



FOR IMMEDIATE RELEASE
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Local Dance Troupe Finishes Season With Top Honors

COPPELL – Sheena’s Dance Academy’s competition company finished their 2005 season with top honors, for the second year in a row. The troupe competed at regional, national, and international competitions earning all first place and high point honors, as well as several “2005 Studio Excellence in Dance” awards.

Sheena’s company also earned special recognition for strong dance technique, choreography, costuming, and showmanship.

“I couldn’t be more proud of my dancers,” said Sheena Laramore, artistic director and choreographer at Sheena’s. “They’ve worked hard all year and have earned every award they’ve received.”

The company competes in classical ballet, jazz, hip-hop, tap, lyrical, and character dance, all of which they hold national titles in. Dancers audition yearly. The company consists of dancers age 8 to 18.

“I have the pleasure of coaching a group of dancers that are very dedicated and who love dancing and performing,” said Laramore.

Sheena’s, located in Frisco and at EveryBody Fits in Coppell, offers both competitive and recreational dance, beginner through professional.

About Sheena’s Dance Academy and EveryBody Fits

Sheena’s Dance Academy, which is directed by Dallas native Sheena Laramore, has been voted “Best Dance Studio” in Collin County eight years in a row. Sheena’s has locations in Frisco, Tex. and at EveryBody Fits in Coppell, Tex. EveryBody Fits offers the finest artistic and athletic programs for the whole family including Gymnastics, Dance, Cheerleading, Taekwondo, Fitness, Art, Acting, Sports Skills, and a Café. The first of its kind, EveryBody Fits is a uniquely-designed facility providing one place to enroll kids in a diverse set of programs while also allowing parents to focus on their own fitness or leisure desires. To learn more about this announcement or EveryBody Fits, visit our Web site at www.EveryBody-Fits.com or call 972-471-2345.

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