



Part-Time Competitive Team

Mini/Junior/ Teen Team

1. Summer Intensive* **MANDATORY** (*Every year, second week in August*)
 - a. \$400 per week
2. Class Requirements (3 mandatory classes, an addition style required)
 - a. **Ballet (2 Classes) - MANDATORY**
 - b. **Competitive Strength Training (MANDATORY)**
 - c. **1 additional style (Tap or Jazz recommended) - MANDATORY**
 - i. Jazz (2 Classes)
 - ii. Tap (2 Classes)
 - iii. Contemporary (1 Class)
 - iv. Acro (1 Class)
 - v. Hiphop (1 Classes)
 - vi. Musical Theatre (1 Class)
3. Eligible for class group routines and the Studio Competitive Line

Part Time Competitive Team

Not sure if you're ready to commit to the full time competitive program? Unsure how your dancer will handle the competition atmosphere or just want to dip your toes in the competitive team program? Join our part time competitive program and experience the competitive program at a slower pace.

What is a Part-Time Competitive Team?

Our Part-Time program is offered to all dancers at Trio Danceworks which allows dancers the opportunity to try the competitive program at a slower pace before they commit to our full time program. Dancers in our Part Time Competitive Program will be learning routines alongside our Full Time competitive students and would be performing the same routine as them at recital. By joining our Part-Time competitive team your dancer will get the opportunity to perform the routine multiple times and rewear their costume. This program was very popular in our Mini Division which is why we have opened it up to dancers of all ages!



Full Time Competitive Team

Mini Team (Grade 1-3 Ballet)

1. Summer Intensive* **MANDATORY (Every year, second week in August)**
 - a. \$400
2. Class Requirements
 - a. **Ballet (2 Classes) - MANDATORY**
 - b. **Jazz (2 Classes) - MANDATORY**
 - c. **Tap (2 Classes) - MANDATORY**
 - d. **Competitive Strength Training(Conditioning) (1 Class) - MANDATORY**
 - e. Additional styles (**HIGHLY RECOMMENDED**)
3. Eligible for class group routines, extra routines, solos and the Studio Competitive Line

Junior Team (Grade 4- Intermediate Foundations *could differ if approved by director)

1. Summer Intensive* **MANDATORY (Every year, second week in August)**
 - a. \$400
2. Class Requirements
 - a. **Ballet (2 Classes)- MANDATORY**
 - b. **Jazz (2 Classes) - MANDATORY**
 - c. **Tap (2 Classes) - MANDATORY**
 - d. **Competitive Strength Training (Conditioning) (1 Class) - MANDATORY**
 - e. Additional styles (**HIGHLY RECOMMENDED**)
3. Eligible for class group routines, extra routines, solos and the Studio Competitive Line

Teen Team (Intermediate - Adv *could differ if approved by director)

1. Summer Intensive* **MANDATORY (Every year, second week in August)**
 - a. \$400
2. Class Requirements (7 classes- Full time)
 - a. **Ballet (4 Classes) - MANDATORY**
 - i. If your dancer is apart of our teen Ballet class, they have the opportunity to join Intermediate Foundations if interested in pointe shoes, or 2 of the Intermediate Classes)
 - b. **Jazz (2 Classes) - MANDATORY**
 - c. **Tap (2 Classes) - MANDATORY**
 - i. if your dancer does not take Tap, taking an additional style can makeup the class requirement
 - d. **Competitive Strength Training (Conditioning) (1 Class) - MANDATORY**
 - e. Additional styles (**HIGHLY RECOMMENDED**)
3. Eligible for class group routines, extra routines, solos and the Studio Competitive Line

Trio Danceworks Competitive Requirements



Part Time Team Vs. Full Time Team

Part Time Team	Full Time Team
Routine(s): • 1 Ballet • Other routine in selected style • Full Studio Line	Routines: • 1 Ballet • 1 Jazz • 1 Tap (Mini and Junior Dancers Mandatory, Teen dancers optional or another style). • 1 full Studio Line
Competitions: • 2 Ottawa Based Competitions • 1 out of town competition	Competitions: • 2 Ottawa Based Competitions • 1 out of town competition • Optional extra competitions
Rehearsals: Sunday Rehearsal every week	Rehearsals: Sunday rehearsals every week
Competition Fee: • \$150 per dancer *this pays for all extra rehearsal done outside of class time	Competition Fee: • \$150 per dancers *this pays for all extra rehearsal done outside of class time
Studio Jacket: • \$200 one time purchase. ◦ A new jacket is not required until your dancer outgrows their old jacket ■ <i>The price has been increased due to a change of price from the retailer</i>	Studio Jacket: • \$200 one time purchase. ◦ A new jacket is not required until your dancer outgrows their old jacket ■ <i>The price has been increased due to a change of price from the retailer</i>
Placement in routines: • Group work only	Placement in routines: • Opportunity of centered or featured roles in routines • Group work
Class Requirements: • Ballet	Class Requirements: • Ballet



Trio Danceworks Competitive Requirements

• Competitive Strength Training (Conditioning) • 1 additional style	• Jazz • Tap • Competitive Strength Training (Conditioning)
Extra Routines: • Studio Line	Extra Routines: • Opportunity to be recommended for Solos, Duo/Trios and Extra Groups • Full Time Competitive Studio Extended Line

Why is taking multiple styles important?

Taking multiple dance styles isn't just about variety, it builds a stronger, more adaptable, and more expressive dancer overall. Here's a breakdown of why it's so helpful:

1. Improves overall
 - a. Different styles emphasize different fundamentals
 - i. Ballet Builds Posture
 - ii. Jazz develops sharpness and precision
 - iii. Hiphop improved groove and musicality
 - b. Dancers will become technically well rounded instead of limited to one skill set
2. Builds versatility
 - a. Learning multiple styles allows you to adapt to different choreography and performance
3. Enhances Musicality
 - a. Each dance style interprets music differently
 - i. Tap focuses on rhythm
 - ii. Contemporary Connects to emotion and phrasing
4. Prevents injury
 - a. Different styles use different muscle groups and movement patterns
5. Strengthens body awareness
 - a. Switching styles forces you to adjust posture, energy, and movement quality
 - b. You gain better control of your body and movement choices
6. Boosts Creativity and Expression
 - a. Exposure to different movement vocabularies expands how you express yourself
 - b. You become a more unique and expressive performer
7. Improves memory and learning speed
 - a. Learning varied choreography trains your brain to pick up movement faster
 - b. You will become faster at picking up new movements
8. Builds confidence
 - a. Trying new styles pushes dancers out of their comfort zone
 - b. You become more comfortable and confident performing in unfamiliar situations
9. Makes you a stronger performer
 - a. Combining technique, musicality, and expression from multiple styles elevates your stage presence
 - b. JUDGES NOTICE WHEN DANCERS ARE GOOD AT MORE THAN ONE THING WELL!

Trio Danceworks Competitive Requirements

About each style



- Ballet
 - Builds **strong technique** (alignment, turnout, posture)
 - Improves **balance and control**
 - Teaches discipline and foundational vocabulary
 - **Big benefit:** It's the *base* for almost every other dance style.
- Tap
 - Develops **rhythm and timing**
 - Strengthens **footwork precision**
 - Enhances musical awareness
 - **Big benefit:** Teaches dancers to *hear and create* music, not just move to it.
- Jazz
 - Builds **strength, flexibility, and power**
 - Improves **turns, jumps, and performance quality**
 - Encourages strong, confident movement
 - **Big benefit:** Helps dancers perform with energy and precision.
- Competitive Strength Training (Conditioning)
 - Builds **strength, endurance, and flexibility**
 - Helps with **injury prevention**
 - Improves overall technique in *all* styles
 - **Big benefit:** Keeps dancers strong, safe, and able to perform at their best.
- Musical Theatre
 - Combines **acting, dancing, and storytelling**
 - Builds **facial expression and stage presence**
 - Improves character work and performance skills
 - **Big benefit:** Creates engaging, confident performers who can *connect with an audience*.
- Contemporary
 - Encourages **emotional expression and storytelling**
 - Improves **fluidity and transitions**
 - Builds **connection between movement and feeling**
 - **Big benefit:** Develops artistry and individuality.
- Acro
 - Builds **strength and flexibility**
 - Improves **balance and control**
 - Teaches safe execution of tricks
 - **Big benefit:** Adds impressive skills and athletic ability to choreography.
- Hip-hop
 - Develops **groove and musicality**
 - Encourages **freestyle and individuality**
 - Builds confidence and performance style
 - **Big benefit:** Helps dancers loosen up and find their own style.



Why Taking *All of Them Together* Is Powerful

- Ballet → **Technique & control**
- Tap → **Rhythm & timing**
- Jazz → **Power & performance**
- Contemporary → **Expression & fluidity**
- Acro → **Strength & tricks**
- Hip Hop → **Style & groove**
- Musical Theatre → **Storytelling & stage presence**
- Conditioning → **Strength & injury prevention**

Combined result: A dancer who is *technically strong, musically aware, expressive, athletic, and versatile*

Trio Danceworks Competitive Requirements



Please fill in the portion of the form below and return to the studio specifying which program and styles your dancer will be taking.

Dancer's Name	
Dancer's Age	
Class(es) they are register for	Ballet Jazz Tap Contemporary Hip-Hop Acro Musical Theatre
Team Placement (please circle one)	Part-time Full-time
Date	
Parent Signature	