



CDA COMPETITION TEAM 2022 BOOTCAMP & AUDITIONS August 12 & 13

The Competition Team Bootcamp offers prep classes, technique training, choreography and more from award winning nationally recognized trainers, judges & choreographers from across the United States.

Why competition dance? With so many benefits of competition dance list, here are just a few great reasons why you should audition with Charlotte Dance Alliance.

1. DANCE RELIEVES STRESS & ANXIETY

Dance is a wonderful way to improve your child's mood and as children learn new levels of dance, they learn coping mechanisms to help them. The reason dancing helps improve mood is that movement produces endorphins. Endorphins are hormones that help relieve stress and anxiety, which in turn improves mood. Through dance, your child can express themselves and their emotions in a fun and positive manner. Positive mental health is important in today's busy daily lifestyle.

2. COMPETITION DANCE BUILDS SELF-ESTEEM & CONFIDENCE

Dancing helps build self-esteem and delivers a healthier feeling both physically and mentally. Dancers will be more confident in themselves and push them towards great things in the future.

3. LEARN HOW TEAMWORK IS IMPORTANT IN LIFE

Dancing is especially great because children learn and perform in a group; this means that in order to perform a routine properly, you'll all have to work in sync. Your child can learn teamwork and develop trust with their peers as they coordinate their dance routine together.

4. COMPETITION ENCOURAGES CREATIVE THINKING

Many forms of dance not only allow for improvisation, but they actually encourage it! This means that your child can express themselves how they want to instead of having to obey a strict set of rules. In the fast-paced world our children live in today, creative thinking will make them successful in life.

Areas of Bootcamp Concentration:

Contemporary / Hip Hop / Improv / Jazz Funk / Modern Dance / Tap Dance / Stretch & Conditioning / Turns / Leaps / Jazz / Competition Technique Programs / Auditioning & More

Placement within the competition team is based upon auditions at the bootcamp and technique throughout the 2 days of classes. Auditions take place on August 13 (We encourage all dancers auditioning to take summer technique classes during the month of July & August at CDA to prepare for the competition bootcamp).

Register online today for Competition Bootcamps @ www.DancingCDA.com under competition programs.



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Mini Competition Team Bootcamp

Fri, Aug 12 from 4-5:30 pm
Warm up & technique classes

Sat, Aug 13th from 10-11:30 am
Technique classes & in class audition
**Parents information meeting with Ms. Paula on Saturday.*

Bring ballet, tap & tennis shoes to class. Regular dance attire. Bootcamp includes prep class, technique classes & audition on Saturday for only **\$89 for the 2-days.**

The **CDA Mini Competition Team** is a great introduction to competition dance. Dancers will compete in a minimum of two competition dances for the season at 4 regional competitions, one national competition & recital. Technique classes must be taken at CDA. The Mini Team is a great gateway into competition, so dancers can decide if competition is something they enjoy, while also allowing time for other activities. The Mini Competition Team will have their regular scheduled technique classes on select days of the week. On Saturdays the Mini Team will rehearse & learn choreography for their competition dances



Petite Competition Team Bootcamp

Fri, Aug 12 from 3-7:00 pm
Warm up & technique classes

Sat, Aug 13th from 10-3:00 am
Technique classes & in class audition

Bring ballet shoes, jazz shoes, tap shoes & tennis shoes. Bootcamp includes prep class, technique classes & auditions on Saturday for only \$169 for the 2-days (early bird discount \$139 if paid by July 30).

Petite Elite Competition Team is the perfect team for our younger dancers to begin their competitive dance journey. Petite Elites participate in 4 competitions a year, one national dance competition, recital and more. Petite Elite dancers will have technique training on Mon and Wed 5:30-7 pm & Saturdays, along with choreography sessions as needed. Most choreography & rehearsals will take place on Saturdays. To enhance skill levels, dancers can select up to 3 additional company level classes at \$29 per class.



Junior Elite, Teen Elite, Senior Elite & Company Team Bootcamp

Fri, Aug 12 from 3-8:30 pm

Warm up & technique classes

Sat, Aug 13th from 10-5:30 pm

Technique classes & in class audition

Bring ballet shoes, jazz shoes, tap shoes & tennis shoes. Bootcamp includes prep class, technique classes & auditions on Saturday for only \$199 for the 2-days (early bird discount of \$169 if paid by July 30)

The **CDA Company Team** is a great introduction to competition or being on a team with a less busy schedule. Dancers compete with a minimum of two dances at 4 regional competitions, one national competition and recital (solos, duets / trios are not permitted in the Company Team level). The CDA Company Team can take technique classes on Mon & Wed with the Elite classes or take company technique classes. (Training for technique classes must be taken at CDA class placement & is decided by the Studio Director). The choreography takes place Mon & Wed 7-8 pm.

The **Junior Elite, Teen Elite & Senior Elite Team** was founded as a competitive dance team designed for the serious dancer. These dancers are highly motivated to grow in their skill and performance ability. Those selected for the team will possess the following: Strong desire to grow and develop as a dancer, Self-motivated and able to self-evaluate & self-correct. A positive attitude, outstanding character & displays respect for the studio, instructors and other dancers at all times the Elite dancers will have technique training on Mon, Wed & Saturdays, along with choreography sessions as needed. Most choreography & rehearsals will take place on Saturdays. To enhance skill levels dancers can select up to 3 additional company level classes at \$29 per class.



CDA CREW Hip Hop Competition Team Bootcamp

Fri, Aug 12

offers a minimum of 1.5 hours of technique classes

Sat, Aug 13th

offers a minimum of 1.5 hours of technique classes & in class audition

Bring tennis shoes, comfortable dance attire & a water bottle. Bootcamp class times will be based on the dancers' age & includes prep class, technique classes & in class audition on Saturday for **\$89 for the 2-days.**

The **CDA CREW** participates with a minimum of two dances at four regional competitions, one national competition, a recital and local charity event performances. Dancers interested in being a part of the CDA Crew must also be taking a CDA hip hop class. CREW will take a regular schedule hip hop class and one or more hours of additional technique training on Saturday.

Register online today for Competition Bootcamps @ **Error! Hyperlink reference not valid.** under competition programs.