# Training School

FRIDAY • NOVEMBER 7, 2025



8:00AM-10:10AM • AMY LOWE

#### **Revolutionary Principles of Movement**

Join master teacher and RPM Director Amy Lowe for an in-depth look at the *Three Core Principles of Movement*—the foundation of RPM's 14-principle, science-based ballet methodology. Developed from over 70 years of research, these principles provide teachers with practical tools to correct technique, build strength, and prevent injury, while helping studio owners create consistent training, accelerate student progress, and enhance retention. Walk away with strategies you can implement immediately to elevate both your teaching and your dancers' performance.

10:20AM-12:30PM

#### **Ballet Class**

Amy will guide you through a Ballet Technique class that applies the *Revolutionary Principles Movement* method.



1:30pm-3:40pm · JEREMY PLUMMER

## **Jazz Warm-Ups and Progressions**

Gain valuable teaching material with Jeremy's offering of warm-up combinations and progressions for your jazz curriculum.



3:50pm-6:00pm • JILL KENNEY

## **Tap Warm-Ups and Progressions**

Join Jill for a session focused on building your library of tap warm-ups and progressive drills.



# 2025 FALL WORKSHOP



#### Friday, November 7

8:00 pm CNADM Registration Desk Open for Early Check-In | Mahogany Foyer

8:30 pm President's Welcome Reception for Teachers | Suite 5321

	r	ı	Saturday, N	ioverriber o	1			
Teachers	Yellow (16y+)	Green (14-15y)	White (13-14y)	Blue (12-13y)	Red (10-11y)	Purple (9-10y)	Orange (7-8y)	
Mahogany IV-VI	Sapphire Pavilion	Mahogany VII	Mahogany I-III	Sienna III-IV	Sienna I-II	Ivory	Slate	
Registration Desk Opens 7:00	Student Honors Written Testing 7:00-8:00 (Cyan Room)							
	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30	Welcome & Photo 8:00-8:30		
Therapeutic Barre 8:30-9:30 Amy Lowe	Musical Theatre 8:30-9:30 Shanna VanDerwerker	Modern 8:30-9:30 Michael Foley	Afro-Cuban 8:30-9:30 Victor Alexander	Modern 8:30-9:30 Kesha Milenkovic	Tap 8:30-9:30 Jill Kenney	Contemporary 8:30-9:30 Kaytee Cox	Welcome & Phot	
			10min Break				9:30-9:45	
Afro-Cuban 9:40-10:40 Victor Alexander	Modern 9:40-10:40 Michael Foley	Musical Theatre 9:40-10:40 Shanna VanDerwerker	Ballet 9:40-10:40 Stacy Keller	Tap 9:40-10:40 Jill Kenney	Lyrical 9:40-10:40 Jeremy Plummer	Street Dance 9:40-10:40 Jackie Lopez	Modern 9:45-10:30 Kesha Milenkovi	
			5min Break				15min Break	
Musical Theatre 10:45-11:45 Shanna VanDerwerker	Afro-Cuban 10:45-11:45 Victor Alexander	Ballet 10:45-11:45 Stacy Keller	Modern 10:45-11:45 Kesha Milenkovic	Jazz 10:45-11:45 Jeremy Plummer	Contemporary 10:45-11:45 Kaytee Cox	Tap 10:45-11:45 Jill Kenney	Street Dance 10:45-11:30 Jackie Lopez	
11:45 Discover CNADM (Mahogany IV-VI) Lunch Provided 12:30 Member Meeting (Cyan) Lunch Provided	Lunch 11:45-1:00 Student Honors Demonstrative Testing 11:45 (Applicable Ballroom)							
Jazz 1:00-2:00 Kesha Milenkovic	Tap 1:00-2:00 Jill Kenney	Street Dance 1:00-2:00 Jackie Lopez	Contemporary 1:00-2:00 Kaytee Cox	Afro-Cuban 1:00-2:00 Victor Alexander	Modern 1:00-2:00 Michael Foley	Musical Theatre 1:00-2:00 Shanna VanDerwerker	Ballet 1:15-2:00 Stacy Keller	
			10min Break				15min Break	
Street Dance 2:10-3:10 Jackie Lopez	Jazz 2:10-3:10 Kesha Milenkovic	Jazz (Wrap-Up Combo) 2:10-3:10 Jeremy Plummer	Musical Theatre (Wrap-Up Combo) 2:10-3:10 Shanna VanDerwerker	Contemporary (Wrap-Up Combo) 2:10-3:10 Kaytee Cox	Afro-Cuban 2:10-3:10 Victor Alexander	Ballet 2:10-3:10 Stacy Keller	Tap 2:15-3:00 (Wrap-Up Combo) Jill Kenney	
			5min Break					
Modern (Wrap-Up Combo) 3:15-4:15	Street Dance (Wrap-Up Combo) 3:15-4:15	Contemporary 3:15-4:15 Kaytee Cox	Jazz 3:15-4:15 Jeremy Plummer	Ballet 3:15-4:15 Stacy Keller	Jazz (Wrap-Up Combo) 3:15-4:15	Afro-Cuban (Wrap-Up Combo) 3:15-4:15		

5:00 Member Testing (Cyan)

Student Honors Presentation 5:45pm Student Competition 6:00pm (Mahogany Ballrooms)



			Sunday, N	ovember 9						
Teachers	Yellow (16y+)	Green (14-15y)	White (13-14y)	Blue (12-13y)	Red (10-11y)	Purple (9-10y)	Orange (7-8y)			
Mahogany IV-VI	Sapphire Pavilion	Mahogany VII	Mahogany I-III	Sienna III-IV	Sienna I-II	lvory	Slate			
Registration Desk Opens 7:30										
"Morning Mingle" 7:30-8:30 Continental Breakfast										
Contemporary 8:30-9:30 Kaytee Cox	Ballet 8:30-9:30 Stacy Keller	Afro-Cuban 8:30-9:30 Victor Alexander	Tap 8:30-9:30 Jill Kenney	Modern 8:30-9:30 Michael Foley	Musical Theatre 8:30-9:30 Shanna VanDerwerker	Street Dance 8:30-9:30 Jackie Lopez				
			10min Break							
Ballet 9:40-10:40 Stacy Keller	Afro-Cuban 9:40-10:40 Victor Alexander	Tap 9:40-10:40 Jill Kenney	Contemporary 9:40-10:40 Kaytee Cox	Musical Theatre 9:40-10:40 Shanna VanDerwerker	Street Dance 9:40-10:40 Jackie Lopez	Modern 9:40-10:40 Michael Foley	Jazz 9:45-10:30 Kesha Milenkovid			
			5min Break				15min Break			
Jazz 10:45-11:45 Jeremy Plummer	Contemporary 10:45-11:45 Kaytee Cox	Modern 10:45-11:45 Kesha Milenkovic	Modern 10:45-11:45 Michael Foley	Street Dance 10:45-11:45 Jackie Lopez	Tap 10:45-11:45 Jill Kenney	Ballet 10:45-11:45 Stacy Keller	Afro-Cuban 10:45-11:30 Victor Alexander			
12:00 Member Meeting (Cyan)	Lunch 11:45-12:30									
Tap 12:30-1:30 Jill Kenney	Jazz 12:30-1:30 Jeremy Plummer	Musical Theatre 12:30-1:30 Shanna VanDerwerker	Street Dance 12:30-1:30 Jackie Lopez	Afro-Cuban 12:30-1:30 Victor Alexander	Ballet 12:30-1:30 Stacy Keller	Jazz 12:30-1:30 Kesha Milenkovic	Lyrical 12:30-1:15 Kaytee Cox			
5min Break										
Modern (Wrap-Up Combo) 1:35-2:35 Michael Foley	Street Dance (Wrap-Up Combo) 1:35-2:35 Jackie Lopez	Jazz (Wrap-Up Combo) 1:35-2:35 Jeremy Plummer	Musical Theatre (Wrap-Up Combo) 1:35-2:35 Shanna VanDerwerker	Contemporary (Wrap-Up Combo) 1:35-2:35 Kaytee Cox	Jazz (Wrap-Up Combo) 1:35-2:35 Kesha Milenkovic	Afro-Cuban (Wrap-Up Combo) 1:35-2:35 Victor Alexander	Tap (Wrap-Up Combo) 1:35-2:35 Jill Kenney			
		,	WRAP-UP RALLY 2:45 Performances, Scho	,	)					