



Adrenaline Dance Factory



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2018-2019 Competition Dance Season

3 Levels to Choose From:

- **Specialty Company**-For those dancers who want to compete but only want to do in a certain style.
 - Students can opt to compete in Tap or Hip-Hop only (or both)
 - **Requirements:** Company Tap/Hip-hop class and technique class that correlates to company style selected. *Student must still audition and be selected for this Specialty Company.*

- **Company**-For those dancers who are dedicated to compete at an intermediate level.
 - This level of Company has a mandatory studio time of 6-9 hours weekly.
 - **Requirements include:**
 - 1 hour of company ballet
 - 1 hour of Jumps/Leaps/Turns
 - 1 hour of tech class of their choice
 - Company classes selected including All Company routine, Contemporary (level based off of students skill set, not age), and Jazz
 - Recommend acro class (leveled)-not mandatory
 - Possible other invited styles: Tap Company, Hip-Hop Company

- **Elite Company** For those dancers who are dedicated to compete at an intermediate level.
 - This level of Company has a mandatory studio time of 8-11 hours weekly.
 - **Requirements include:**
 - 1.5 hours of company ballet
 - 1.5 hours of Jumps/Leaps/Turns
 - 1 hour of tech class of their choice
 - Company classes selected including All Company routine, Contemporary (level based off of students skill set, not age), and Modern (only open to Elite level students)
 - 1 hour Leveled Acro class (level per Acro teacher, student may move through levels as they advance)

- **Possible other invited styles:** Tap Company, Hip-Hop Company and Elite African (only open to Elite Company level students, not based off of age)