	Contemporary	Jazz
2:00pm	Awards/Scholarships		

**PUSH THE LIMIT**  
**IDTA Summer Intensive- Workshop Registration**  
**July 22<sup>nd</sup>-24th, 2011**

*All forms must be post marked by July 1st*

Name of School/Team \_\_\_\_\_ Coach \_\_\_\_\_  
 Address \_\_\_\_\_ Varsity/ JV/ Junior High (*please circle one*)  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ No. Attending summer camp \_\_\_\_\_  
 Email (**mandatory**) \_\_\_\_\_

Class Type	Please indicate how many will be participating in each level		
Krump	All level	_____	
Senior Class	All level	_____	
Jazz	Beginning	_____	Intermediate _____ Advanced _____
Contemporary	Beginning	_____	Intermediate _____ Advanced _____
Hip Hop	Beginning	_____	Intermediate _____ Advanced _____
Turns & Leaps	Beginning	_____	Intermediate _____ Advanced _____
Lyrical	Beginning	_____	Intermediate _____ Advanced _____
Pom	Beginning	_____	Intermediate _____ Advanced _____
Kick	Beginning	_____	Intermediate _____ Advanced _____
Modern	Beginning	_____	Intermediate _____ Advanced _____
Musical Theater	Beginning	_____	Intermediate _____ Advanced _____

<p><b><u>IDTA Members:</u></b>          Individual Dancer fee.....\$185 per dancer          Coaches fee.....\$65</p>	<p><b><u>IDTA Non-Members</u></b>          Individual Dancer fee.....\$195 per dancer          Coaches fee..... \$75</p>
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**Dancer fee includes:**  
 \*3 days instruction by professional choreographers  
 \* Breakfast, lunch (day one)  
 \* Breakfast, lunch (day two)  
 \*Push the Limit t-shirt  
 (\*\*Price does not include hotel room\*\*)

**Coaches fee includes:**  
 \* Admission to coaches forums & meetings  
 \*Breakfast, lunch (day one)  
 \*Breakfast, lunch (day two)  
 \*Push the Limit t-shirt  
 (\*\*Price does not include hotel room\*\*)

*Method of Payment:*

1. **ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTENSIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCPETED. ALL PAYMENTS ARE FINAL. ABSOLUTELY NO REFUNDS!**
2. Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! *Sending one without the other will not hold your spot in this venue.*
3. Send all entries by mail to:  
 PUSH THE LIMIT, IDTA SUMMER INTENSIVE  
 ATTN: Lynn Gelatka  
 9102 Maplewood St.  
 St. John, IN 46373

# PUSH THE LIMIT

## IDTA Summer Intensive- Competition Registration

### July 22<sup>nd</sup>-24<sup>th</sup>, 2011

All forms must be post marked by July 1st

Name of School/Team \_\_\_\_\_  
 Varsity/ JV/ Junior High (*Please circle one*)  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Coach \_\_\_\_\_  
 Total No. of total solo entries \_\_\_\_\_  
 Total No. of duet/trio entries \_\_\_\_\_  
 Total No. of Small group entries \_\_\_\_\_

(Please fill out one registration form PER PERFORMANCE)

Name of Routine \_\_\_\_\_

Dancers:  
 1. \_\_\_\_\_  
 2. \_\_\_\_\_  
 3. \_\_\_\_\_  
 4. \_\_\_\_\_  
 5. \_\_\_\_\_  
 6. \_\_\_\_\_

Division:     JH     JV     Varsity  
 (*Average of Dancers performing, see rule #3 below*)

Category: \_\_\_\_\_  
 (*I.e. jazz, hip hop, lyrical, etc.*)

Size:           Solo     Duet/Trio     Small Group (4-6 dancers)

<p style="text-align: center;">IDTA Members:</p> <p>Solo entry fee..... \$30/routine (max. 2)          Duet/Trio fee..... \$60 total          Small Group fee.....\$90total</p>	<p style="text-align: center;">Non IDTA Members:</p> <p>Solo entry fee..... \$35/routine (max.2)          Duet/Trio fee..... \$65 total          Small Group fee..... \$95 total</p>
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*Entry Rules:*

1. *All competition and intensive entries will be accepted on a first come first serve basis. The number of solos and duets/trios allowed at the competition will be based on the amount of time that permits.*
2. *A soloist may perform a maximum of 2 solos, but must be in different categories. A dancer may not be registered for more than a total combination of 3 routines.*
3. *Division levels are based on an average age. 11-13 junior high/ 14-15 JV/ 16-18 varsity, please round-up when taking the average. Ages are determined as of July 1<sup>st</sup>, 2011.*
4. *Performance times for the competition will be emailed to coaches 10 days prior to summer intensive.*

*Method of Payment:*

1. **ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTESIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCPETED. ALL PAYMENTS ARE FINAL. ABSOLUTELY NO REFUNDS!**
2. Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! *Sending one without the other will not hold your spot in this venue.*
3. Send all entries by mail to:  
 PUSH THE LIMIT, IDTA SUMMER INTENSIVE  
 ATTN: Lynn Gelatka  
 9102 Maplewood St.  
 St. John, IN 46373

# PUSH THE LIMIT

## IDTA Summer Intensive – Student Roster

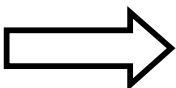
### July 22<sup>nd</sup> - 24<sup>th</sup>, 2011

Name of Participants	Attending Workshop	Competing	T-Shirt Size
	Y/N	Y/N	any size
<i>Participants must attend the workshop in order to participate in the competition.</i>			
1. _____ <u>(COACH)</u>	_____	_____	_____
2. _____ <u>(COACH)</u>	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____
7. _____	_____	_____	_____
8. _____	_____	_____	_____
9. _____	_____	_____	_____
10. _____	_____	_____	_____
11. _____	_____	_____	_____
12. _____	_____	_____	_____
13. _____	_____	_____	_____
14. _____	_____	_____	_____
15. _____	_____	_____	_____

<u>IDTA MEMBERS</u>	<u>NON-IDTA MEMBERS</u>
No. of dancers attending workshop _____ x \$185= _____	No. of dancers attending workshop _____ x \$190= _____
No. of coaches attending workshop _____ x \$65= _____	No. of coaches attending workshop _____ x \$70= _____
No. of solos performing _____ x \$30 = _____	No. of solos performing _____ x \$35 = _____
No. of duets/trios performing _____ x \$60= _____	No. of duets/trios performing _____ x \$65 = _____
No. of small groups _____ x \$90= _____	No. of small groups _____ x \$95 = _____
No. of 2010 PTL scholarships (Full) _____ - \$185= _____	No. of 2010 PTL scholarship (Full) _____ - \$185= _____
Total amount of 2010 PTL competition scholarships received = _____	Total amount of 2010 PTL competition scholarships received = _____
<i>Grand Total payable to:</i>	<i>Grand Total payable to:</i>
IDTA Push the Limit, Summer Intensive= _____	IDTA Push the Limit, Summer Intensive= _____

#### **IDTA SUMMER CAMP & COMPETITION RELEASE**

*I hereby release all directors, officers, or representatives of this event from any and all claims for damages or injuries sustained while participating in any activity related to this summer intensive. The proper signing of this agreement on this form is a condition of participation in this camp & competition event.*



\_\_\_\_\_  
Signature of Coach/ Parent/Guardian

\_\_\_\_\_  
Date

## Push the Limit Do's and Don'ts

- Registration bracelets must be worn throughout the convention
- Quiet must be maintained at all times during instruction
- Coaches/chaperones are to be actively present in or around the designated ballroom areas when dancers are present or competing
- Dancers must wear cover-ups when leaving the convention area
- Food is not permitted in the ballrooms
- Please keep all areas clean and free of litter, especially restrooms.
- Misconduct of any kind will not be tolerated as determined by the *Push the Limit* staff and IDTA representatives. Infractions may result in immediate dismissal from the venue.
- ***All dancers are to be in their rooms by 11:00 pm, lights out. A security officer will be patrolling the hallways from 11pm- 6am, to prohibit any misconduct and disruptiveness.***

## OFFICIAL RULES & GUIDELINES

1. All dancers competing in the competition or attending the workshop must be a registered high school/junior high student
2. A minimum of one chaperone from the attending high school must be registered for the intensive.
3. No parents/spectators are allowed to attend the workshop. However, we welcome all parents/spectators to attend the competition portion of the intensive at no admission fee.
4. All competition and workshop entries will be accepted on a first come first serve basis. The number of solos and duets/trios allowed at the competition will be based on the amount of time that permits.
5. A soloist may perform a maximum of 2 solos, but each must be in different categories. A dancer may not be registered for more than a total combination of 3 routines.

### CATEGORIES

Hip Hop	Ballet	Contemporary
Jazz	Pom	Musical Theater
Modern	Kick	Lyrical

6. All competition entries have a maximum time limit of 3:00 min.
7. 

<u>ENTRY FEES (IDTA members)</u>	<u>ENTRY FEES (non-IDTA members)</u>	<u>Workshop fee Includes:</u>
Solo.....\$30	Solo.....\$35	3 days instruction by professionals dancers
Duo/Trio..... \$60	Duo/Trio..... \$65	Breakfast & Lunch for both days
Small Group..... \$90	Small Group.....\$95	Push the Limit t-shirt
Workshop fee..... \$185/dancer	Workshop.....\$195/ dancer	(Coach) admission to coaches forums
Coach fee.....\$65	Coach Fee..... \$75	*Price does not include hotel room
8. ***ONLY ONE PAYMENT WILL BE ACCEPTED TO COVER ALL COMPETITION & WORKSHOP FEES. SCHOOL CHECKS OR MONEY ORDERS ONLY! PAYABLE TO "PUSH THE LIMIT, IDTA SUMMER INTENSIVE". NO PERSONAL CHECKS/CREDIT CARDS, OR CASH WILL BE ACCPETED. ALL PAYMENTS ARE FINAL. ABSOLUTELY NO REFUNDS!***
9. Entry fees for the competition and workshop must accompany the entry forms. No Exceptions! *Sending one without the other will not hold your spot in this venue.*
10. All competition entries must be suitable for family viewing. Inappropriate routines, choreography, costumes and/or music could result in point reduction or disqualifications as deemed by the judges. The decisions of the judges are final.
11. Routines are permitted to have handheld props. Dangerous props are not allowed, which is a type of prop that has the CAPABILITY of causing any injury or compromising performance space.
12. There are no performance penalties given at the competition, except for illegal knee slams. Performers may wear any type of dance shoe, barefoot, jewelry, make-up and appropriate costume.

## SENIOR CLASS

Push the Limit is now offering exclusive choreography, personal attention, and a smaller class setting to all participants who are going to be seniors at their high school for the 2011-2012 school year. Those that attend this class will be eligible for an assistant position to the choreographers at next year's Push the Limit. In addition, at the conclusion of the class, dancers will also get the opportunity to have an open forum with the choreographers and discuss dance goals, career plans, tips and insider's view of the dance industry. This class is not mandatory to attend, but a great way to receive personal attention from the choreographers and possibly earn an assistant position for next year!

## **COMPETITION SCORING GUIDELINES**

1. *Push the Limit* competition will be adjudicated by the professional choreographers. Each judge has a total of 100 points to award to each routine. Routines are judged as a total entity with points be awarded but not limited to: choreography, technique, showmanship, presentation, precision and costuming.
2. The score sheets for each routine will be given to coaches at the conclusion of the competition.
3. Decisions of the judges are final. Coaches/dancers are not permitted to discuss scoring, comments or results with judges.

## **Competition Awards**

1. Medals will be presented to all participants in each category.
2. The over-all top 3 routines in each division (junior high, JV and varsity) in each solo, duet/trio and small group will receive a trophy.
3. The first place winners will receive a full scholarship to the 2011 Push the Limit Summer Intensive. For the duet/trio and small group winners, the full scholarship will be divided among the winners in equal amounts.

## **Workshop Awards**

1. During classes the choreographer may distribute “outstanding effort” ribbons to dancers they feel are pushing their own limit. Each participant has the opportunity to receive multiple ribbons for each class they attend.
2. During the workshop classes, the professional choreographers will be on the lookout for the “push the limit dancer”. This is a person who sticks out in the crowd, trying their hardest and “pushing their own limit.” There will be 6 recipients of this award, and all six chosen will receive a full tuition scholarship to the intensive the following year.
3. In the case of a senior dancer, she is able to pass it along to any team member, which must be put in writing and signed by both the dancer and the coach. Failure to comply with this rule will result in a forfeit of this scholarship.
4. This award is not refundable.
5. All recipients of this award will be presented with a certificate at the conclusion of the workshop.

## **Workshop Levels & Class Attire**

1. We strongly recommend that your team dresses in attire that will allow the freedom to move, stretch, bend and be comfortable in. We do not require “matching camp clothes”, but they are acceptable. Dance attire such as booty shorts, t-shirts, tank tops, leotards, etc. is what is commonly worn during class.
2. We recommend that your team wears shoes that are appropriate for each class. For example, Hip Hop & Pom tennis shoes, contemporary- bare feet, turns & leaps and jazz- jazz shoes. If you do not have shoes for every class, we recommend whatever feels natural and best for the dancer. (Socks are allowed)
3. Beginner level class description:
  - a. For students who don't have, or rarely have, any experience in that specific genre of dance.
  - b. Some of the terminology used in that specific genre of dance would be fairly new.
  - c. The dancer needs guidance on how execute movements with proper technique.
  - d. The instructor gives choreography at a slower pace and focuses on how to get better technique and performance from the dancer.
4. Intermediate level class description:
  - a. For students with a fair amount of experience in that specific genre of dance.
  - b. The dancer would know terminology and have a basic understanding of what is required technically in that specific genre of dance.
  - c. The dancer needs no guidance on basic movements, but needs help with proper technique on more difficult movements.
  - d. The instructor can give choreography at a reasonable pace.
5. Advanced level class description:
  - a. For students who have many years of training/experience in that specific genre of dance.
  - b. The dancer has complete understanding of the terminology and understands fully the technique required for that specific genre of dance.
  - c. The instructor can give challenging choreography at a moderate/fast pace.