

WELCOME MESSAGE

Hi everyone and welcome to the RNH Academy!

Firstly I would like to say a big thank you for securing your place and for becoming one of the first dancers to have such an opportunity to have access to our world-class training. I couldn't be more happy for you that you took the decision to step up and do what is required to become an elite dancer.

There has never been a more exciting time to be an Irish dancer. For years, the sport has been left unchanged with little progress or resources while we witnessed other sports break new records and reach new heights.

However, today, the sports is changing fast and with the help of the Academy you will now have access to world-class resources, training and learning materials that will project you forward at much quicker pace.

So, get prepared for the transformational change that is about to happen both as an individual and as a sport. I just cannot wait to get started with you.

MEET YOUR TEACHER - PART 1

I want to kick off by explaining who I am. I know a lot of you know some things about me but in what detail I am not so sure.

In any case, I am a 6-time back-to-back world champion, 5-time all Ireland champion, and 12-time Ulster champion along with claiming victories in many other majors and touring with Lord of the Dance for several years.

I have over 10 years experience in the sport and during this time I have gained so much knowledge that I want to give it all back to you. One of the great things about the Academy is that you can learn in 6 months what it took Robert and I over 25 years (collectively) to learn. This means that you can literally save years of time and reach your peak much quicker than ever before.

The important part about getting to know me is not to admire my victories but to understand the journey I went through to get to where I am today. Keep in mind that if it was possible for me to achieve this, it is certainly possible for you too. Throughout the Academy, you will learn about all my ups and downs, go through the exact fitness training which got me to the top and absorb all the experience that I have learned along the way.

MINDSET & EXCUSES

Collectively as a sport we are generally very unconfident and for the most part, you may also be scared. Perhaps you may be scared about things you don't want to tell anyone about. This may include stage presence, not placing as high as you hoped, constant injuries, fear of social acceptance, fear of what others might think, fear of loss, fear of body image, and so on.

I know this because I have received hundreds of messages about these issues from many of you. The great thing about the Academy is that you don't have to tell anyone else about your

fears or confidence. This is your Academy, your time with me, and our time to work through this together both in a quiet room and in a training environment. This will allow you to understand everything clearer and help you discover yourself in a place that you are most comfortable with.

All the reasons why you may have told yourself it wasn't possible until this point (turned in feet, bent knees...) I want you to realise that they were all excuses, that they are simply not true, and as your mentor, I am going to turn this around for you and show you that everything is possible. It's just about knowing how. These things only seemed impossible because you didn't know how to fix them creating barriers that I am going to remove for you.

CHANGING HOW YOU THINK

A lot of what I am going to ask you to do is going to require you to have a little bit of confidence and I hope I will be able to give you that. Whatever you think about yourself, you are most likely much better than that and I am going to show you just how good you actually are.

WHAT YOU SHOULD EXPECT TO LEARN

By the end of this course, you will have learned so much about yourself, your capabilities, your weaknesses and your strengths. You will know so much more about our sport, nutrition, how your body works and the science behind all of the training that you have completed along the way.

This means that not only will you become a much better dancer, but you will also become much healthier and a much more knowledgeable person in the process. These tools will be invaluable to you because I have no doubt that many of you, once you finish competing, will want to go on to become great teachers one day. So, by joining the Academy, you have invested not only in your performance but also in your health and your future success.

FINAL WORD

You are about to embark on a great journey, one that will last at least 6 months for all of you and for others many more.

I promise you that if you put your heart and soul into everything we ask you to do, you will get everything you ask for in return. If you are only prepared to put in 50% of effort, then expect only 50% in return. I cannot be clearer that you will only get out of this what you put in, and it all starts from today.

There are going to be times when this won't be easy, and that is just the sacrifice you need to make to get to the top. You must be prepared to work harder, smarter and longer than everyone else out there and sometimes that's just not fun but remember the Academy is not designed to be fun, it's designed to provide you with real results and maximise your performance.

When things get hard (which they will), I want you to remember what you are working for. In 6-months time, you will do your final test. Once passed, you will receive your certificate, receive your official RNH accreditation and be watching your congratulations video from me.

You will also be accepted into the RNH Academy as an official RNH accredited dancer. A title of which I can guarantee you will be rated very highly in the months and years to come.

If you fully commit yourself to the training programs, you can finish with the fitness levels of a professional athlete, and if you study the theory learning how you should, you will also have more knowledge and understanding about our sport and the human body than 90% of the people around you.

Now that you know what you are working towards, let's not waste any more time in getting started.

Are you ready to commit 100% of your time and effort in order to become the best dancer you can be?

If so, close your eyes and take a deep breath.

It's time.

"VALUE IS DETERMINED BY THE DESIRE TO BE SUCCESSFUL"