



**Saturday, May 13, 2023**

**5:00pm**

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 / 2 (Sat)*

Assistant: Ani Reckward  
Dancers: Averyana Aguilar, Atleigh Haas, Elia Patel, Raine Peterson, Grace Pike

*Issues.....Choreographers: Olivia Butrum, Cam Hellkamp*  
*Senior Solo*

Dancer: Nicole Nelson

*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

*Canned Heat.....Choreographer: Sandra Thomson*  
*Performance Team ~ Pre-Teen Tap A*

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

*Fame.....Choreographer: Daniel Klinkhammer*  
*Performance Team ~ Pre-Teen Jazz B*

Dancers: Elayna Brownlow, Emery Cox, Ani Reckward, Katie Rendernick, Harper Sinnwell, Lydia Sinnwell, Ivy Sklenicka, Peyton Stenzel, Javonna Wells-Pittman

*Seashell Waltz.....Instructors: Morgan Olson, Mikaela Sarran.....Choreographer: Morgan Olson*  
*Ballet 3A*

Assistants: Ellen O'Hara, Graceanne Rendernick  
Dancers: Kymber Bestor, Cambree Buechel, Avalynn Coons, Anna Copeman, CeCe Freedman, Alexis Lockwood, Violet Macken, Eleanor Messina, Sylvia Moore, Olivia Sapon, Annaly Sengchanthong



*Rihanna Remixed.....Choreographer: Mikaela Sarran*  
*Performance Team ~ Teen Jazz*

Dancers: Eliana Carolan, Ellis Cox, Emma Crockett, Anna Henrichsen, Greenlee Laughlin, Makenna Matzek, Sarah Rendernick, Olivia Stenzel

*Shoreline.....Instructor/Choreographer: Liv Young*  
*Contemporary/Modern 4*

Assistant: Rylie Keefe

Dancers: Blake Anderson, Liliana Carey, Brooks Cousin, Emery Cox, Ellie Dickinson, Emmy Diehn, Ava Gagnon, Esme Gargollo, Anya Patri, Edileh Sheedy Roachl

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

Assistant: Lydia Sinnwell

Dancers: Ellinor Blake, Nora Ferrer Pozas, Paloma Guerin, Thea Johnson, Alivia Jones, Eloise Leung, Dhara Patel, Bethany Tucker, Josephine Worisek

*Part Of Your World.....Instructor/Choreographer: Daniel Klinkhammer*  
*Ballet 1 (Tues)*

Assistant: Ava Gagnon

Dancers: Zainah Abudayyeh, Norah Allen, Lennon Brandt, Olivia Brown, Hazel Clark, Etta Douglas, Willow Gayles, Clara Gooding, Onna Halbmaier, Cecelia Lenn, Eleanor Moeller, Julia Moreira, Vivian Welch

*Sea Cruise.....Instructor/Choreographer: Joanie Lande*  
*Tap 3 A/B*

Assistant: Javonna Wells-Pittman

Dancers: Braelynn Abts, Avalynn Coons, Anna Copeman, Camila Francois, Eowyn Gao, Maisie Gargollo, Elliana Johnson, Katelyn Jones, Piper Macken, Eleanor Messina, Sylvia Moore, Anya Patri, Kennedy Stevens, Anna Youngers

*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

*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



*How Far I'll Go*.....*Instructor/Choreographer: Kayla Kujak*  
*Pre-Dance 2 (Sat)*

Dancers: Isabel Bakri, Anja Blake, Gwentyth Buzzell, Lola Durgin, Natalie Folken, Josie Galvin, Samantha Wharton, Sophia Wong Kee Song

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

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

*Caribbean Conga*.....*Instructor/Choreographer: Courtney Stellpflug*  
*Jazz 4/5 OPEN*

Dancers: Addalyn Anderson, Grace Dunn, Max Goihl, Lillie van Buskirk

*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

*Sandstorm*.....*Instructors: Lelia Friel, Morgan Olson*.....*Choreographer: Lelia Friel*  
*Ballet 5*

Dancers: Elayna Brownlow, Eva Buss, Ansley Epp, Georgia Grant, Hailey Gurtner, Aubrey Mullenbach, Ani Reckward, Katie Rendernick, Lydia Sinnwell, Ivy Sklenicka, Peyton Stenzel, Avery Warndahl



*Cruise Ship Party.....Instructor/Choreographer: Courtney Stellpflug*  
*Int/Adv Jazz*

Dancers: Abril Albareda Llusia, Benjamin Hargraves, Allison Humke, Grace Lunde, Lillie van Buskirk, Vivian Wall, Felicity Zahn

*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 , Lydia Miner, Kendell Powell, Sarah Rendernick, Olivia Stenzel

*Far Beneath The Waves.....Instructor/Choreographer: Daniel Klinkhammer*  
*Jazz 4*

Dancers: Blake Anderson, Liliana Carey , Brooks Cousin, Emery Cox, Ellie Dickinson, Emmy Diehn, Esme Gargollo , Edileh Sheedy Roach, Harper Sinnwell

*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

*Do The Mermaid.....Instructor/Choreographers: Olivia Butrum, Cam Hellkamp*  
*Pre Hip-Hop*

Dancers: Elizabeth Adamo, Isabel Bakri, Lola Durgin, Huxley Flatt, Natalie Folken

*My Tears Ricochet -.....Coach: Mikaela Sarran.....Choreographer: Hanwen Wong*  
*Performance Team ~ Teen Contemporary*

Dancers: Eliana Carolan , Ellis Cox, Emma Crockett, Anna Henrichsen, Greenlee Laughlin, Makenna Matzek , Sarah Rendernick, Olivia Stenzel

*Sinking Ship.....Instructor/Choreographer: Joanie Lande*  
*Tap 5*

Assistant: Emerson Domnick

Dancers: Elayna Brownlow, Emery Cox, Benjamin Hargraves, Evie Lujero, Aubrey Mullenbach, Ani Reckward, Katie Rendernick, Harper Sinnwell, Lydia Sinnwell, Ivy Sklenicka, Peyton Stenzel, Javonna Wells-Pittman

*Lost At Sea.....Instructor/Choreographer: Daniel Klinkhammer*  
*Jazz 3A*

Dancers: Cambree Buechel , Eowyn Gao, Maisie Gargollo , Katelyn Jones, Alexis Lockwood, Annaly Sengchanthong , Kennedy Stevens



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

Assistant: Lydia Sinnwell

Dancers: Ellinor Blake, Nora Ferrer Pozas, Paloma Guerin, Thea Johnson, Alivia Jones, Eloise Leung, Dhara Patel, Bethany Tucker, Josephine Worisek

*Welcome To The Moulin Rouge.....Choreographer: Morgan Olson*  
*Performance Team ~ Pre-Teen Musical Theater*

Dancers: Blake Anderson, Elayna Brownlow, Emery Cox, Ellie Dickinson, Emmy Diehn, Ava Gagnon, Hailey Gurtner, Ani Reckward, Katie Rendernick, Harper Sinnwell, Lydia Sinnwell, Peyton Stenzel, Javonna Wells-Pittman

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

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

*Elusive Sea Creatures.....Instructor/Choreographer: Morgan Olson*  
*Acro 2/3 (Wed)*

Dancers: Samantha Desens, CeCe Freedman, Maisie Gargollo, Anahera Hargraves, Lacey Hayden, Elliana Johnson, Elizabeth Kucirek, Violet Macken, Estella Masopust, Ellie McKenzie, Ayla Novak, Natalie Peloquin, Madilyn Snyder, Willow Whalen

*Soldiers At Sea.....Instructor/Choreographers: Olivia Butrum, Cam Hellkamp*  
*Int/Adv Hip Hop*

Dancers: Olivia Abbott, Liliana Carey, Grace Dunn, Max Goihl, Grace Lynch, Ingrid Mogensen, Nathan Nelson, Anya Patri, Harper Sinnwell

*Ocean Eyes.....Instructor/Choreographer: Graceanne Rendernick*  
*Contemporary/Modern 1*

Dancers: Tessa Habberstad, Khloe Hilman, Eva Masopust

*Caribbean Jam.....Instructor/Choreographer: Kayla Kujak*  
*Pre-Dance 2 (Sat)*

Assistant: Lydia Sinnwell

Dancers: Isabel Bakri, Anja Blake, Gwenyth Buzzell, Lola Durgin, Natalie Folken, Josie Galvin, Samantha Wharton, Sophia Wong Kee Song



*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 Wiefert, 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:



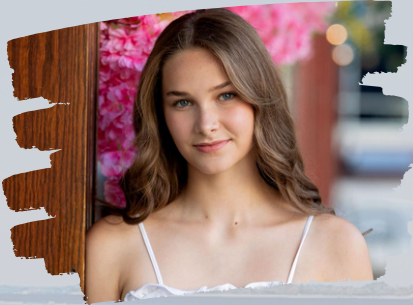
Abril Albareda  
Llusia



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)

