

# UNLOCKING POTENTIAL: THE BENEFITS OF COMPETITION DANCE

In today's fast-paced world, parents are constantly seeking opportunities to enrich their children's lives and help them develop valuable skills that will serve them well now and in the future. Imagine enrolling your child in a program that offers a unique combination of physical, emotional, and social benefits where they are a part of a larger community and have the opportunity to learn and grow in a safe family-friendly environment.

Learn why Planet Dance's competitive program will be one of the best decisions you'll ever make for your dancer:



1

Competition dance programs provide children with a structured and disciplined environment to learn and grow. Through rigorous training and regular rehearsals, dancers develop important skills such as time management, goal setting, and perseverance, all of which are essential for success both on and off the dance floor. Moreover, the competitive nature of these programs encourages children to push themselves to new heights and strive for excellence in everything they do, instilling in them a strong work ethic and a sense of determination that will serve them well in all aspects of their lives.

2

Competitive dance fosters physical and mental discipline and offers numerous opportunities for personal growth and development. As children progress through each level and gain experience competing in front of judges and audiences, they learn how to handle pressure and overcome adversity with grace and poise. They develop a strong sense of self-confidence and self-esteem as they see their hard work and dedication pay off in the form of improved skills and successful performances. Most importantly, they develop lifelong friendships and a sense of camaraderie with their fellow dancers, creating memories and bonds that will last a lifetime.

3

Participation in our competition dance program can open doors to exciting opportunities and experiences that may not be available through other means. From performing on prestigious stages and traveling to new cities to auditioning for professional dance companies and scholarships, competition dancers have access to a world of possibilities that can help them further their dance careers and pursue their dreams. Even if they ultimately decide not to pursue dance professionally, the skills and experiences they gain from their time in a competition dance program will serve them well in whatever path they choose to pursue.

# COMPETITION TEAMS



## Petite Team

Ages 5-7

- Required to take:
  - Jazz
  - Ballet
  - Technique
  - Weekly Team Rehearsals
- 2 groups routines minimum
- 2 competitions per year
- Nationals every other year
- Optional Convention
- Additional Performance Opportunities

## Competitive Team

Ages 8+

- Required to take:
  - Contemporary
  - Jazz
  - Ballet
  - Technique
  - 1 Additional Technique Class (Tap, Acro, or Hip Hop)
  - Weekly Team Rehearsals
- 2 groups minimum
- Dancers can be invited to do a solo, duet, or trio
- 3 competitions each year
- 1 convention each year
- Nationals every other year
- Group Performance Opportunity on non-Nationals year (ex. Dancing at Disney)
- Optional Competition for Solos, Duets, and Trios
- Additional Performance Opportunities

## Elite Team

Ages 8+

- Required to take:
  - Contemporary
  - Jazz
  - 2 Ballet classes
  - Technique
  - 2 Additional Technique Classes (Tap, Acro, or Hip Hop)
  - Weekly Team Rehearsals
- 4 groups minimum
- Dancers can be invited to do a solo, duet, or trio
- 4-5 competitions each year
- 1 convention each year
- Nationals every other year
- Group Performance Opportunity on non-Nationals year (ex. Dancing at Disney)
- Optional Competition for Solos, Duets, and Trios
- Additional Performance Opportunities

# IMPORTANT DETAILS TO NOTE

- All team members both new and returning must attend the technique intensive on **July 29-August 1**. This will serve as the dancer's audition and summer training. We highly recommend taking additional summer classes or camps in addition to the intensive.
  - Dancers must also have an account balance of \$0 to register and participate in the intensive.
- Upon auditioning, dancers must be willing to commit to the program for an entire season starting August 2024 through July 2025.
- New this season - If a dancer is selected to compete in a Hip Hop group, dancers will train together **all season**. Their hip-hop rehearsal will also double as their hip-hop class for the year. So dancers will not take two hip-hop classes as they have in prior years. Only one costume will be purchased for this class. Dancers are welcome to take both the recreational class and the competitive class if they so choose.
- If your dancer is required to take contemporary and does not make the contemporary routine for their age group, they will take the appropriate recreational level contemporary class for the season to meet the requirements for their given team.
- Due to the time commitment and demands of being a part of a competitive dance program and a member of a team, dancers are unable to commit to another dance team during their contract (August 2024-July 2025). This includes school dance teams that practice outside of school hours.
- Dancers must be **invited** to participate in solos, duets, and trios. All group routines **must** be accepted before accepting a solo, duet, or trio.



## HAVE QUESTIONS?

Contact us today!