



ST. MARY'S
DOMINICAN
HIGH SCHOOL

Debs Technique Clinic

Saturday, March 21, 2026

11:00 am - 3:30 pm

St. Mary's Dominican High School Gym

Who is Invited?

Girls in grades 5 - 7, incoming Dominican students for the 2026 - 2027 school year, and any present Dominican student interested in trying out for the Debs.

What is the cost?

Technique Clinic: \$50

Walk-Ins: \$60

What is included?

Technique instruction on hip hop tricks, turns, leaps, kicks, conditioning, and stretching.

1st SESSION

The girls will be divided into groups by skill level. Each group will be instructed by members of the Dominican Debs

2nd SESSION

Taught by Payton Ibos Adamson

What is the attire?

Comfortable dance attire with jazz shoes & tennis shoes.

Register by 3:30 pm Friday, March 20, 2026.

Walk-ins will be accepted day of clinic.



THE DOMINICAN DEBS:

2026 American All-Star Louisiana State Dance Team Championship

1st Place Division II • Jazz • Pom
Division II Overall Champion

State Champion • Pom

State Runner-Up • Jazz

2026 UDA National Dance Team Championship

5th Place Division II • Game Day

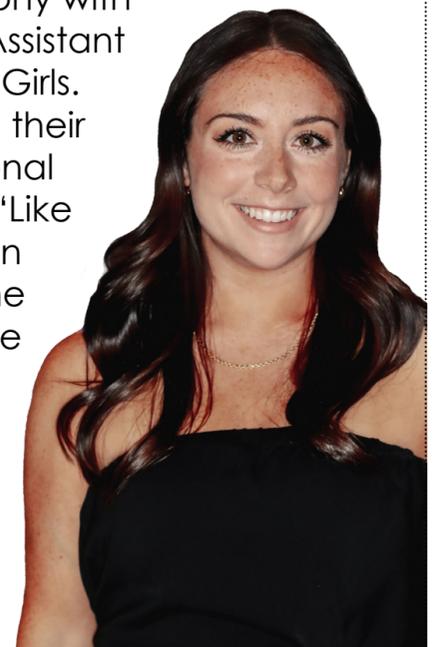
6th Place Division II • Jazz

Technique Clinic

guest choreographer

PAYTON IBOS ADAMSON

Payton is a Louisiana native from Covington, where she trained at Northshore Academy of Dance. She competed with NAD Pro Company and the Mandeville High School Spinnakers Dance Team. She was a four-year member and two-year captain of the LSU Tiger Girls Dance Team. After earning her BA in broadcast journalism from LSU in 2019, she stepped into the world of professional choreography with Tribe 99 and served as Assistant Coach for the LSU Tiger Girls. She played a key role in their 2022 D1A Hip Hop National Championship routine, "Like A Boy." Currently, Payton is the Head Coach of the WSU Crimson Girls Dance Team and coordinates the Spirit Department at Washington State University, where she continues to lead her team to historic national placements.



Registration available online

@ www.stmarysdominican.org