

DANCE XPRESS

ELITE TEAM HANDBOOK

DEAR FUTURE

DANCE XPRESS FAMILY

WE'RE THRILLED TO EMBARK ON OUR 2ND SEASON OF COMPETITIVE ALL-STAR DANCE! TAKE A MOMENT TO REVIEW THIS PACKET THOROUGHLY TO LEARN MORE ABOUT COMPETITIVE OPTIONS AVAILABLE FOR THE UPCOMING SEASON.

OUR DEDICATED COACHING STAFF ENSURES THAT EVERY DANCER AT DANCE XPRESS RECEIVES TOP-NOTCH INSTRUCTION, PERSONALIZED ATTENTION, AND MOST IMPORTANTLY, A WHOLE LOT OF FUN! WE'RE COUNTING DOWN THE DAYS UNTIL OUR SEASON KICKS OFF!

WARM REGARDS, DANCE XPRESS STAFF

WHY DANCE XPRESS?

At Dance Xpress, our mission is to cultivate dancers who excel in the art of dance and carry with them invaluable life skills like confidence, compassion, empathy, resilience, and humility. We prioritize fostering an environment where our students not only have **fun**, but also forge lasting friendships, learn the importance of coachability and cherish their time with us. We take immense pride in our exceptional staff, who are dedicated to not only nurturing your child's dance journey, but also deeply care for each individual who walks through our doors. Through **teamwork** and pushing boundaries, both on and off the dance floor, we aim to instill a sense of camaraderie and empower our dancers to reach new heights of achievement. We are committed to fostering a **competitive spirit** and take joy in witnessing the continual growth of our dance teams.

TEAMWORK, DETERMINATION, PASSION

ALL-STAR

ELITE DANCE TEAMS MORE INFO

Why All-Star Dance?

If your goal is to make a high school or college dance team, All-Star Dance is one of the best ways to prepare. All-Star builds the skills coaches are looking for—sharpness, endurance, technique, teamwork, and the ability to learn choreography quickly. You'll train in a high-energy, team-based environment that mirrors the intensity and performance style of high school and collegiate dance. All-Star dancers gain the training and competition experience that translates directly to the sidelines and the competition floor at the next level. Beyond just technique, you'll develop confidence, leadership, and the mental toughness needed to thrive in tryouts and beyond. With a strong foundation in All-Star, you'll walk into your auditions already performing at the level your future team expects. We offer Elite All-Star Teams for ages 8-Senior in high school.

Our program is designed to cultivate talent, foster teamwork, and promote personal growth in dancers of all ages and skill levels. Our program will equip your dancers with the styles and techniques needed to excel on a high school or collegiate level dance team.

Here's how our program replicates the excitement and rigor of UDA-style dance and competitions:

- 1. Expert Training:** Our team of experienced instructors brings a wealth of knowledge and expertise to every class and rehearsal. They are dedicated to helping EVERY dancer reach their full potential, both technically and artistically.
- 2. Challenging Choreography:** Get ready to learn cutting-edge choreography that pushes the boundaries of creativity and skill. Our routines are carefully crafted to showcase the strengths of our dancers while challenging them to grow and improve with each practice.
- 3. Competition Circuit:** Just like in UDA competitions, our team competes in a variety of events throughout the season. From local to regional championships, we give our dancers the opportunity to shine on the big stage and test their skills against top talent from around the country.
- 4. Team Spirit:** One of the hallmarks of dance team-style dance is the sense of camaraderie and teamwork among dancers. Our program fosters a supportive and inclusive environment where dancers can build lasting friendships and cheer each other on both on and off the dance floor.

DX ELITE TEAMS

ALL-STAR DANCE ELITE TEAMS

Our All-Star Dance Elite Teams represent our team option for Youth-Senior Level Dancers aiming to compete in our region at 2-3 events and requiring travel to 1 larger event. These teams embody passion, dedication and motivation. Teams run August-May.

Athletes are expected to prioritize dance and must demonstrate excellent skill and technique. All-Star Elite teams will have technique training one night a week and rehearsals/technique one night a week (2-3 nights total).

If team members are interested in attending conventions or doing a solo at local competitions/conventions, these will be additional fees not included in the payment schedule but we welcome these opportunities for students.

TEAMWORK, DETERMINATION, PASSION

DX ELITE TEAMS

ANTICIPATED TIME COMMITMENT

Youth Age (2nd-5th Graders):

Day 1: 1 hour leaps and turns, 1 hour ballet, possible rehearsal

Day 2: 45 minutes leaps and turns, 1 hour ballet, possible rehearsal

Plus an extra 45 minute class included in your tuition on Day 1 or Day 2: choose from acro, combo, stretch/strength

Total **Required** Hours: 4 Hours 30 Minutes +rehearsals

Junior Age (Middle School):

Day 1: 1 hour leaps and turns, 1 hour 15 minutes ballet

Day 2: 45 minutes leaps and turns, 1 hour ballet, Rehearsals

Plus an extra class included in your tuition on Day 1 or Day 2: choose from acro, combo, stretching/strength

Total **Required** Hours: 5 hours+rehearsals

Senior Age (High School):

Day 1: 30 Minutes Senior Turn Stamina, 1 hour leaps and turns, 1 hour 15 minutes ballet

Day 2: 1 hour leaps and turns, 1 hour rehearsal

Plus an extra class included in your tuition on Day 1 or Day 2: choose from acro, combo, stretching/strength, ballet/pointe

Total Required Hours: 6 hours

ANTICIPATED COMPETITION SCHEDULE

Heartland Dance Competition January 9th Lincoln, Nebraska

DTU Dance Competition TBD Omaha or Des Moines

Local Omaha Dance Competition Date TBD

CSG Nationals March 13-14th Chicago, Illinois

TEAMWORK, DETERMINATION, PASSION

ELITE ALL-STAR TRYOUTS

All students interested in being part of our Elite All-Star Teams will take part in tryouts . Choreography will take place late summer, July/August.

All families will need to register for Elite All-Star tryouts by May 20th.

At the time of registration, you will pay the DX Registration fee, which is \$75.00, and a tryout fee of \$20.00.

TRYOUT PROCESS

DATES:

June 7th and June 11th

5th Grade and Under-4-5:30

6th Grade and Up-5:30-7

Dancers will learn a short combo that they will perform for auditions.

June 11th Tryouts

5th Grade and Under 4-5:15PM

6th Grade and Up 5:15-6:30 PM

Dancers will perform the short combo that they have learned. They will also show technique across the floor, then perform in small groups.

TEAM REVEAL

Via Email June 12th

DX ELITE ALL-STAR PRACTICE SCHEDULE

PRACTICES

During the school year, all team members are required to attend technique classes **twice a week** in addition to their team rehearsals.

- One day per week: Dancers will participate in age-level technique classes focused on leaps, turns, and ballet.
- Second day per week: Dancers will attend technique classes with their respective team, followed by team rehearsals.

TRAINING

Elite Team Members required weekly technique classes will be 2 Ballet Classes & 2 Leaps and Turns Classes. These required classes are included in monthly tuition.

Elite Team members are required to sign-up for **one** extra class a week, which is also **included** in your monthly tuition. Choose from: Dance Team Prep, Combo Class, Acro, Stretch and Strength, or Senior Turn Stamina. Extra classes for Elite Team members can be added at a special discounted rate.

Elite Team members are **required** to sign-up for our 6 week summer dance training classes.

HIGH SCHOOL

We aim to empower senior dancers to successfully manage participation in **BOTH** all-star and high school dance teams. Acknowledging the mutual benefits of involvement in both realms, we commit to accommodating high school scheduling whenever possible, ensuring seamless integration and support for our dancers' dual commitments.

OTHER INFORMATION

ATTENDANCE

Dance is a collaborative art form, so attendance is vital for the success of the team. It's essential that each dancer supports their team by being present and prepared for all rehearsals. If a dancer must be absent, written notice must be provided at least one week in advance so that the coaches can adjust the rehearsal schedule accordingly. Failure to provide one week's notice will result in the absence being considered unexcused, except in cases of family emergencies or contagious illnesses. If a dancer accumulates more than two unexcused absences or a significant number of absences, coaches will schedule a meeting with the student and their family to create a plan. The week leading up to a competition is a blackout period, meaning attendance at rehearsals is mandatory.

Missed Technique Class Policy: All members of the all-star team are required to make up any missed technique classes by attending classes from different age groups. Athletes are given a one-month window to complete their missed classes before facing dance consequences.

COMMUNICATION

We use a free app called BAND to communicate to families. All important information will run through this. More details will be coming after tryouts!

PARENTS & PRACTICES

Parents and Practices-Parents are welcome to watch practice from the lobby area. At **NO TIME** it is allowed for a parent to enter the studio, unless told by a coach that you can come in and watch a routine. If you need assistance, please ask the office staff and they can help. The lobby is for your convenience to watch your child while they practice. Siblings should be monitored at all times, no running or jumping on the furniture. The lobby **WILL** be a positive environment. Gossip about dancers, staff or other parents will not be tolerated. Coaches have the right to shut the windows at times during practices if they feel they need more focus from the athletes.

TEAM SELECTION

We meticulously consider every facet of dance when forming our teams. From dance technique, style of movement, and showmanship, each element plays a crucial role. Our objective is to craft competitive teams capable of delivering top-notch performances and achieving the highest scores possible at competitions.

CLASS ATTIRE

BALLET

Leotard
Pink Tights
Pink Ballet Shoes
Recommend: So Danca sd16 slipper

OTHER CLASSES

Leaps/Turns, Combo, Dance Team Prep, Stretch/Strength, Acro, ETC.

Any tight fit dancewear
Biker Shorts, Leggings, Sports Bras, Tank tops, etc.
Shoes: Turners

ALL-STAR REHEARSALS

REHEARSAL NIGHTS

Matching Team Dancewear
Shoes: Turners



CAPEZIO

*Womens Canvas "Hanami" Pirouette Shoes
Sun Tan*

ANTICIPATED COSTS

ALL-STAR ELITE TEAMS

COSTS ARE BASED OFF OF 2
ROUTINE AT 4
COMPETITIONS.

	What are you paying for?	Youth	Junior	Senior
May 1-May 15	\$75 annual membership fee \$20 tryout fee	\$95	\$95	\$95
July 15	Team Fees Payment #1 and Team Warm Ups (for new team members)	\$330 NEW MEMBERS \$495	\$330 NEW MEMBERS \$495	\$330 NEW MEMBERS \$495
August 1	Team Fees Payment #2 and Tuition	\$605	\$605	\$605
August 15	Costume Payment #1 and Team Pictures fee	\$325	\$325	\$325
September 1	Tuition	\$275	\$275	\$275
September 15	Team Fees Payment #3 and Practice Wear	\$430	\$430	\$430
October 1	Tuition	\$275	\$275	\$275
October 15	Team Fees Payment #4	\$330	\$330	\$330
November 1	Tuition	\$275	\$275	\$275
November 15	Team Fees Payment #5	\$330	\$330	\$330
December 1	Tuition	\$275	\$275	\$275
December 15	Costume Payment #2	\$250	\$250	\$250
Jan -April	Tuition	\$275	\$275	\$275

MORE INFO Anticipated Costs All-Star Teams

FEE SCHEDULE

COSTS ARE BASED OFF OF 2 ROUTINES AT 3-4 COMPETITIONS. ANY SOLO OR CONVENTION COSTS WILL BE ADDITIONAL. FEES ARE APPROXIMATE BUT ANY CHANGES WILL BE COMMUNICATED WITH FAMILIES PRIOR TO CHARGES.

DISCOUNTS

THERE IS A DISCOUNT FOR PAYING YEAR IN FULL. FOR MORE INFORMATION PLEASE EMAIL US AT DANCE.XPRESSINFO@GMAIL.COM. OTHER DISCOUNTS INCLUDE SIBLING DISCOUNT, AND ADDITIONAL CLASSES DISCOUNT.

PAYMENT POLICY

DANCE XPRESS USES A CONVENIENT AUTO-PAY METHOD OF PAYMENT FOR OUR CLIENTS. TUITION IS AUTOMATICALLY DEDUCTED ON THE 1ST DAY EACH MONTH. YOUR PAYMENT METHOD ON FILE CAN BE A CHECKING ACCOUNT OR A SAVINGS ACCOUNT. CREDIT/DEBIT CARDS CAN ALSO BE USED, BUT WILL BE CHARGED AN ADDITIONAL 4% PER TRANSACTION.

QUESTIONS?

Thank you for taking time to read about our team option at Dance Xpress. We have something to offer for all dancers and are so excited to meet you and your dancer. If you have questions, please send us an email and we would be happy to set up a time to talk or meet in person. We will also have a parent meeting to go over all of this information on May 15th at 5:30PM for you to come ask any questions and learn more about our program!

We can't wait to start dancing with you!!

dance.xpressinfo@gmail.com

TEAMWORK, DETERMINATION, PASSION