



# ADI ALL-STAR

## PROGRAM & SEASON OVERVIEW

### WELCOME TO ADI ALL-STAR PROGRAM

We are so excited to have your dancer and family be a part of this exciting journey with us.

All-Star Dance is about much more than just performances and competitions. It is an opportunity for dancers to grow in confidence, discipline, teamwork, athleticism, and artistry while being part of a positive and supportive team environment.

TRAIN LIKE *ATHLETES*



PERFORM LIKE *ROCKSTARS*

# Our Mission



## ***Integrity - Determination - Passion***

ADI All-Star is a competitive dance team program designed for dancers who are looking to grow in both skill and team experience through styles such as pom, jazz, hip hop, and technical skill training.

Our mission is to create a program where dancers are challenged to train with discipline, passion, and purpose while being supported by a strong sense of team culture and community. We believe the most successful teams are not just built on talent, they are built on commitment, consistency, trust, and the ability to train and grow together.

Team culture is at the heart of everything we do. We strive to create an environment where dancers learn the value of hard work, accountability, leadership, resilience, and supporting one another both in and out of the studio. Through regular team training, rehearsals, and shared experiences, dancers build meaningful connections that help shape both their performance and personal growth.

This packet is designed to help families better understand our All-Star program, including important information about team expectations, training, rehearsals, competitions, fees, and season commitments.

We are so excited for all that is ahead, and cannot wait to watch our dancers transform into **ROCKSTARS!!**

# Why All-Star?



## **How Is All-Star Dance Different from Traditional Studio Competition Dance?**

All-Star Dance is often more team and community-oriented than traditional studio dance because it is built around consistent team training, shared goals, and growing together throughout an entire season. Rather than focusing primarily on individual routines or separate performance opportunities, All-Star emphasizes the importance of working together, showing up for one another, and contributing to the success of the team as a whole.

Another difference between All-Star Dance and traditional studio competition dance is that All-Star follows a more standardized competition model, and judging panels are held to higher standards. All-Star routines are often judged using a specific scoring rubric that evaluates areas such as: **Execution of technical elements, Uniformity, Spacing, Movement Technique, Creativity & Originality, Routine Staging, Difficulty, and Overall Impression.**

**Because of this, All-Star Dance places a strong emphasis on uniformity, consistency, and team execution. Dancers are not only expected to perform well individually, but also to move, perform, and execute skills together as one cohesive team.**

This style of training helps dancers develop:

- Stronger team awareness
- Greater attention to detail
- Improved consistency and reliability
- Higher levels of discipline, stamina, and precision

**At ADI All Star, we believe this model helps dancers grow not only as individual performers, but also as strong, accountable teammates who understand how to train and perform at a high level together.**

# Program Overview



The ADI All-Star Program is a competitive dance team-based program focused on the styles of pom, jazz/contemporary, and hip hop. With emphasis on technical training skills such as jumps, leaps, turns, and acro.

Our All-Star dancers train to become well-rounded performers while learning the value of dedication, teamwork, consistency, and confidence.

## **Dancers will participate in:**

- Weekly team classes and rehearsals
- Summer training and choreography
- Regional and National competitions
- Community performances and studio events
- Team-building experiences and special opportunities throughout the season

At ADI, our mission is to create an environment where dancers can thrive both on and off the floor. We strive to help dancers build a strong technical foundation, gain confidence and joy in performing, develop discipline/accountability/pride in their efforts, and learn to work as part of a team

## **Team placements are based on a combination of age, skill level/technique, performance quality, strength/endurance, and commitment to team training**

Our goal is always to place dancers where they will be challenged, supported, and set up for success.

## **All-Star age grid (USASF Age Divisions)**

- Mini (Ages 7-10)
  - Will compete 1 routine
- Youth (Ages 10-13)
  - Will compete 1 routine
- Junior (Ages 11-16)
  - Will compete 1-2 routines
- Senior (Ages 13+)
  - Will compete 3 routines

Please note:

- Team structures, group sizes, and age breakdowns may vary from season to season based on enrollment and staffing needs.
- Dancers may have the opportunity to “crossover” into different age divisions and compete in multiple routines across age groups. For example, a 13-year-old dancer may be eligible to perform in Youth, Junior, and Senior routines depending on team placement, choreography needs, and overall routine structure.

# PREP CLASSES



Prior to the official season, dancers who are interested in the all-star team are required to participate in a minimum of **3 All-Star Prep/Evaluation Classes**. These classes are offered on Tuesdays and Wednesdays in June 2026. From these classes, we will be able to determine dancer routine placement.

## These classes are designed to:

- Introduce dancers to All-Star expectations
- Improve foundational technique and style
- Help dancers prepare physically and mentally for team training
- Allow staff to evaluate strengths, work ethic, and readiness for the season

Each prep day is structured into two key components to support dancers' growth and preparedness for the upcoming all-star season. This combination allows dancers to not only improve their technical ability but also develop the confidence, performance quality, and attention to detail needed for the All-Star team.

- **Technique & Conditioning Classes:** Focus on building a strong technical foundation and skill refinement (turns, jumps, acro/flexibility, and hip hop tricks)
- **Style & Movement Quality Classes:** Focus on performance, musicality, execution, and style-specific choreography within Pom, Jazz, and Hip Hop

## PREP CLASS SCHEDULE

PRICING & SIGN UP to be released soon

MINI/YOUTH (Ages 7-10)	JUNIOR (Ages 11-13)	SENIOR (Ages 13+)
Tues. June 9th 4:30-6:00pm	Tues. June 9th 5:00-7:30pm	Tues. June 9th 6:30-9:00pm
Wed. June 10th 4:30-6:00pm	Wed. June 10th 5:00-7:30pm	Wed. June 10th 6:30-9:00pm
Tues. June 16th 4:30-6:00pm	Tues. June 16th 5:00-7:30pm	Tues. June 16th 6:30-9:00pm
Wed. June 17th 4:30-6:00pm	Wed. June 17th 5:00-7:30pm	Wed. June 17th 6:30-9:00pm
Tues. June 23rd 4:30-6:00pm	Tues. June 23rd 5:00-7:30pm	Tues. June 23rd 6:30-9:00pm
Wed. June 24th 4:30-6:00pm	Wed. June 24th 5:00-7:30pm	Wed. June 24th 6:30-9:00pm

# SUMMER TRAINING & CHOREOGRAPHY



Summer is a very important part of our All-Star season and is designed to help dancers build strength, technique, consistency, and team chemistry before the competitive season begins. All-Star choreography will begin to be experimented with and introduced during summer classes.

## **Why does summer training matter?**

### **Summer training helps dancers:**

- Build upon the technique and strength that have been gained through the previous season
- Set a strong foundation for the new upcoming season
- Strengthen team connection and trust
- Enter choreography and fall rehearsals prepared and confident

Specific summer requirements and attendance expectations are shared within our ADI Summer Team Requirements - Tuesday/Wednesday classes, July 7-August 12, and additional master classes and workshops when available

## **CHOREOGRAPHY CAMP**

**TUESDAY, AUGUST 25<sup>th</sup> - THURSDAY, AUGUST 27<sup>th</sup> Times TBD**

**TUESDAY, SEPTEMBER 8<sup>th</sup> - WEDNESDAY, SEPTEMBER 9<sup>th</sup> Times after 5:00PM**

During choreography camp, dancers will begin learning their competition routines, build team chemistry and performance quality, and it is then that we start to see routines come to life!

### **Please Note:**

Choreography dates are very important and mandatory, as this is when routines are first created, and dancers begin learning formations, choreography details, and team expectations.

### **Missing choreography may result in:**

- Dancers continuously playing “catch-up” throughout the year
- Important details missed, such as: nuances within choreography, spacing within the routine and on the floor, and timing within a group setting
- Delayed placement into routines affects competition readiness. Dancers may be asked to sit out of a competition if absences become excessive or if rehearsals are missed within 2 weeks before a competition/performance.

### **Families should plan to prioritize choreography dates whenever possible.**

Some routines will also be rehearsed during weekly classes. Below are TBD choreography dates. Some routines may or may not rehearse on the dates below. Choreography dates will be confirmed once we have confirmed routine participation and solidified our 2026-2027 fall schedule.

Additional Potential Fall Choreography/Rehearsal Dates:

- Sun. Sept 20th
- Sun. Sept 27th
- Sun. Oct 11th
- Sun. Oct. 18th
- Sun. Oct. 25th
- Sun. Nov. 1st
- Sun. Nov. 15th
- Sun. Nov. 22nd

# WEEKLY CLASSES & ATTENDANCE



## WEEKLY CLASS EXPECTATIONS

All-Star dancers are expected to attend their weekly classes, rehearsals, choreography dates, competitions, and performances consistently throughout the season. Regular attendance is one of the most important parts of the All-Star experience because it creates the consistency needed for both individual and team growth.

One of the greatest benefits of team training is that it helps dancers grow not only as teammates but also as individuals. While All-Star Dance is centered around team performance, the structure of training in a team environment often pushes dancers to reach levels they may not achieve on their own.

Training consistently alongside motivated teammates encourages dancers to work harder, stay accountable, and push past their comfort zones. Being surrounded by others who are striving toward the same goals creates an environment that naturally challenges each dancer to improve their technique, performance quality, stamina, confidence, and mental toughness.

Over time, this kind of consistent team-based training can have a major impact on a dancer's individual goals and long-term development. Whether a dancer hopes to improve technically, become a stronger performer, earn leadership opportunities, make a school or college dance team, or simply grow in confidence and discipline, being part of a committed team helps build the habits and mindset needed to get there.

At ADI, we believe that while dancers are contributing to something bigger than themselves, they are also becoming stronger, more confident, and more capable individuals in the process.

### A typical schedule may include:

- Technique and conditioning classes
- Style-specific training (contemporary, hip hop, pom, acro, etc.)
- Team rehearsals
- Additional specialty classes depending on age and team placement.

## ATTENDANCE

Because All-Star Dance is a team commitment, attendance plays a major role in team success. Each rehearsal is important for cleaning choreography, learning formations, building stamina, improving synchronization, and strengthening team trust and accountability.

**When one dancer is absent, it can affect the progress and progress of the entire team.**

Families should be prepared for a strong attendance commitment and maintain prompt communication regarding absences. Attendance may impact formations, performance readiness, competition eligibility, and participation in routines or events.

We ask families to be mindful of vacations, sports, and outside activities when considering the All-Star schedule.

# TEAM EXPECTATIONS.



## TEAM ETIQUETTE EXPECTATIONS

All-Star dancers are expected to represent ADI with positivity, respect, and professionalism both in and out of the studio.

### **Dancer Expectations Include:**

- Arriving on time and prepared with appropriate attire, shoes, and other required items
- Maintaining a positive attitude
- Being respectful to coaches and teammates
- Giving full effort in class and rehearsal
- Supporting teammates
- Taking corrections with a positive mindset
- Showing pride in representing ADI

### **Parent Expectations Include:**

- Supporting your dancer's commitment
- Helping dancers arrive on time and prepared
- Trusting the coaching process and team decisions
- Maintaining respectful communication with staff
- Encouraging positivity and sportsmanship

**A strong team culture requires partnership between dancers, coaches, and families.**

## DRESS CODE & REHEARSAL PREP

Dancers should arrive at class and rehearsal dressed appropriately and ready to work.

General Expectations Include:

- Hair pulled back neatly
- Proper dance shoes/sneakers as instructed
- Poms (when applicable)
- Form-fitting dance-wear unless otherwise directed
- Water bottle
- Positive attitude and focus

Each team may also receive specific rehearsal or performance appearance expectations throughout the season.

# PERFORMANCE/COMPETITION OPPORTUNITIES



**All-Star dancers will have the opportunity to perform and compete throughout the season.**

**This will include:**

- Regional & National competitions
- Showcase events
- Community performances
- Special studio events

Competitions are an exciting and memorable part of the All-Star experience, and we ask families to approach each event with flexibility, positivity, and strong team spirit. While competitions are certainly a highlight of the season, we also believe in the importance of being part of a larger dance community.

At ADI, we value not only the experience of competing but also the opportunity for dancers to perform, connect, and contribute as active members of the community. We believe these experiences help shape well-rounded dancers and create a program that is about more than just awards. It is about growth, teamwork, and meaningful experiences both on and off the competition floor.

**2026-2027 COMPETITION SAVE THE DATES (As of April 2026)**

- Sun. Jan 3rd - UDA Battle of the Northeast (Philadelphia, PA)
- Sun. Jan. 24th - DTU Regional Competition (Wayne, NJ)
- Jan-Feb 2027 - Potentially 1-2 Additional Performances/Competitions
- March 2027 - UDA All-Star Nationals (Orlando, FL)

**FINANCIAL COMMITMENT**

Being part of an All-Star program is a commitment both in time and financially.

**Please Note:**

A detailed fee breakdown and payment structure will be shared separately. Fundraising opportunities are also available to help offset costs.

We are committed to being as transparent and organized as possible so families can plan.

- **Regional Competition fees can range between \$30-\$80**
- **UDA Nationals fee \$497 (2026 fee) includes ESPN admission, 1 routine entry, and 2-day Disney Park Hopper**
- **USASF annual membership fee is \$50.00**

**Fundraising opportunities are available and have helped families significantly offset costs in the past.**

# NATIONALS TRAVEL INFO



## UDA ALL-STAR NATIONALS

UDA All-Star Nationals takes place in Orlando, FL, at the ESPN Wide World of Sports Complex over two days, Friday (prelims) and Saturday (finals). Dancers have the opportunity to compete against teams from across the country and perform on one of the most iconic stages in the dance team world.

It is an unforgettable experience that challenges dancers to grow, push themselves, and perform at a higher, more confident level than ever before. Beyond the performance, the environment itself is incredibly impactful. Dancers are surrounded by top-level talent, high-energy performances, and the excitement of the all-star dance world, creating an atmosphere that is both inspiring and motivating.

Many dancers leave Nationals feeling energized and driven, with a renewed sense of confidence and a stronger desire to keep improving, dreaming bigger, and reaching new goals.

Typical Nationals Itinerary:

### **WEDNESDAY:**

- Travel to Orlando

### **THURSDAY:**

- Team Practice at ESPN Competition Venue
- Team trip to Disney Park

### **FRIDAY:**

- Competition Day 1

### **SATURDAY:**

- Competition Day 2

### **SUNDAY:**

- Travel home or day free for families to enjoy the parks

# Meet the Coaches

The ADI All-Star coaching staff brings a strong background in dance team training, leadership, and performance. Our coaches have experience as members of nationally ranked collegiate dance team programs, have trained through programs such as Pro Action Dance and UDA College Spirit Camps, and some have also worked as UDA Staff Instructors.

All ADI All-Star coaches are proud members of the USASF (United States All-Star Federation). Through USASF membership, coaches are required to complete background checks and stay educated on safe coaching practices and athlete protection standards to help provide a positive, professional, and safe environment for all dancers.



**Shannon Dolan**

Rutgers University 2012-2017  
Current RUDT Assistant Coach  
ICU Pom World Champion  
UDA Staff 2014-2015



**Jenna Goggin**

University of Delaware 2016-2020  
Captain  
2x UDA National Champion (Jazz &  
Hip Hop)



**Alexis Gergely**

Rutgers University 2019-2023  
Current RUDT Recruiting  
Coordinator  
UDA National Champion (Gameday)  
Current UDA Staff

## **USASF (United States All-Star Federation)**

Athletic Dance Institute is proud to be a registered member club of the USASF. The USASF is a governing body that sets important standards in the All-Star Dance world, including guidelines for age divisions, athlete membership, and overall program safety.

As a USASF member club, we conduct background checks on our coaches, and our program follows the membership and age requirements set for All-Star Dance participation.

### **What does this mean for your dancer?**

#### **1. Athlete Eligibility & Age Verification**

Each dancer must be registered with the USASF to verify their age and studio/program affiliation. This helps ensure fair competition and proper placement in the correct divisions.

#### **2. Safe Sport & Athlete Protection Standards**

USASF member programs are expected to follow important athlete safety guidelines and uphold standards that help create a safe, positive, and professional environment for all dancers.

#### **3. Background Checked & Educated Coaches**

Coaches within USASF member programs are required to complete background checks and stay educated on safe coaching practices, athlete protection, and industry standards.

#### **4. Competition Eligibility**

Many all-star competitions and events require dancers and programs to be officially registered through the USASF in order to participate.

#### **5. Credibility & Accountability**

Being a USASF member program shows that a studio is committed to operating with professionalism, structure, and integrity within the all-star dance community.

### **Each dancer participating in the ADI All-Star program will need to become a registered USASF athlete member for the season. Annual membership fee of \$50**

This membership helps to:

- Verify your dancer's birthdate and age eligibility
- Confirm their membership with Athletic Dance Institute
- Ensure they are eligible to participate in certain All-Star events and competitions throughout the season

Once athlete registration becomes available for the 2026-2027 season, we will send families more information along with step-by-step instructions on how to complete the process.

