



**Saturday, May 13, 2023**

**1:00pm**



Welcome to The Dance Lab's 7th annual Spring Recital "Adventures On The High Seas!" This year's show features sailing and water-themed routines, sea creatures, mermaids, cruise ships, and much more oceanic splendor! The dancers have poured hours of what would be their "free time" into their dance training, and perfected these routines for your entertainment! Please show them your love and appreciation through your applause.

If you need to leave the theater at any time, please try to do so between routines. There is no photo or video allowed at any time during any of the performances. Professional videos are available to purchase by filling out the [online order form here.](#)



There will be a 15-minute intermission halfway through the show.

Please sit back, relax and enjoy "Adventures On The High Seas!"

*Joanie Lande ~ Founder and Owner*





*Sea Shanty.....Choreographer: Joanie Lande*  
*Opening Recital Production*

Dancers: Braelynn Abts, Blake Anderson, Helena (Lena) Benn, Annelise Borgmeier, Brooks Cousin, Ellis Cox, Emery Cox, Emma Crockett, Ellie Dickinson, Dorothea Faubion, Esme Gargollo, Maisie Gargollo, Hailey Gurtner, Benjamin Hargraves, Anna Henrichsen, Allison Humke, Eliana Johnson, Madeline Johnston, Rylie Keefe, Lyra Lande, Bailey Lent, Evie Lujero, Makenna Matzek, Lydya Miner, Sylvia Moore, Aubrey Mullenbach, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Katie Rendernick, Sarah Rendernick, Lydia Sinnwell, Ivy Sklenicka, Ava Stellpflug, Olivia Stenzel, Peyton Stenzel, Kennedy Stevens, Lauren Taraba, Mia Verdoorn, Javonna Wells-Pittman, Reese Wimpfheimer

*The Good Ship Lollipop.....Instructor/Choreographer: Kayla Kujak*  
*Creative Movement 1 (Wed)*

Assistants: Elayna Brownlow, Peyton Stenzel  
Dancers: Amelia Adamo, Elliott Bowman, Coraline Colglazier, Clara Fink, Lena Gehrking, Nova Gehrking, Diana Liebl, Reid Mohs, Teddy Munoz, Allie Smith

*Video Games.....Choreographer: Graceanne Rendernick*  
*Senior Solo*

Dancer: Graceanne Rendernick

*Riptide.....Instructor/Choreographer: Joanie Lande*  
*Jazz 6*

Dancers: Kate Alleckson, Eliana Carolan, Ellis Cox, Emma Crockett, Avery Epp, Dorothea Faubion, Anna Henrichsen, Amelia Krebs, Greenlee Laughlin, Makenna Matzek, Lydya Miner, Sarah Rendernick, Olivia Stenzel

*Deep Blue.....Instructor/Choreographer: Morgan Olson*  
*Contemporary/Modern 7*

Dancers: Annelise Borgmeier, Madeline Johnston, Rylie Keefe, Bailey Lent, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Lilly Solt

*Elusive Sea Creatures.....Instructors/Choreographers: Joanie Lande, Mikaela Sarran*  
*Acro 2/3 (Tues)*

Assistants: Hailey Gurtner, Katie Rendernick  
Dancers: Braelynn Abts, Helena (Lena) Benn, Natalie Brinkman, Cambree Buechel, Eowyn Gao, Julia Gooding, Alice Habermann, Katelyn Jones, Lyra Lande, Rosaline Lo, Anya Patri, Ivy Petzold, Milly Ptacek, Andrew Pulos, Lily Scott, Lauren Taraba, Mia Verdoorn, Evelyn Walker





*Beyond The Sea.....Instructor/Choreographer: Kayla Kujak*  
*Pre-Dance 1 (Wed 4:30)*

Assistant: Peyton Stenzel

Dancers: Genevieve Cole, Elizabeth Covington, Madeline Ennis, Sophia Fitzpatrick, Ella Haag, Julia Johnson, Bernadette Lien, Lyra Mihnyukevich, Eleanor Moore, Cora Petzold, Emiko Soderberg, Lily Welch, Miah Williams

*Stewards On The Sea.....Instructor/Choreographer: Liv Young*  
*Acro 4/5*

Assistant: Rylie Keefe

Dancers: Blake Anderson, Elayna Brownlow, Liliana Carey, Brooks Cousin, Emery Cox, Emmy Diehn, Ava Gagnon, Esme Gargollo, Hailey Gurtner, Katie Rendernick, Harper Sinnwell, Lydia Sinnwell, Peyton Stenzel

*Astronaut In The Ocean.....Instructor/Choreographer: Sandra Thomson*  
*Tap 6/7*

Dancers: Eliana Carolan, Ellis Cox, Emma Crockett, Dorothea Faubion, Greenlee Laughlin, Makenna Matzek, Lydya Miner, Olivia Stenzel

*Carrying the Banner.....Choreographer: Courtney Stellflug*  
*Performance Team ~ Petite Musical Theater*

Assistant: Annelise Borgmeier

Dancers: Natalie Brinkman, Lyra Lande, Rosaline Lo, Ivy Petzold, Ava Stellflug, Lauren Taraba

*Waves Of Grey.....Instructor/Choreographer: Mikaela Sarran*  
*Contemporary/Modern 3B*

Assistant: Bailey Lent

Dancers: Braelynn Abts, CeCe Freedman, Ellianna Johnson, Ayla Novak, Natalie Quiggle, Willow Whalen

*Pure Water.....Choreographers: Morgan Olson, Mikaela Sarran*  
*Performance Team ~ Advanced Competition Hip Hop*

Dancers: Annelise Borgmeier, Elayna Brownlow, Eliana Carolan, Ellis Cox, Emma Crockett, Emerson Domnick, Hailey Gurtner, Anna Henrichsen, Madeline Johnston, Rylie Keefe, Greenlee Laughlin, Makenna Matzek, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Katie Rendernick, Sarah Rendernick, Olivia Stenzel, Peyton Stenzel





*Coral Reef.....Instructor/Choreographer: Morgan Olson*  
*Ballet 2*

Assistants: Ellis Cox, Olivia Stenzel

Dancers: Helena (Lena) Benn, Natalie Brinkman, Jillian Denzer, Isabella Hager, Lyra Lande, Rosaline Lo, Mae Lunde, Clara Moore, Ivy Petzold, Alexis Rau, Arianna Robin, Lily Scott, Madilyn Snyder, Lauren Taraba, Anastasia Topel, Reese Wimpfheimer

*Deep Blue Sea.....Instructor/Choreographer: Daniela Wiepert*  
*Tap 4*

Assistant: Bailey Lent

Dancers: Blake Anderson, Liliana Carey, Brooks Cousin, Ellie Dickinson, Emmy Diehn, Ava Gagnon, Esme Gargollo, Hailey Gurtner, Allison Humke, Edileh Sheedy Roach

*Beyond The Sea.....Instructor/Choreographer: Liv Young*  
*Acro 6 / 7*

Dancers: Ellis Cox, Emma Crockett, Kari Faubion, Madeline Johnston, Rylie Keefe, Amelia Krebs, Greenlee Laughlin, Makenna Matzek, Macy Reckward, Graceanne Rendernick, Sarah Rendernick, Olivia Stenzel

*Fun In Bikini Bottom.....Instructor/Choreographers: Olivia Butrum, Cam Hellkamp*  
*Hip Hop 2 & 3A/B*

Dancers: Jasper Carey, Claire Denzer, Camila Francois, CeCe Freedman, Elizabeth Kucirek, Amber Mathot, Ayla Novak, Andrew Pulos, Kaavya Scheuermann

*Drifting Seagrass.....Instructor/Choreographer: Liv Young*  
*Contemporary/Modern 5*

Dancers: Addalyn Anderson, Elayna Brownlow, Hailey Gurtner, Benjamin Hargraves, Evie Lujero, Aubrey Mullenbach, Ani Reckward, Katie Rendernick, Elizabeth Seavey, Peyton Stenzel, Javonna Wells-Pittman

*Dames At Sea.....Instructor/Choreographer: Avin Honecker Sherman*  
*Adult/Senior Tap*

Assistant: Paula Smith (not performing due to injury)

Dancers: Olivia Funke, Karen Gustafson, Avin Honecker Sherman, Becky Meyerhofer, Ann Peterson, Val Roller, Doris Stowe, Kirsten Vitale





*On the Floor.....Choreographers: Joanie Lande, Morgan Olson, Mikaela Sarran, Daniel Klinkhammer  
Performance Team ~ Full Team Production*

Dancers: Blake Anderson, Annelise Borgmeier, Natalie Brinkman, Elayna Brownlow, Liliana Carey, Eliana Carolan, Ellis Cox, Emery Cox, Emma Crockett, Ellie Dickinson, Emmy Diehn, Camila Francois, Ava Gagnon, Eowyn Gao, Esme Gargollo, Maisie Gargollo, Hailey Gurtner, Anna Henrichsen, Madeline Johnston, Katelyn Jones, Rylie Keefe, Lyra Lande, Greenlee Laughlin, Bailey Lent, Makenna Matzek, Ellen O'Hara, Anya Patri, Ivy Petzold, Macy Reckward, Graceanne Rendernick, Katie Rendernick, Sarah Rendernick, Edileh Sheedy Roach, Harper Sinnwell, Lydia Sinnwell, Olivia Stenzel, Peyton Stenzel, Lauren Taraba, Javonna Wells-Pittman

## *Intermission*

15 minutes

*Black Pearls.....Instructors: Lelia Friel, Morgan Olson.....Choreographer: Lelia Friel  
Ballet 6*

Dancers: Kate Alleckson, Eliana Carolan, Ellis Cox, Emma Crockett, Avery Epp, Dorothea Faubion, Kari Faubion, Anna Henrichsen, Amelia Krebs, Greenlee Laughlin, Makenna Matzek, Lydya Miner, Kendell Powell, Sarah Rendernick, Olivia Stenzel

*Legends.....Choreographer: Lelia Friel  
Performance Team ~ Pre-Teen Lyrical*

Dancers: Blake Anderson, Elayna Brownlow, Liliana Carey, Brooks Cousin, Emery Cox, Emmy Diehn, Ava Gagnon, Esme Gargollo, Hailey Gurtner, Ani Reckward, Katie Rendernick, Harper Sinnwell, Lydia Sinnwell, Peyton Stenzel, Javonna Wells-Pittman

*Waves.....Instructors: Lelia Friel, Morgan Olson.....Choreographer: Lelia Friel  
Ballet 7*

Dancers: Annelise Borgmeier, Emerson Domnick, Madeline Johnston, Rylie Keefe, Bailey Lent, Ellen O'Hara, Macy Reckward, Graceanne Rendernick

*The Pursuit of Happiness.....Choreographer: Joanie Lande  
Senior Solo*

Dancer: Lydya Miner

*Gloria Regali.....Choreographer: Lelia Friel  
Performance Team ~ Teen/Senior Pointe*

Dancers: Ellis Cox, Rylie Keefe, Greenlee Laughlin, Bailey Lent, Ellen O'Hara, Graceanne Rendernick, Sarah Rendernick, Olivia Stenzel





*Sea Foam.....Instructors: Lelia Friel, Morgan Olson.....Choreographer: Lelia Friel*  
*Ballet 4*

Assistants: Graceanne Rendernick, Madeline Johnston  
Dancers: Blake Anderson, Ava Andrist, Liliana Carey, Chloe Carter, Brooks Cousin,  
Emery Cox, Ellie Dickinson, Emmy Diehn, Ava Gagnon, Esme Gargollo, Benjamin  
Hargraves, Rachel Lou, Rebecca Lou, Piper Macken, Anya Patri, Julia Seelhammer,  
Edileh Sheedy Roach, Harper Sinnwell, Lauren Warndahl, Javonna Wells-Pittman

*Under The Sea.....Instructor/Choreographer: Kayla Kujak*  
*Pre-Dance 1 (Wed 4:30)*

Assistant: Peyton Stenzel  
Dancers: Genevieve Cole, Elizabeth Covington, Madeline Ennis, Sophia Fitzpatrick, Ella  
Haag, Julia Johnson, Bernadette Lien, Lyra Mihnyukevich, Eleanor Moore, Cora Petzold,  
Emiko Soderberg, Lily Welch, Miah Williams

*Heart Of The Sea.....Choreographers: Joanie Lande, Daniela Wierpert*  
*Performance Team ~ Advanced Competition Tap*

Dancers: Annelise Borgmeier, Emerson Domnick, Anna Henrichsen, Madeline Johnston,  
Rylie Keefe, Bailey Lent, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Sarah  
Rendernick

*Mermaid Party.....Instructor/Choreographer: Courtney Stellpflug*  
*Jazz 2*

Assistant: Annelise Borgmeier  
Dancers: Natalie Brinkman, Ally Hong, Lyra Lande, Rosaline Lo, Mae Lunde, Ella  
Peterson, Ivy Petzold, Leah Pittman, Lauren Taraba

*Touring The Seas.....Instructor/Choreographer: Avin Honecker Sherman*  
*Clogging 2/3*

Assistant: Paula Smith (not performing due to injury)  
Dancers: Olivia Funke, Avin Honecker Sherman, Sunshine Schmidt, Heather Sklenicka,  
Ivy Sklenicka

*Ripples In The Sand.....Instructor/Choreographer: Mikaela Sarran*  
*Contemporary/Modern 6*

Dancers: Kate Alleckson, Eliana Carolan, Ellis Cox, Emma Crockett, Anna Henrichsen,  
Amelia Krebs, Greenlee Laughlin, Makenna Matzek, Kendell Powell, Sarah Rendernick,  
Olivia Stenzel





*Sirens.....Instructor/Choreographer: Mikaela Sarran*  
*Jazz 7*

Dancers: Annelise Borgmeier, Emerson Domnick, Madeline Johnston, Rylie Keefe, Bailey Lent, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Lilly Soltis

*Electric Eels.....Instructor/Choreographer: Morgan Olson*  
*Jazz 5*

Dancers: Elayna Brownlow, Kari Faubion, Ava Gagnon, Hailey Gurtner, Evie Lujero, Aubrey Mullenbach, Ani Reckward, Katie Rendernick, Elizabeth Seavey, Lydia Sinnwell, Ivy Sklenicka, Peyton Stenzel, Javonna Wells-Pittman

*Hair Up.....Choreographer: Mikaela Sarran*  
*Performance Team ~ Petite/Junior Hip Hop*

Assistant: Bailey Lent  
Dancers: Braelynn Abts, Camila Francois, Eowyn Gao, Maisie Gargollo, Katelyn Jones, Lyra Lande, Anya Patri, Lauren Taraba

*Sail Away!.....Choreographers: Morgan Olson, Mikaela Sarran, Daniel Klinkhammer*  
*Finale Recital Production*

Dancers: Kate Alleckson, Annelise Borgmeier, Elayna Brownlow, Brooks Cousin, Ellis Cox, Emery Cox, Emma Crockett, Ellie Dickinson, Emmy Diehn, Emerson Domnick, Avery Epp, Ava Gagnon, Esme Gargollo, Hailey Gurtner, Benjamin Hargraves, Anna Henrichsen, Madeline Johnston, Rylie Keefe, Amelia Krebs, Greenlee Laughlin, Bailey Lent, Grace Lunde, Makenna Matzek, Lydya Miner, Ellen O'Hara, Macy Reckward, Graceanne Rendernick, Katie Rendernick, Sarah Rendernick, Edileh Sheedy Roach, Harper Sinnwell, Lydia Sinnwell, Lilly Soltis, Olivia Stenzel, Peyton Stenzel, Lillie van Buskirk, Javonna Wells-Pittman





# Special Thanks

We at The Dance Lab would like to extend a sincere THANK YOU to all of our dancers and their families. This has been an wonderful and successful year!

Thank you to all the Dance Lab Instructors and Assistants for working with these amazing students, for keeping our dance classes functioning smoothly, and for helping us stay clean, organized, and focused.

An extra special thank you goes out to all the people who helped make this recital possible:

All the parent volunteers - we couldn't do it without you!  
Susan Rendernick (Admin, Dancer Coordination, Costumes)  
Mandy Reckward (Volunteer & Dancer Coordination)  
Morgan Olson (Curriculum & Merchandising)  
Katie Shroden and the MN Wifi Performing Arts Center  
Cody Rysavy (Lighting)  
James Fisher (Videography)  
Jason Lande (Music & moral support)  
Sheila Mix (Head table & moral support)  
Mikaela Sarran (Social Media)  
Avin Honecker Sherman

The Dance Lab would like to announce that this will be Lelia Friel's final recital, after teaching in the Rochester dance community for the last 25 years! Lelia, I can't thank you enough for all of the hard work and dedication you have poured into improving the skill, technique and performance quality of dancers in the Rochester area. So many of your wonderful, talented students have continued dancing in their adulthood, including myself and many of our current staff: Courtney Stellpflug, Daniel Klinkhammer, Mikaela Sarran, Morgan Olson, Daniela Wierpert, Olivia Butrum, and Liv Young. We would not be where we are today without your expertise and commitment to teaching dance! As the owner of The Dance Lab, I am thankful to have gotten the chance to work with you here and see your many contributions to this studio.

Thank you for your many years of teaching, and we wish you all the best with your retirement. ~ Joanie Lande





# *Congratulations Seniors!*

We would like to congratulate our Class of 2023 Graduating Seniors:



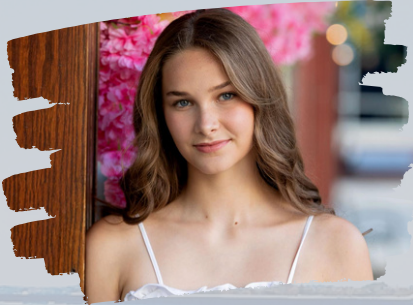
Abril Albareda  
Llusia



Nicole Nelson



Lydya Miner



Ellen O'Hara



Graceanne  
Rendernick

Best of luck to you wonderful dancers on your next steps  
and post-graduation journeys!

We would like to acknowledge and congratulate Rylie Keefe (16) on her acceptance into the Pre-Professional Daytime Program at Kansas City Ballet for the upcoming school year. Rylie has been dancing at The Dance Lab for 6 of our 7 seasons, and although we will miss her dearly, we are proud of her accomplishments and achievements in dance!

## **THANK YOU FOR COMING TO OUR SHOW!**





# Audition Notice

## 2023-2024 Performance Team

### Auditions Process:

All dancers auditioning must attend scheduled technique classes at which they will learn the audition material.

Then they must attend the auditions the following week to perform the material in their audition groups.

**Classes:** Tuesday-Thursday, May 30th - June 1st @ The Dance Lab

**Auditions:** Tuesday June 6th @ The Dance Lab

2625 Highway 14 West, Suite C-D, Rochester, MN 55901

Visit [www.thedancelabmn.com/team](http://www.thedancelabmn.com/team) for more information including:

Audition Application

Audition Registration Link

Detailed Schedule of Audition Process





# *Audition Notice*

## *Nightmare Masquerade Auditions*

WHEN: Monday, June 5th, 2023 @ The Dance Lab

WHO: Dancers age 5-18 can participate in the show.

### **CHOREOGRAPHY INTENSIVE & REHEARSALS:**

\*Participating dancers must attend the mandatory choreography intensive August 14-18, 2023.

\*Rehearsals are held Sunday's in September through October

\*Performance Date - TBD (either October 28 or November 4, 2023)  
This date will be finalized by August 14, 2023.

For more information and download the audition application, visit  
[www.thedancelabmn.com/nightmaremasquerade](http://www.thedancelabmn.com/nightmaremasquerade)

