

## WHAT DID THEY SAY?

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*Here are some of the terms used in Irish Dance that may be new to you.*

**Feis** (fesh)- An Irish dance competition. Dancers compete against other dancers of the same age and level. The Buffalo Feis is usually the first Saturday in June. There are other local competitions in Syracuse, Rochester, Niagara Falls and Canada from April to November.

**Oireachtas** (O-rock'- tus) - Annual competition of team and solo dancing for the entire region. NY, NJ, DE and parts of PA belong to the Mid-Atlantic Region which holds their Oireachtas in Philadelphia on Thanksgiving Weekend. Teams and soloists are determined by our teachers. Other major competitions include Nationals, All Irelands, Great Britains and the Worlds.

**Sock Glue** - Yes, you heard that right, the dancers in shows and competitions will use this to keep their socks up. Often teams will try to match the height of everyone's socks for a more uniform appearance. It washes off very easily!

**Wigs** - No, we don't spend hours curling their hair (anymore)! Wigs are matched to the dancer's natural hair color.

**NAFC**—the North American Feis Commission is the governing board for North American Irish dance competitions. Check their website for a listing of competitions in US & Canada.

## WHAT ELSE DO WE NEED TO KNOW?

Class attire: shorts and a t-shirt, long hair should be tied back in a ponytail. Beginners are fine dancing in socks.

Irish Dancing is also a competitive sport! Beginner Dancers who are ready to compete (teacher will notify you) will need to purchase soft shoes and Irish dance (bubble) socks. A beginner jumper is available but a white collared shirt with a black skirt for girls (pants for boys) is also appropriate for beginner competitions. Check with teachers regarding how hair should be worn as Beginner dancers do not wear wigs.

We consider our parent organization to be a work in progress. Let us know if you have any questions. Your input is greatly appreciated!



*Visit our website at  
[www.buffaloirishdance.com](http://www.buffaloirishdance.com)*

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**Locations:  
Kenmore  
Orchard Park**

## WELCOME NEW FAMILIES

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**Clann Na Cara  
Irish Dance**

*"A Family of Friends"*

## CNC Parent Organization Information Packet

### CNC Parent Organization Board

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*We'll be happy to answer any questions!*

# Clann Na Cara

# Irish Dance School

# Informational Packet

Welcome to the Clann Na Cara Irish Dance School. Our name translated to English means "A Family of Friends". We hope you find this just as appropriate as we do!



## PARENT'S ORGANIZATION

The Parent's Organization was formed to work together with the teachers for the benefit of our children. We will have meetings every term and all parents are encouraged to attend. Check the website for details. Our responsibilities include socials, fund raising, parades and shows which are our main source of funds!

Every parent is automatically a member of our organization. Participation is strongly encouraged and is vital to our success! Beginner parents are asked to donate cake mix for our Whiskey Cake Fundraiser. Our message board will list other volunteer options if you are looking for more opportunities to help out your first year.

All CNC locations are equally involved in all we do. We hope you take advantage of these opportunities to meet the other dancers and their families. Then you will truly be a part of our "Family of Friends"

## COMMUNICATION

The Website is our **main form** of communication for parents and teachers alike.

*Check often  
for important  
information!*

Our Website is :

<http://www.buffaloirishdance.com>

You will find information on our teachers, class schedules, upcoming events and more. Please remember to check the site routinely!



Hoping to have your dancer show you what was learned at class?

It can be confusing to find the just right tune!  
Below are the exact songs that the kids dance to in class:

Artist: Feistunes

Album: Sweets For Your Feet

Songs: Reels, Slip Jig

(There are a few of each, any of them are fine.  
The slip jig is a "girls only" dance)

Artist: Anton and Sully

Album: The Feis Album Volume II

Songs: Light Jig (this is the "jig" that all beginners learn)

## SHOES

Beginner dancers start out using only soft shoes or Ghillies. These shoes are made of soft leather which may stretch over time. Buy to fit tight! Ghillies are used by all levels of dancers. Expect to pay \$50 new.

When your dancer progresses to the advanced beginner level, hard shoe dances will be introduced. The hard shoes are also known as Hornpipes or jig shoes. Beginner hard shoes have more support than ones worn by more experienced dancers. These shoes should also fit well so the foot can't slide around. Expect to pay close to \$150 new.

\*Helpful Hint: Used shoes are sometimes available from other dancers. Check the web site often under "Buy & Sell".

## DANCE LEVELS

Dancers all start at the beginner level. Moving up to the next step is a very individual accomplishment. Choosing to compete is optional but Feis results can help determine if and when a dancer advances. Check with your child's teacher to find out if they are ready to compete. Here is a list of the dance levels in order of progression:

