



Sunday, May 14, 2023

12:00pm

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

Baby Fish.....Instructor/Choreographer: Allison Kocak
Baby/Toddler & Me

Assistant: Sarah Rendernick
Dancers: Margaret Dunn, Aaliyah Haeflinger, Eloise Johnson, Anika Koppenhaver, Adeline LeTourneau, Adeline Moen, Rosalind Offer

Yellow Submarine.....Instructor/Choreographer: Allison Kocak
Acro 1

Assistant: Sarah Rendernick
Dancers: Maggie Butler, Madeline Cole, Clara Gooding, Onna Halbmaier, Nicholas Johnson, Adelaide Laude, Abigail Lorenz, Brianna Lorenz, Kaylin Meredith, Julia Moreira, Vera Oien, Collins Siebrecht, Megumi Soderberg

Who Knew?.....Choreographer: Daniel Klinkhammer
Performance Team ~ Pre-Teen Jazz A

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

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

Dancer: Ellen O'Hara

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



How Far I'll Go.....Instructor/Choreographer: Allison Kocak
Pre-Dance 2 (Mon)

Assistant: Pre-Dance 2 (Mon)

Dancers: Juniper Berrett, Joanna Brue, Huxley Flatt, Rease Gray, Taylor Harkey, Clara Jarvis, Nicholas Johnson, Huxley Karow, Emily Kelly, Emilia Kristo, Eleanor Lamb-Vosen, Chloe Linnen, Finley Macken, Sharvari Nawale, Zoe Pulos

Drifting SeagrassInstructor/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

Live On A Prayer.....Choreographers: Kaleena Miller, Joanie Lande
Performance Team ~ Advanced Competition Tap

Assistant: Daniela Wiefert

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

What If?Choreographer: Courtney Stellflug
Senior Solo

Dancer: Abril Albareda Llusia

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

Assistant: Ellen O'Hara

Dancers: Braelynn Abts, Camila Francois, Eowyn Gao, Maisie Gargollo, Elliana Johnson, Katelyn Jones, Emma van Buskirk, Willow Whalen

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

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



Have Some Fun.....Instructor/Choreographer: Kayla Kujak
Jazz 1

Assistant: Katie Rendernick

Dancers: Madeline Cole, Sophia Cole, Claire Denzer, Lucy Fick, Shaniya Flessland, Hartley Girard, Elena Johnson, Elizabeth Popp, Ava Stellpflug, Violet Young

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

Jailbirds.....Choreographer: Kayla Kujak
Performance Team ~ Mini/Petite Tap

Assistant: Emery Cox

Dancers: Madeline Cole, Sophia Cole, Elena Johnson, Abigail Lorenz, Brianna Lorenz, Ava Stellpflug

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

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

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

Assistant: Lilly Soltis

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

Caribbean Jam.....Instructor/Choreographer: Allison Kocak
Pre-Dance 2 (Mon)

Assistant: Eliana Carolan

Dancers: Juniper Berrett, Joanna Brue, Huxley Flatt, Rease Gray, Taylor Harkey, Clara Jarvis, Nicholas Johnson, Huxley Karow, Emily Kelly, Emilia Kristo, Eleanor Lamb-Vosen, Chloe Linnen, Finley Macken, Sharvari Nawale, Zoe Pulos

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

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

High Tide.....Instructor/Choreographer: Morgan Olson
Jazz 3B

Dancers: Braelynn Abts, Camila Francois, Ellianna Johnson, Piper Macken, Anya Patri



Heart Of The Sea.....Choreographer: Joanie Lande
Performance Team ~ Advanced Competition Tap

Assistant: Daniela Wiefert

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: Courtney Stellflug
Ballet 1 (Wed)

Assistant: Madeline Johnston

Dancers: Maggie Butler, Madeline Cole, Sophia Cole, Shaniya Flessland, Elena Johnson, Raelyn Lee, Abigail Lorenz, Brianna Lorenz, Megumi Soderberg, Ava Stellflug, Kennedy Vinz, Violet Young

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

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

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

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



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

Tell The World.....Instructors: Kaleena Miller, Joanie Lande.....Choreographer: Joanie Lande
Pre-Teen Tap B

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

Somewhere Only We Know.....Coach: Courtney Sellpflug.....Choreographer: Hanwen Wong
Performance Team ~ Junior Lyrical

Assistant: Bailey Lent
Dancers: Braelynn Abts, Ellie Dickinson, Camila Francois, Eowyn Gao, Katelyn Jones, Anya Patri, Edileh Sheedy Roach

Hawaiin Rollercoaster Ride.....Instructor/Choreographer: Kayla Kujak
Tap 1

Assistant: Katie Rendernick
Dancers: Madeline Cole, Sophia Cole, Shaniya Flessland, Hartley Girard, Everli Hamzagic, Elena Johnson, Abigail Lorenz, Brianna Lorenz, Elizabeth Popp, Piper Wood, Violet Young

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 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

