

EMBODY DANCE CONFERENCE

ROCHESTER, NY- FRIDAY, FEB 7

| | SENIOR&TEEN | JUNIOR | MINI | SEMINARS |
|--------------|--|--------|------|----------|
| 11:30AM | EMCO PERFORMERS CHECK IN OPENS | | | |
| 12:00-2:00PM | EMCO REHEARSAL- JUNIOR ROOM | | | |
| 2:00-2:30PM | STUDIO WELCOME RECEPTION AND CHECK IN DIRECTORS & TEACHERS | | | |
| 2:30PM | DRESSING ROOMS OPEN | | | |
| 3:30PM | COMPETITION BEGINS | | | |
| 4:00-5:00PM | "DANCE LAB: THE SCIENCE OF DANCE PERFORMANCE" - MINI ROOM MORIJAH THOMAS | | | |
| 5:00-6:00PM | CONTEMPORARY FUSION- ALL LEVELS - MINI ROOM CAT COGLIANDRO | | | |
| 6:15 PM | AWARDS 1 MINI AND JUNIOR SOLOS, DUOS AND TRIOS | | | |
| 9:30 PM | AWARDS 2 TEEN SOLOS TEEN AND SENIOR DUOS AND TRIOS IMPROV COMPETITION | | | |

ROCHESTER, NY- SATURDAY, FEB 8

| | SENIOR&TEEN | JUNIOR | MINI | SEMINARS |
|---------------|--|--|--|--|
| 7:00-11:00AM | CHECK IN OPENS | | | |
| 7:30 AM | OPENING SESSION ALL DANCERS- SENIOR&TEEN ROOM | | | |
| 8:00-9:00AM | CONTEMPORARY FUSION CANYON CLASS STANDOUT COMBO | STREET JAZZ KEENAN CLASS STANDOUT COMBO | 8:00-9:00AM JAZZ CADE | |
| 9:05-10:05AM | TAP TOMMY | MENTAL HEALTH IN DANCE BREANNA | 9:00-10:00AM CONTEMPORARY ALEXA | 9:05-9:55AM "STRATEGIES FOR WEEKEND WELLNESS" (DIRECTORS & TEACHERS) MORIJAH THOMAS |
| 10:10-11:10AM | MENTAL HEALTH IN DANCE BREANNA | JAZZ CADE | BREAK | 10:10-11:00AM "SUPPORTING YOUR DANCER DURING CONVENTION WEEKENDS" (PARENTS & GUARDIANS) MORIJAH THOMAS |
| 11:10-12:00PM | BREAK | | 10:30-11:15AM MUSICAL THEATRE TOMMY | |
| 12:00-1:00PM | CONTEMPORARY FUSION CAT | CONTEMPORARY FUSION CANYON | 11:15-12:00PM MINDSET SKILLS BREANNA | 12:00-12:50PM "ESSENTIAL STRATEGIES FOR DANCE PARENTS" (PARENTS & GUARDIANS) BREANNA MYERS |
| 1:05-2:05PM | STREET JAZZ KEENAN | BALLET JAMAL | | |
| 2:05 PM | | DRESSING ROOM OPENS | DRESSING ROOM OPENS | DRESSING ROOM OPENS |
| 3:30 PM | COMPETITION BEGINS | | | |
| 6:45 PM | AWARDS 1 ALL GROUPS LINES AND PRODUCTIONS | | | |
| 10:00 PM | AWARDS 2 SENIOR SOLOS | | | |

| ROCHESTER, NY- SUNDAY, FEB 9 | | | | |
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| | SENIOR&TEEN | JUNIOR | MINI | SEMINARS |
| 7:30-8:15AM | EMCO REHEARSAL- SENIOR&TEEN ROOM | | | |
| 8:15-8:30AM | CLASS STANDOUT REHEARSAL- SENIOR&TEEN ROOM | | | |
| 8:30-9:30AM | JAZZ CADE | STREET JAZZ KEENAN | 9:30-10:30AM PARENTS HIP HOP CLASS KEENAN | |
| 9:35-10:35AM | BALLET JAMAL | MENTAL HEALTH IN DANCE BREANNA | 10:45-11:30PM CONTEMPORARY CANYON | |
| 10:40-11:40AM | MENTAL HEALTH IN DANCE BREANNA | CONTEMPORARY ALEXA | 11:45-12:30PM MINI ON-STAGE REHEARSAL WITH CADE (SENIOR&TEEN ROOM) | 10:45-11:30AM "DIRECTORS' ROUNDTABLE" (DIRECTORS & TEACHERS) OLIVIA ZIMMERMAN |
| 11:40-12:30PM | BREAK | | BREAK | |
| 12:30-1:30PM | STREET JAZZ KEENAN | TAP TOMMY | 1:00-1:45PM BALLET JAMAL | 12:30-1:20PM "THE TEACHER'S TURN" (DIRECTORS & TEACHERS) BREANNA MYERS |
| 1:35-2:35PM | CONTEMPORARY ALEXA | CONTEMPORARY FUSION CAT | 1:45-2:30PM HIP HOP BREANNA | |
| 2:35 PM | | DRESSING ROOM OPENS | DRESSING ROOM OPENS | DRESSING ROOM OPENS |
| 3:15 PM | CLOSING SHOW SCHOLARSHIP CEREMONY FACULTY PHOTOS | | | |