



Belles Competition Team Requirements:

Belles Team objectives:

- Demonstrate advancing kinesthetic awareness. Utilize and elaborate on the element of space in dance.
- Demonstrate the following partner skills: ripple counts, partner tricks, lifts, and assisted partner jumps.
- Learn how to effectively count multiple dance phrases including (+) counts and 8 counts
- Demonstrate ability to memorize advancing movement phrases within a dance or combo.
- Demonstrate proper behaviors when watching, creating and performing dance.
- Demonstrate ability to take corrections from coaches and staff and apply it to dance or skill execution.
- Learn to use dance to express ideas, feelings, or stories. Developing the ability to create individual facials in a dance to express and enhance the emotional projection of routine.
- Consistently demonstrate how to be a safe and respectful team member.

Belles Age Guidelines:

- Must be 8 years of age at time of Auditions (June)

Belles Routine and Practice Expectations:

- Belles will be in the studio for 6 hours of training time per week
- Belles will learn, perform and compete in 3 different style routines.
- Season starts in July and ends in June (year round sport)
- Must be able to participate in class alone and have good behavior
- Able to get along with teammates
- Able to follow basic instructions and take critique from coaching staff
- Demonstrate good attendance
- Able to demonstrate competition preparedness (proper attire/on time)

<i>Stationary Skills</i>	<i>Across the Floor skills</i>
Proper execution of Flex & Pointed Feet	Chaine Turns
Splits (near flat)	Chasse
Cartwheel	Double Pirouette with min. Technical errors
Toe Touch & Star Jumps	Gran Jete (correct hip and leg placement)
Start of back walkover (basic bridge)	Battenment with flexibility strength
Plie & Releve	Basic Ballet combos