

WELCOME!



ALLENTOWN, PA
AUGUST 4, 2024

FACULTY

EMBODY DIRECTORS

OLIVIA ZIMMERMAN (she/her)
Executive Director

CADE CLARK (they/she)
Creative Director

FACULTY



KEENAN COOKS
(he/him)
Street Jazz



CAT COGLIANDRO
(they/them)
Contemporary Fusion



**CANYON
CARBALLOSA**
(they/them)
Contemporary Jazz



BREANNA MYERS
(she/her)
Mental Health in Dance
& Hip Hop



CADE CLARK
(they/she)
Jazz

INFORMATION

Venue



Delta Hotels Allentown Lehigh Valley

7736 Adrienne Dr,
Breinigsville, PA 18031

[Explore Lehigh Valley
Food & Restaurants Nearby](#)

Accessibility

Click [HERE](#) to access our accessibility & accommodations form where you can let us know how we can accommodate your accessibility needs.

Studio Check In

Check in begins at 8:00am- At check in, studio representatives will pick up their dancers' convention registration materials. Registration materials include, dancers' name tags, wristbands, studio representative badges and any pre-purchased observer bands.

Independent Dancer Check In

Check in begins at 8:00am- When checking in, independent dancers under the age of 18 must be accompanied by a parent or guardian. Dancers will pick up their name tag and wristband.

Numbers and Wristbands

All dancers will receive a wristband and a name tag with an assigned convention number, both are to be worn at all times during the event.

Pronouns

Feel free to stop by Check In to add your pronouns to your name tag! It is not mandatory, but if you are comfortable doing so, sharing your pronouns helps contribute to an inclusive environment.

INFORMATION

Observers

Parents and Guardians may observe all classes and seminars with the purchase of an observer band. Observer bands are available for purchase at Merchandise. Please note that observer bands cannot be transferred or refunded.

For the safety of all dancers, observer bands must be worn at all times when watching classes or participating in seminars. Individuals not wearing a wristband will not be permitted to enter the dance area.

Age Breakdown

Room 1- Dancers ages 13 and Over Rooms 2- Dancers ages 12 and Under
Age as of January 1st 2024. Please note that only Studio Representatives may bump dancers into the upper level room.

“Strategies for Weekend Wellness: Enhancing Dancers Convention Performance” with Morijah Thomas

Seminar is open to Teachers and Guardians

Join Morijah as she addresses the demands of the convention dancer: Energy, Support Systems, Stamina, Confidence, and Motivation.

“We will discuss different ways we can incorporate tools in our pedagogies to help combat delayed-onset muscle soreness, fatigue, performance anxiety, low self-esteem & injuries using an acronym I created- CARE.”

Scholarship Ceremony and Faculty Photos

At 4:30pm, all dancers will meet in Room 1 for a scholarship presentation with the faculty. Faculty will be available for group photos after scholarships are awarded.

Sweet Treat

But wait! What’s a better way to celebrate Melt than having ice cream with your new dance friends?! Before you leave, we invite you to visit our free sundae station in the hotel restaurant. Ice pops will also be available for dancers with dietary restrictions.

SCHEDULE

SUNDAY- AUGUST 4TH		
	Dancers 13+ Room 1	Dancers 12 and Under Room 2
8:00-8:30 am	Check In	
8:30-9:00 am	Warm Up- Room 1	
9:00-10:00 am	Hip Hop Bre	Contemporary Canyon
10:05-11:05 am	Contemp Fusion Cat	Mental Health in Dance Bre
11:10-12:10 pm	Mental Health in Dance Bre	Street Jazz Keenan
12:10-1:15 pm	Break	
1:15-2:15 pm	Jazz Cade	Contemp Fusion Cat
2:20-3:20 pm	Contemporary Canyon	Jazz Cade
3:25-4:25 pm	Street Jazz Keenan	Hip Hop Bre
4:30-5:00 pm	Scholarship Ceremony- Room 1	
5:00 pm	Ice Cream	

9:00-10:00 am	“Strategies for Weekend Wellness: Enhancing Dancers Convention Performance” with Morijah Thomas Parents and Teachers- Room 3
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**THANK YOU
FOR
DANCING
WITH US!**