

Team Requirements

Beginner Level Teams:

Crystal 1.5-3.5 hours a week (1-2 days a week)

- Ages 5-7
- Jazz dance 30 mins
- Tap dance 30 mins
- Tech class 30 mins - style of tech rotates
- Optional: Welcome to join any Sapphire level tech classes in ballet/jazz/tap technique
- May add Hip Hop
- 1 extra after 1st year of competition (solo/duet/trio)

Pre-comp team (1-2 days a week)

- Ages 7-9 *Alternative to Sapphire team
- Jazz dance 30 mins
- Tap dance 30 mins
- Required to attend 1 technique class for their age group
- May add Hip Hop

Junior performance 1.5-2.75 hours a week (1-2 days a week)

- Ages 9-11 *Alternative to Emerald team
- Jazz dance 30 mins
- Tap dance 30 mins
- Required to attend 1 technique class for their age group
- Limited to one extra (solo/duet/trio)
- May add Hip Hop

Teen performance 1.5-2.75 hours a week (1-3 days a week)

- Ages 11-14 *Alternative to Ruby team
- Only required to do 2 group routines: May choose between Jazz, Tap and/or Lyrical
- Jazz dance 30 mins
- Tap dance 30 mins
- Lyrical dance 30 mins
- Required to attend 1 technique class for their age group
- Limited to one extra (solo/duet/trio)
- May add Hip Hop

Senior performance 1.5-2.75 hours a week (1-3 days a week)

- Ages 14-18 *Alternative to Diamond
- Only required to do 2 group routines: May choose between Jazz, Tap and/or lyrical
- Jazz dance 30 mins
- Tap dance 30 mins
- Lyrical dance 30 mins
- Required to attend 1 technique class for their age group
- Limited to one extra (solo/duet/trio)
- May add Hip Hop

Intensive Teams: Must have previous competition experience in Tap/Jazz to audition or meet the technical level of the team

Sapphire 6.25-8.75 hours a week (3 days a week)

- Jazz dance 45 mins
- Tap dance 45 mins
- Production 1 hour
- Ballet technique 60 mins
- Jazz technique 45 mins
- Tap technique 30 mins
- Stretch and conditioning 30 mins
- Acro 30 mins
- Limited to 1 extra solo/duet/trio 30 mins
- May add Hip Hop 30 mins
- May add lyrical 45 mins
- May add Ballet 30 mins
- Available for specialty group 45 mins

Emerald 6.5-10.25 hours a week (3 days a week)

- Jazz dance 45 mins
- Tap dance 45 mins
- Production 1 hour
- Ballet technique 60 mins
- Jazz technique 45 mins
- Tap technique 30 mins
- Stretch and conditioning 30 mins
- Acro 30 mins
- Limited to 2 extras solo/duet/trio (1 solo only) 30 mins each
- May add hip hop 30 mins
- May add lyrical 45 mins
- May add ballet 30 mins
- Available for specialty group 45 mins

Ruby 8-10.25 hours a week or more depending on amount of extras (3 days a week)

- Jazz dance 30 mins
- Lyrical dance 30 mins
- Tap dance 30 mins
- Production 1 hour
- Ballet technique 75 mins
- Ballet conditioning 45 minutes
- Jazz technique 60 mins
- Tap technique 30 mins
- Stretch and conditioning 60 mins
- Acro 60 mins
- May add Ballet 45 mins
- May add Hip Hop 45 mins
- Unlimited extras solo/duet/trio (1 or 2 solos only) 30 mins each
- Available for specialty group 45 mins

Diamond 8-10.25 hours a week or more depending on amount of extras (3 days a week)

- Jazz dance 30 mins
- Lyrical dance 30 mins
- Tap dance 30 mins
- Production 1 hour
- Ballet technique 75 mins
- Ballet conditioning 45 minutes
- Jazz technique 60 mins
- Tap technique 30 mins
- Stretch and conditioning 60 mins
- Acro 60 mins
- May add Ballet Team 45 mins
- May add Hip Hop 45 mins
- Unlimited extras solo/duet/trio (1 or 2 solos only) 30 mins each
- Available for specialty group 45 mins