

## 24\_25 ADFA CO REQUIREMENTS

### LaPetite: AGE 6-9 (5 year olds may be considered depending on maturity and ability of child)

Basic understanding of Beginner/Advanced Beginner Dance Skills including performance, flexibility, musicality and rhythm

Ability to follow instructions and understand choreography at an accelerated rate

**Specific Skills: These skills must be achieved by July 30th to be considered for small group and must be maintained through the entire season**

Flexibility	Turns	Jumps
-Split one side	-Heel Stretch one side	Chasse' Ball Change side to side
-Split <b>second side by December</b>	-Heel Stretch <b>second side by December</b>	
-Triplets	-Basic floor roll knees together	Pas de Bouree
-Pose' Jumps	-Fan Rolls	Battement one side Straight knees, Pointed feet
		Battement <b>second side by December</b>

### Petite/Jr Elite: AGE 7-12

**-A willingness to goal setting on INT/ADV dance skills by the dancer AND a parent's willingness to promoting said goal**

Basic understanding Intermediate Dance Skills including performance, flexibility, musicality and rhythm

Ability to follow instructions and understand choreography at an accelerated rate.

Maintaining exceptional attendance in all classes and rehearsals

**Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season**

New Jr Elite Co Members			Current Jr Elite Members		
Flexibility	Turns	Jumps	Flexibility	Turns	Jumps
-Both right and left leg split	-Single Pirouette	-Jete' one side	-Both right and left leg split	-Single Pirouette	-Jete's both sides
-Side Heel Stretch both sides	-Chaine' Turns	-Pose' Jumps	-Side Heel Stretch both sides	-Double Pirouette one side	-Jump in second one side
-illusion on one side	-Basic understanding of Pique' Turns		-Fan kick both sides		
-Fan Kick one side			-Illusions both side		

### Jr Elite Small Group(S)

Must be a member of Jr Elite

**Specific Skills: These skills must be achieved by July 30th to be considered for small group and must be maintained through the entire season**

-All 3 Splits; right-left-center	-Triple Pirouette	-Back Attitude Leap
-Needle one side	-Needle one side	
	-one side turns in second	

### Teen Co: AGE 12 & UP

**A willingness to goal setting on advanced dance skills by the dancer AND a parent's willingness to promoting said goal**

Basic understanding Intermediate/Advanced Dance Skills including performance, flexibility, musicality and rhythm.

Ability to show working towards an understanding of different dance styles and the process toward gaining those elements

Ability to follow instructions and understand choreography at an accelerated rate.

Maintaining exceptional attendance in all classes and rehearsals

**Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season**

New Teen Co Members			Current Teen Co Members		
Flexibility	Turns	Jumps	Flexibility	Turns	Jumps
-All 3 Splits; right-left-center	-Double Pirouette both sides	-Back Attitude Leap	-All 3 Splits; right-left-center	-Double Pirouette both sides	-Back Attitude Leap
-Side heel stretch-both sides	-One side fouette's	-Both Jete's	-Illusions both side	-Triple Pirouette one side	-Both Jete's
-Illusions both side		-Jump in second	-Side heel stretch-both sides	-Turns in Second-one side	-Jump in second
-Needle one side			-Reverse Illusion	-One side fouette's	

### Teen Co Small Group(S)

Must be in Teen or Sr Co		
-If Choreographer assigns dancer a specific "trick" that they can not achieve on their own both parent & dancer commit to doing privates until said "trick" is acheived		
<b>Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season</b>		
-All 3 Splits; right-left-center	-Double Pirouette both sides	-Back Attitude leap one side
-Side heel stretch-both sides	-Triple Pirouette one side	-Both Jete's
-Reverse Illusion	-Turns in second one side	
-Illusions both side	-Foutee's one side	
*Advanced Floor work including balances, rolls, shoulder holds, and kips		

**Sr Co: AGE 14 & UP**

<b>A willingness to goal setting on advanced dance skills by the dancer AND a parent's willingness to promoting said goal</b>		
-Basic understanding of Advanced Dance Skills including performance, flexibility, musicality and rhythm.		
-Ability to show working towards an understanding of different dance styles and the process toward gaining those elements		
-Advanced understanding and application of body awarness		
-Ability to follow instructions and understand choreography at an accelarated rate.		
-Maintaining exceptional attendance in all classes and rehearsals		
<b>Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season</b>		

New Sr Co Members			Current Sr Co Members		
Flexibility	Turns	Jumps	Flexibility	Turns	Jumps
-All 3 Splits; right-left-center	-Double turn both sides	-Back Attitude leap one side	All 3 Splits; right-left-center	Double turn both sides	-Back Attitude leap both sides
-Illusions both side	-Triple turn one side	-Both Jete's	-Illusions both side	Triple Pirouette both sides	-Both Jete's
-Reverse Illusion	-Foutee's one side	-Jump in second both sides	-Reverse Illusion	-Foutee's one side	-Jump in second both sides
			-Needle one side	-Turns in second one side	

**Sr Co Small Group(S)**

Must be in Sr Co		
-Exceptional understanding of all styles of dance and performance		
-If Choreographer assigns dancer a specific "trick" that they can not achieve on their own both parent & dancer commit to doing privates until said "trick" is acheived		
<b>Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season</b>		
-All 3 Splits; right-left-center	-Double turn both sides	-Back Attitude leap both sides
-Illusions both side	-Triple Pirouette both sides	-Both Jete's
-Reverse Illusion	-Foutee's one side	-Jump in second both sides
-Needle one side	-Turns in second one side	-ADV level specialty jumps
*Advanced Floor work including balances, rolls, shoulder holds, and kips		

**All Hip Hop Companies: Mixed Ages**

Ability to pick up and retain choreography		
Commitment to rehearsals and classes		
Jr (at least 1 yr of HH experience)	Teen (at least 2-3 yrs of HH experience)	Sr (at least 3-4 years of of HH experience)

**Hip Hop SMGRP(S)**

No excessive absences		
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**All Tap Companies: Mixed Ages**

Ability to pick up and retain choreography		
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Commitment to rehearsals and classes				
An understanding of basic tap rhythms, sounds, and musicality				
<b>Specialty Guest Choreographer Pieces-MJ and Mackenzie Simmons. These may be small or large groups.</b>				
-Choreographer chooses dancers based on a piece they are creating that particular year and a particular skill set designated by the choreographer				
-If Choreographer assigns dancer a specific "trick" that they can not achieve on their own both parent & dancer commit to doing privates until said "trick" is achieved				
-However, exceptional attendance is required based on past season, students who maintain a strong work ethic, set personal goals and reach them.				
-Also, parents are open minded and extremely committed to making decisions that put the group first.				
<b>Specific Skills: These skills must be achieved in order to audition and must be maintained through the entire season</b>				
-All 3 Splits; right-left-center	-Double turn both sides	-Back Attitude leap both sides		
-Side Heel Stretch both sides	-Triple Pirouette both sides	-Both Jete's		
-Front heel Stretch 1 side		-Jump in second both sides		
-Illusions both side		-ADV level specialty jumps		