

Press Release

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For Immediate Release

Studio 180 Dance Faculty Keynote Speakers for Anne Arundel County Professional Staff Development Day

Ellicott City, MD (August 2008) – Tuesday, August 19, three of the faculty members of Studio 180 Dance—ballerina/aerialist , Brooke; aerialist/dancer, Meghan; and aerialist/dancer, Dianna; with owner/artistic director/dancer, Katie Carpenter, delivered their *Dance Hard/Dance Strong*© program for athletic directors, coaches and teachers in Anne Arundel County. The program, conducted by the Office of Health, Physical Education, and Dance of Anne Arundel County Public Schools, was held at North County High School. The *Dance Hard/Dance Strong*© curriculum created by Studio 180 Dance in Annapolis, Maryland, demonstrates the benefits of dance instruction to support skill development, stamina, aerobic and anaerobic conditioning, muscle and strength training, flexibility, injury prevention, endurance, balance, agility, and patterning in all sports. Keynote Speaker, Katie Carpenter, explained the athletic benefits of dance training to traditional sports training, as the dancers performed.

“We were so delighted to have the opportunity to present our Dance Hard/Dance Strong© curriculum to Athletic Directors and Physical Education experts. The connection between dance and sports training is such a positive, complementary relationship; we hope to work with athletes across the sports spectrum .” Katie Carpenter

Studio 180 Dance offers instruction in the traditional disciplines of ballet, pointe, tap, jazz, modern, hip hop, and lyrical as well as aerial dance; hosts a competitive dance team; and a professional company for adult dancers. Studio 180 Dance welcomes all dancers, beginner through professional levels, child through adult. Dancers are placed by age and ability level, starting with Baby Aerial classes for parent & child, 2-3 and 4 years old, and preparatory classes in all disciplines for 5 and 6 year olds.

Also opening this fall, Annapolis Dancewear is located at 131B Gibraltar Avenue. Annapolis Dancewear will carry a complete line of dancewear and will stock gear and costumes specific to the requirements of individual dance studios, cheerleading squads, teams, and liturgical groups. For more information visit www.annapolisdancewear.com .

Classes at Studio 180 Dance begin September 8. Registration is now open. For more information, to schedule a performance, and to register, please visit www.studio180dance.com or call 443.812.9386.

The faculty invites you to join them for the Grand Opening and Ribbon Cutting, 10 am Monday, September 8. The Studio 180 Dance faculty also performed August 5 for Annapolis

