

Competition Team Level Guidelines

Performance Level Placement Guidelines:

Technique:

- Knowledge of fundamental body lines and importance of pointing feet
- Knowledge of basic body and spacial awareness
- Knowledge of difference between working in parallel and turned out
- Working on flexibility

Performance Mastered Skills:

- Single pirouette with proper technique (spotting, connecting passé, relevé)
- Left and right splits (all the way to floor or almost there)
- Right and left grand jeté or saut de chat with chassé
- Battements (right and left)
- Chassé
- Chaîné and piqué turns (right and left)

Performance Qualities:

- Solid memory
- Working on confidence
- Working on showmanship and expressions
- Working on energy

Intermediate Level Placement Guidelines:

Technique:

- Definite understanding of fundamental body lines (Stretching backs of knees, upper body alignment, sickling feet, etc.)
- Definite understanding of pointing feet
- Definite understanding of body awareness, using proper muscles to execute skills and choreography.
- Definite understanding and execution of spacial awareness.
- Knowledge and understanding the difference between working in parallel and turned out.
- Definite understanding of flexibility and importance.
- Mastered spotting in turns.
- Understanding of weight change and using plié.

Skills:

Turns:

- Single pirouette (spotting, connecting passé, high relevé w/ clean lines)
- Cleaning their double pirouette (spotting, connecting passé, high relevé in BOTH turns w/ clean lines)
- Cleaning coupé turns (spotting, connecting coupé, turned out, and high relevé in all turns w/ clean lines)
- Chaîné turns (high relevé and clear spot)
- Piqué turns (single and double)
- Knowledge of basics of fouetté turns a la seconde.

Leaps/Jumps:

- Right and left grand jeté or saut de chat with chassé
- Calypso leaps, right and left
- Grand jeté or saute de chat à la seconde (center leap) right and left
- Knowledge of tilt jumps, right and left
- Knowledge of fire bird jump, right and left

*** Intermediates have knowledge of elevation, flexibility, and strength in all leaps and jumps.**

Other:

- Right and left splits (all the way to the floor)
- Battements (right, left and fans)
- Chassés
- Leg extensions and holds while holding with hand, displaying flexibility

Performance Qualities:

- Solid memory
- Evident confidence
- Evident showmanship and expression
- Evident energy
- Precision in movements

Advanced Placement Guidelines:

Technique:

- Definite execution of fundamental body lines. (Stretching backs of knees, upper body alignment, sickling feet, etc.)
- Definite execution of pointing feet without being reminded.
- Definite understanding and execution of body awareness, using proper muscles to execute skills and choreography.
- Definite understanding and execution of spacial awareness.
- Definite understanding of working in parallel and turned out and can switch between with no problems.
- Definite understanding and execution of flexibility.
- Mastered spotting in turns and turn sequences.
- Understanding of and execution of weight changes and using plié.
- Strong porte de bras.
- Ease of performance.

Skills:

Turns:

- CLEAN Double pirouette (spotting, connecting passé, high relevé w/ clean lines) with chaîné out.
- CLEAN Triple pirouette (spotting, connecting passé, high relevé in all turns w/ clean lines) with chaîné out.
- Coupé turns (spotting, connecting coupé, high relevé in all turns w/ clean lines)
- Pirouette sequence- Double passé to double coupé sequence (spotting, connecting passé AND coupé, high relevé in all turns w/ clean lines)
- Clean sequence of 4 fouetté turns à la seconde (proper leg position in second and tempo)
- Clean changing spot fouetté turns à la seconde (proper leg position in second and tempo)
- Pique turns (double/triple) turned out and parallel
- Front and back attitude turns (with proper knee and foot placement)
- Pencil turns (double/triple)

Leaps/Jumps:

- Right and left grand jeté or saut de chat with chassé and/or run,run
- Switching right and left grand jeté or saut de chat with chassé and/or run,run
- Calypso leaps, right and left
- Grand jeté or saut de chat à la seconde (center leap), right and left
- Switching grande jeté or saut de chat à la seconde (center leap)
- Tilt jumps, right and left
- Switching tilt and arabesque jumps
- Fire bird jumps, right and left
- Ring jumps, right and left
- Axel turns, right and left
- Turning disc jumps, right and left

***Advanced dancers have solid elevation, flexibility and strength in all leaps and jumps.**

Other:

- Right and left splits (all the way to the floor and "over" splits)
- Battements (right, left, and fans) displaying flexibility and strength
- Penché displaying flexibility and strength
- Leg extensions and holds displaying flexibility without holding with hand.
- Illusions with proper leg placement

Performance Qualities:

- Solid memory.
- Evident and solid confidence.
- Evident and solid showmanship and expression.
- Evident and solid energy.
- Precision in all movements and technique.
- Poise, ease, and calm in choreography.
- Clear focus.

COMPETITION REQUIREMENTS / FEES

Competition team is a great way to grow your dance and performance skills, as well as, be a part of a team. However, participating in competition team is a **BIG time commitment!** Please discuss this with your dancer before auditions to make sure they are aware of the time and effort that they are signing on for.

Parents, please be aware of the financial commitment that competition team is also. If you have any questions, please email Natalie at d.dynamics@yahoo.com.

Intermediate Level Requirements:

- *Required to take the 4 week technique and progressions class during the month of July/Aug. (Meets twice a week.)
- *Required to take a combination hour, technique hour, and one additional hour of class per week, August-May. (3 classes per week minimum)
- *Participate in 1 fall dance convention workshop.
- *Compete in 3 spring competitions between Feb-April.
- *In addition to their small group dances, intermediate dancers must participate in a large group/production competition routine with the advanced dancers.
- *Participate in our annual recital Headliners routine.
- *Late evening competition group rehearsals may be scheduled on Mondays, Wednesdays, or Fridays (sometimes on Saturdays, NO SUNDAYS.) Group competition team practices cannot be missed for any reason other than illness (doctor's excuse required.) or death in the family.

ABSENCE POLICY:

- Competition dancers are allowed 2 absences from each weekly class, per semester.
- Competition dancers are allowed 0 (ZERO) absences from their monthly group competition rehearsals without a doctor's excuse.

*CLASS ATTENDANCE IS A BIG DEAL!

***ATTENDANCE IS COUNTED UNTIL AFTER RECITAL. NOT JUST UNTIL COMPETITIONS END.**

COMPETITION / CONVENTION FEES:

- *Dance Dynamics competition dancers will participate in one convention in the fall months. Convention ranges from \$250-300. (Due September 1st)
 - *Competition entry fees for the Performance dancer are \$75 per dancer, per competition.
- All competition fees are due the first Friday in January.**

TEAM WEAR FEES / COSTUMES

- *Team Jacket- \$85 (Due June 1st)
- *Team Backpack \$30 (Due June 1st)
- *Competition Group Costume(s)- \$85-\$125 per costume (Due July 1st)
- *Recital costumes are \$65-75 per costume.
- *Headliner costumes are \$65-85 per costume.

TUITION / CHOREOGRAPHY FEES

- Summer class tuition ranges from \$150-\$240.
- August to May, intermediate level dancers are required to take 3 classes per week, minimum. 3 classes per week = \$130, monthly
- Group competition choreography will be scheduled during August-December. These group choreography meetings are \$15 per hour, per dancer and will be added to monthly tuition. Each group will meet a minimum of one rehearsal per month.
- Dress rehearsal fee, \$25 per dancer for MPAC half day rental.

***Please, keep in mind, traveling expenses for your family during competition season.**

Performance Level Requirements:

- *Required to take the 4 week technique and progressions class during the month of July/Aug. (Meets twice a week.)
- *Required to take a combination hour and technique hour, per week, August-May. (2 classes per week minimum)
- *Participate in 1 fall dance convention workshop.
- *Compete in 3 spring competitions between Feb-April.
- *In addition to their small group dances, intermediate dancers must participate in a large group/production competition routine with dancers in different levels but of same age groups.
- *Participate in our annual recital Headliners routine.
- *Late evening competition group rehearsals may be scheduled on Mondays, Wednesdays, or Fridays (sometimes on Saturdays, NO SUNDAYS.) Group competition team practices cannot be missed for any reason other than illness (doctor's excuse required.) or death in the family.

ABSENCE POLICY:

- Competition dancers are allowed 2 absences from each weekly class, per semester.
- Competition dancers are allowed 0 (ZERO) absences from their monthly group competition rehearsals without a doctor's excuse.

*CLASS ATTENDANCE IS A BIG DEAL!

***ATTENDANCE IS COUNTED UNTIL AFTER RECITAL. NOT JUST UNTIL COMPETITIONS END.**

COMPETITION / CONVENTION FEES:

- *Dance Dynamics competition dancers will participate in one convention in the fall months. Convention ranges from \$200-285. (Due September 1st)
 - *Competition Entry Fees for the Performance Dancer are \$75 per dancer, per competition.
- All competition fees are due the first Friday in January.**

TEAM WEAR FEES / COSTUMES

- *Team Jacket- \$85 (Due June 1st)
- *Team Backpack \$30 (Due June 1st)
- *Competition Group Costume(s)- \$85-\$100 per costume (Due July 1st)
- *Recital costumes are \$65-75 per costume.
- *Headliner costumes are \$65-75 per costume.

TUITION / CHOREOGRAPHY FEES

- Summer class tuition ranges from \$150-\$240.
- August to May, Performance level dancers are required to take 2 classes per week, minimum. 2 classes per week = \$95, monthly
- Group competition choreography will be scheduled during August-December. These group choreography meetings are \$15 per hour, per dancer and will be added to monthly tuition. Each group will meet a minimum of one rehearsal per month.
- Dress rehearsal fee, \$25 per dancer for MPAC half day rental.

Advanced Level Requirements:

- *Required to take the 4 week technique and progressions class during the month of July/Aug. (Meets twice a week.)
- *Required to take a combination hour, technique hour, and one additional hour of class per week, August-May. (3 classes per week minimum)
- *Participate in 1 fall dance convention workshop.
- *Compete in 3 spring competitions between Feb-April.
- *In addition to their small group dances, advanced dancers must participate in a large group/production competition routine with the intermediate dancers.
- *Participate in our annual recital Headliners routine.
- *Late evening competition group rehearsals may be scheduled on Mondays, Wednesdays, or Fridays (sometimes on Saturdays, NO SUNDAYS.) Group competition team practices cannot be missed for any reason other than illness (doctor's excuse required.) or death in the family.

ABSENCE POLICY:

- Competition dancers are allowed 2 absences from each weekly class, per semester.
- Competition dancers are allowed 0 (ZERO) absences from their monthly group competition rehearsals without a doctor's excuse.

*CLASS ATTENDANCE IS A BIG DEAL!

***ATTENDANCE IS COUNTED UNTIL AFTER RECITAL. NOT JUST UNTIL COMPETITIONS END.**

COMPETITION / CONVENTION FEES:

- *Dance Dynamics competition dancers will participate in one convention in the fall months. Convention ranges from \$250-300. (Due September 1st)
 - *Competition entry fees for the Performance dancer are \$75 per dancer, per competition.
- All competition fees are due the first Friday in January.**

TEAM WEAR FEES / COSTUMES

- *Team Jacket- \$85 (Due June 1st)
- *Team Backpack \$30 (Due June 1st)
- *Competition Group Costume(s)- \$85-\$125 per costume (Due July 1st)
- *Recital costumes are \$65-75 per costume.
- *Headliner costumes are \$65-85 per costume.

TUITION / CHOREOGRAPHY FEES

- Summer class tuition ranges from \$150-\$240.
- August to May, advanced level dancers are required to take 3 classes per week, minimum. 3 classes per week = \$130, monthly
- Group competition choreography will be scheduled during August-December. These group choreography meetings are \$15 per hour, per dancer and will be added to monthly tuition. Each group will meet a minimum of one rehearsal per month.
- Dress rehearsal fee, \$25 per dancer for MPAC half day rental.

***Please, keep in mind, traveling expenses for your family during competition season.**