

PLAID NEWSLETTER

Summer Fun!

This summer is packed with lots of fun-filled events! Irish Fair is coming up in a few weeks, followed by the month of JULY!!!!

July is going to be AMAZING!! But I may be a little biased since I helped set up July's events :D They're all really really fun though! All of these events are listed on page 2.

We also have some hotel information for the Oireachtas and the Nationals. The Master Workshop is fast approaching and July's conditioning classes will make it that much easier. Hope you enjoy the newsletter!! :D

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Fun at the World Champ's



World 8H Team



**Dream It, Believe It,
Achieve it!**

News and Updates

Irish Fair

Irish Fair is by far my favorite Feis because it is more than just a competition! Irish Fair is a big, well, Irish fair! It boasts Irish food and drink, Irish music, Irish blacksmithing, Irish crafts, Irish sheepherding dogs, Irish everything!

The fair is an all weekend event and has something for everyone. So be sure to bring your friends and family to the fair!

The fair is located at Oak Canyon Park, next to Irvine Lake. Visit http://www.irishfair.org/html/irish_fair.html for detailed directions and more info.

July Feis

The Maitiu O'Maoileidigh Summer Feis (boy is THAT a mouthful!) is coming up on July 28th and 29th. The Feis is held in Irvine at the Hilton hotel next to John Wayne Airport. Be sure to sign up before July 20th!!

For more info visit http://www.celticgold.com/Celtic_Gold/OMaoileidigh_Feis.html.

Master Workshop and July Schedule

The Master Workshop with Gerard Carson will be held on August 3rd, 4th, 6th, 7th, and 8th. The workshop will include new material and technique perfection. Check your email for details.

Although the Master Workshop has a fee, the July workshops and outings are included in the July tuition amount and are

open to everyone! These are from July 9th through August 2nd and **replace the regular dance schedule.**

Every Monday, Wednesday, and Friday from 9:30a-12:30p at the Fullerton Studio, there will be a technique and conditioning class for Intermediate and Advanced level dancers. Every Tuesday and Thursday there will be a planned outing open to everyone including parents, friends and siblings! The outings schedule is shown below. There may be fees for parking and various other things so we will keep you posted.

July 10: Pool Day (to be announced)

-at the moment we plan to make this a swimming exercise day, but it might turn into a pool party :D

July 12: Deimer Trail Loop (Chino Hills)

-A mildly hilly nature trail loop through Chino Hills State Park.

July 17: Santa Ana River Trail Biking, or Huntington Beach bike rentals

-For those who have bicycles, meet at JJ's super-secret 5-mile mark, bike to the beach, and meet the rest of the group.

-For those who do not have a bike, meet Michelle at Huntington Beach to rent bikes and cruise the beach.

July 19: Huntington Beach

-A day at the beach, but for exercise! We will be doing 'beach walking,' which improves ankle strength and stability.

July 24: Fullerton Loop towards Laguna Lake

-A section of the Fullerton Loop starting behind Ralphs on Harbor Blvd, and ending at beautiful Laguna Lake. Mostly flat and perfect for running or walking.

July 26: No Activity

-Due to the Beginner Workshop, there will be no activity this day.

July 31: Claremont Loop

-A runner's trail right off the 210 that's perfect for running, jogging, or walking!

August 2: Hike to Holy Jim Falls (Trabuco Canyon)

-A lovely 5-mile hike to the beautiful Holy Jim Waterfall.

News and Updates

Beg. Workshop

The Beginner Workshop on July 24th, 25th, and 26th will prepare dancers for the July feis (Maitiu O'Maoileidigh Summer Feis) as well as get everyone back on track for Aug.

Watch your email for times. (NOTE: This workshop is covered by July tuition)

This class is open to Shamrocks, New Beginners, Beginner Soft Shoe and Hard Shoe. A sign-up sheet will be posted in the studio soon.



Oireachtas!

This year's Oireachtas is being held in Seattle, Washington! The venue, the Hyatt Regency Bellevue, is to say the least pretty fancy looking :D

Rooms are \$139 for single to quad occupancy. Here is part of an email sent to Michelle regarding the rooms: "Room block for the general public will open on **June 15th at 8am**. Please note that any rooms booked by non-teachers **prior to June 15th** will be **automatically canceled** once the block opens on the 15th."

Be sure to reserve your room, but only **AFTER June 15th**!

Nationals

We're going to Chicago!!!! Well, eight of our dancers are at least. Julia Straszewski, Sarah Hsieh, Tricia Deyo, Tasha Straszewski, Becky Sanders, Bethany Hsieh, Anna Hsieh, and Tara Linehan will all be competing in the National championships this year!

The competitions will be taking place at the Sheraton Chicago Hotel and Towers and the adjacent Hyatt Regency Chicago hotel will host the awards ceremony.

The IDTANA has secured a 5% air travel discount for those who book their flights with American airlines through their website. More details can be at the Nationals website here: http://www.idtana.org/2012_north_american_ish_dance.htm.



Oireachtas 2011

"Hard work beats talent when talent fails to work hard"

- Kevin Durant

Health and Fitness

When to Eat; Before or After Exercise?

This is an interesting question that has a common sense answer, but it is not the clearest. I have heard both sides of this argument and both have very strong evidence, but with the completion of a new study, a definite answer emerges.

This study used morning exercise and breakfast as their focus, but it applies to exercise at any time in the day. The test groups did everything exactly the same except for one thing: one group ate breakfast before exercising (FED group) and the other ate breakfast after exercising (FST group).

What the study found was that participants in the FED group burned more fat both initially and throughout the day. That's nice to say, but where's the proof? I will post a link to the study's results at the end of this article for more details, but I will sum it up for you here.

The study used two measurements to decide which group burned more fat: Oxygen Consumption, and Respiratory Exchange Ratio (RER).

For weight loss, oxygen consumption must be high. Higher oxygen consumption means your body is burning more energy. So, the higher the oxygen consumption, the more calories are being burned. The FED group had higher oxygen consumption results than the FST group.

Respiratory exchange ratio is a measurement of the amount of nutrients being used by the body. As RER decreases, the body stops using temporary fuels like carbohydrates and protein and instead uses fat. So, the lower RER you have the more fat your body burns. The FED group had lower RER results than the FST group.

This study took both measurements at two intervals, 12 hours after exercise and 24 hours after exercise. The FED group showed greater fat loss at both intervals, which means that eating before exercising is a much better way to exercise!

Eating a light meal before dance that has good carbohydrates, fats, and proteins, like fruits, vegetables, whole grains, and lean meats. Experiment with the amount of food and the types of food to see what works for you. Look for foods easily digestible. Bring fruit and some form of protein along with you to class (Almonds are a good choice) to replenish your fuel if you need to.

At the beginning of this article I mentioned that this conclusion was a common sense answer, and I'll explain why.

Our bodies are designed to survive. When we have low fuel, our bodies cling to their fuel reserves – fat. This is called “starvation mode.” When we wake up, our body has little to no fuel left and when we then ask it to perform strenuous tasks like exercise, it enters “starvation mode” and hangs onto its fat reserves. So these test results are obvious when you think about it.

Moral of the story is: **BE SURE TO EAT BEFORE YOU GO TO DANCE!!!** Your body needs the fuel and nothing but good can come of it. That's a scientific fact ;)

