



ADI DANCE TEAM - FAQ (Frequently Asked Questions)

1. How many classes do I take?

- a. The amount of classes you participate in will determine your growth as a dancer. Each team has a minimum required number of classes. However, the more classes you take and styles you train in will only help you grow your skills and ability to adapt to different choreography.
- b. Each Junior, Teen and Senior dancer is required to take 2 ballet classes and technique classes. Please see your individual schedule for other required classes and optional class choices.

2. How many routines am I in?

- a. Every team dancer is required to participate in 3 routines minimum; 1 routine with their group, 1 full team production routine, and 1 additional routine selected by the directors/choreographers. Each Junior, Teen & Senior Dancer can be selected to be in additional groups based on the Directors/Choreographers decision. These additional routines are not guaranteed and are selected based on dancer attendance, commitment and ability to pick up and retain choreography.

3. How many competitions and are Nationals mandatory?

- a. We typically attend 2-4 regional competitions/conventions a year? Each full team competition is mandatory including Nationals. Nationals is not a guarantee every year but if as a studio we decide to attend nationals it will be mandatory to attend. Extra rehearsals will be required to prepare for Nationals.

4. How long is the season and can I participate in other activities?

- a. In short, it is a full year commitment. However, our competition season choreography and rehearsals begin in December and run through the Spring. Participating in more than one competitive sport during this time frame can affect your attendance for Choreography and Rehearsals.
- b. The ADI Competition Team is the perfect opportunity for dancers seeking a competitive dance experience with additional performance opportunities while maintaining flexibility in their schedule. This program is designed for dancers who want to challenge themselves, grow their skills, and be part of something special without the full-time commitment of our All-Star Team.

5. Do I have to take summer classes?

- a. Yes, being a competitive team dancer means you are serious about your dance education and future, always looking for new opportunities to improve. Summer classes are mandatory as a team dancer as this is the time to learn new skills and refine the fundamentals.

6. What are the fees?

- a. In addition to monthly tuition, team fees will include entry fees for competition, rehearsal fees for competition routines, and costume fees. Most group entry fees range from \$75-\$85 per person per group routine for Regional competitions.

7. Am I limited to just competitions?

- a. No, Team dancers are required to participate in community event performances or fundraisers. The reason being is that Team dancers should be willing and enthused to perform in front of audiences of all different kinds. It is important for Team dancers to participate in events and performances to feel a part of their community. Performing in front of an audience purely for entertainment and not just for judges is what being a performer is all about.

8. What do I wear?

- a. Class Dress Code - All Ballet classes require a black leotard, pink tights and pink Ballet shoes. All other dance classes will require an ADI uniform, meaning any ADI branded color leotard or tight fitting dance wear with tights and shoes of that style class. We sell various ADI branded dance wear that you can purchase or you can purchase your own leotard or dancewear and the ADI brand can be added to any of this dancewear.
- b. Competition Costumes - Each competition routine will have its own costume. Costume prices will range anywhere from \$85 and up depending on the group. Solo, duo and trio costumes typically can range from \$100 and up. Additionally, team dancers will have a makeup kit and accessories for the year.

- c. Competition Team “Uniform” - Each team dancer will be required to purchase an ADI Warm Up Jacket, and ADI Performance Top. You can purchase these items through www.cheerables.com. Our Warm Up Jacket will be worn for all competition award ceremonies, as well as cold weather performances. ADI Performance Top will be worn for all community performances.

9. What are the benefits of being a competitive dancer?

- a. Dance has many benefits to offer each family and child beyond learning skills and steps. Dance is such a beautiful art form that teaches us so many valuable life lessons! Some lessons from dance include discipline, perseverance, teamwork, and self-expression. Dancing helps us learn to work hard, never give up, collaborate with others, and express ourselves creatively. It's a wonderful way to grow both physically and emotionally.

10. What does it mean to be a part of a competition team?

- a. Being on a team means you are a part of a group working together towards a common goal. It's about collaboration, support, and unity. You have teammates who have your back, and together you can achieve things you could not do alone. Additionally, it teaches responsibility since others will be relying on your contribution to the team as a whole. It is a great way to build lifelong friendships and learn from each other. Plus, being on a team can bring a sense of belonging and accomplishment. Competitions can be exciting and nerve-wracking, and can teach children and teenagers how to handle both victories and setbacks.