



**Sunday, May 14, 2023**

**4:00pm**

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, Elliana 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: Elizabeth Timm*  
*Creative Movement 2 (Wed)*

Assistant: Elayna Brownlow  
Dancers: Ella Maus, Juliette Oien, Alexis Roth, Greta Stellpflug, Adalynn Streiff

*How Far I'll Go.....Instructor/Choreographer: Elizabeth Timm*  
*Pre-Dance 2 (Wed)*

Assistants: Avery Epp, Lilly Soltis  
Dancers: Elizabeth Adamo, Iris Bowman, Caroline Cates, Madison Crowson, Iris Finseth, Taya Flessland, Geneva Hatton, Eliana Hutchins, Ellery Shumway, Presley Thompson, Willow Walther-Antonio, Caitlin Wanta, Danielle Wanta

*Beyond The Sea.....Instructor/Choreographer: Lw 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

*Interstellar.....Choreographer: Lelia Friel*  
*Senior Solo*

Dancer: Ellen O'Hara

*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



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

Dancer: Graceanne Rendernick

*Bubble Grotto .....Instructor/Choreographer: Daniel Klinkhammer*  
*Contemporary/Modern 2*

Dancers: Norah Allen, Helena (Lena) Benn, Etta Douglas, Estella Masopust, Leah Pittman, Milly Ptacek, Alexis Rau, Madilyn Snyder, Lauren Taraba, Mia Verdoorn, Evelyn Walker

*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

*Ballo Della Vita.....Choreographer: Joanie Lande*  
*Performance Team ~ Senior Jazz*

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

*Beyond The Sea.....Instructor/Choreographer: Elizabeth Timm*  
*Pre-Dance 1 (Wed 6:00)*

Assistants: Avery Epp, Lilly Soltis  
Dancers: Natalie Allen, Sara Divekar, Alexis Greeley, Halcyon Grunwald, Lauren Harmon, Charlotte Kerfeld, Archana Kumar-Chairpairini, Mabel Miller, Sophia Munoz, Savannah Rossini, Raeya Sprenger, Madelyn Streiff, Harlow Wickre

*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

*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 Soltis



*Patchy's Parrots.....Instructor/Choreographers: Olivia Butrum, Cam Hellkamp*  
*Hip Hop 1*

Dancers: Evelyn Hokanson, Amelia Jones, William Kern, Sienna Kilen, Anna Norgaard, Claire Norgaard, Vera Oien, Aviella Rau

*We Know The Way.....Instructor/Choreographer: Joanie Lande*  
*Tap 2*

Assistant: Macy Reckward

Dancers: Norah Allen, Helena (Lena) Benn, Natalie Brinkman, Etta Douglas, Alice Habermann, Lyra Lande, Rosaline Lo, Kaylin Meredith, Clara Moore, Ivy Petzold, Leah Pittman, Milly Ptacek, Andrew Pulos, Lily Scott, Ava Stellpflug, Lauren Taraba, Mia Verdoorn, Reese Wimpfheimer

*Pure Water.....Instructors: 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

*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

*Algae.....Instructor/Choreographer: Morgan Olson*  
*Contemporary/Modern 3A*

Assistant: Ellen O'Hara

Dancers: Cambree Buechel, Eowyn Gao, Julia Gooding, Kendall Kodet, Alexis Lockwood, Violet Macken, Olivia Sapon

*Drifting.....Choreographer: Graceanne Rendernick*  
*Graceanne choreographed this routine as an independent project for an art class at her school, Lourdes Senior High. This piece reflects how people can feel very disconnected and drift from each other.*

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

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

Dancer: Lydya Miner



*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

*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

*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

*Shoreline.....Instructor/Choreographer: Livi 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 Roach

*Trillions Of Pieces.....Instructor/Choreographer: Morgan Olson  
Ballet 7 (Thurs)*

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

*Caribbean Jam.....Instructor/Choreographer: Elizabeth Timm  
Pre-Dance 2 (Wed)*

Assistants: Avery Epp, Lilly Soltis

Dancers: Elizabeth Adamo, Iris Bowman, Caroline Cates, Madison Crowson, Iris Finseth, Taya Flessland, Geneva Hatton, Eliana Hutchins, Ellery Shumway, Presley Thompson, Willow Walther-Antonio, Caitlin Wanta, Danielle Wanta



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

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

*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

*Heart Of The Sea.....Choreographer: Joanie Lande*  
*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

*Part Of Your World.....Instructor/Choreographer: Kayla Kujak*  
*Ballet 1 (Sat)*

Assistant: Lydia Sinnwell

Dancers: Della Ballard, Brooklyn Beach, Evelyn Hokanson, Claire Hundt, Juliette Timm

*Under The Sea.....Instructor/Choreographer: Elizabeth Timm*  
*Pre-Dance 1 (Wed 6:00)*

Assistants: Avery Epp, Lilly Soltis

Dancers: Natalie Allen, Sara Divekar, Alexis Greeley, Halcyon Grunwald, Lauren Harmon, Charlotte Kerfeld, Archana Kumar-Chairpairini, Mabel Miller, Sophia Munoz, Savannah Rossini, Raeya Sprenger, Madelyn Streiff, Harlow Wickre

*Irish Party in Third Class.....Instructor/Choreographer: Avin Honecker Sherman*  
*Irish 1/2*

Dancers: Zoey Clement, Avin Honecker Sherman, Emily Loftus, Sunshine Schmidt

*90 Days.....Instructor/Choreographer: Morgan Olson*  
*Senior Contemporary*

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



*What If?*.....Choreographer: Courtney Stellpflug  
Senior Solo

Dancer: Abril Albareda Llusia

*Elusive Sea Creatures*.....Instructors: 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

*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

*Anchor*.....Instructor/Choreographer: Sandra Thomson  
Contemporary/Modern 4/5 OPEN

Assistant: Emerson Domnick  
Dancers: Addalyn Anderson, Grace Dunn, Max Goihl, Allison Humke, Azaliah Jeresek,  
Grace Lunde, Danielle Mathot, Lillie van Buskirk, Felicity Zahn

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

Dancer: Nicole Nelson

*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 Wiepert, 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:



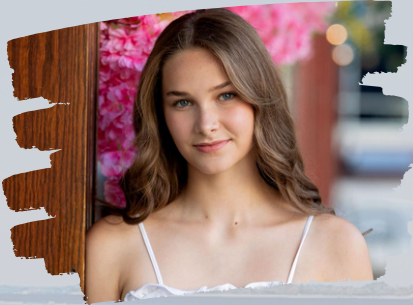
Abril Albareda  
Llusia



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)

