

WBR TEAM LEVELS and REQUIREMENTS

Itty Bitty and Pixie Objectives:

- Demonstrate basic kinesthetic awareness. Utilize and elaborate on the element of space in dance.
- Demonstrate and develop the following partner skills: copying, leading and following, mirroring.
- Learn how to effectively count dance phrases (8 counts)
- Demonstrate ability to memorize movement phrases within a dance or combo
- Demonstrate appropriate behaviors while watching, creating, or performing dance.
- Learn to use dance to to express ideas, feelings, or stories.
- Learn the basics of how to be a safe and respectful team member.

Itty Bitty and Pixie Age Restrictions:

- Must be at least 3 years old to start in Itty Bitty and fully potty trained.
- Must be a minimum of 4.5 years old to advance to pixie (plus skill req's)

Routine and Practice Expectations:

- Itty Bitty practices once per week (45 mins). They learn two competition dances.
- Pixie Practices twice per week (1 hour). They learn three competition dances.
- Season starts in July and ends in December.

ITTY BITTY

STATIONARY SKILLS	ACROSS THE FLOOR
Tendu	Pivot Turn
Flex and Point of feet	3 Step Turn
Stretches	Pirouette Prep
The beginning of a split	Hop on 1 foot
Releve	
Plie	
Start of a Toe Touch	

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to participate in class alone (mom and dad not in room)
Able to get along with classmates
Able to follow basic instructions from teacher/coach

PIXIE

STATIONARY SKILLS	ACROSS THE FLOOR
Tendu	Pivot Turn
Flex and Point of feet	3 Step Turn
Stretches	Pirouette Prep and Start of single
Intermediate execution of a split	Grapevine
Releve	Start of a Jete
Plie	
Basic Toe Touch (proper prep)	

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to participate in class alone consistently.
Able to get along with classmates
Able to follow basic instructions from teacher/coach
Able to demonstrate good attendance

Prevue and Mini Objectives:

- Demonstrate advancing kinesthetic awareness. Utilize and elaborate on the element of space in dance.
- Demonstrate and develop the following partner skills: ripple counts, partner tricks, assisted partner jumps.
- Learn how to effectively count multiple dance phrases including (+) counts. (8 counts)
- Demonstrate ability to memorize advancing movement phrases within a dance or combo.
- Demonstrate appropriate behaviors while watching, creating, or performing dance.
- Demonstrate ability to take corrective constructive criticism and apply it to dance or skill execution.
- Learn to use dance to express ideas, feelings, or stories. Developing ability to create individual facials in a dance to express the emotion of the dance.
- Consistently demonstrate how to be a safe and respectful team member.

Prevue and Mini Age Restrictions:

- You may be 6th grade level or younger to be on these teams. The remainder of the placement is based on skill only as outlined below.

Routine and Practice Expectations:

- Prevue practices twice per week. (1.5 hours) They learn three competition dances.
- Minis Practice three times per week. (1.5 hours) They learn three competition dances.
- Season starts in July and ends in December (prevue) and in January (minis).

PREVUE

STATIONARY SKILLS	ACROSS THE FLOOR
Proper Execution of flex/point of feet for style of dance (i.e. pointed toes in kick or leap, flexed feet for hip hop)	Chaine Turn, able to show proper foot placement
Splits (near flat)	Chasse able to do BOTH sides
Start of Cartwheel	Single Pirouette (may need technical assistance yet)
Start of a back walkover (basic bridge at minimum)	Gran Jete (correct leg and hip placement)
Toe Touch with overall proper form, height may need work	

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to demonstrate they are prepared for class consistently (proper attire/on time)
Able to get along with classmates (this includes time before practice at studio)
Able to follow instructions from teacher/coach consistently
Able to demonstrate competition preparedness

MINIS

STATIONARY SKILLS	ACROSS THE FLOOR
Proper Execution of flex/point of feet	Chaine Turn
Splits (flat)	Chasse
Start of a head flip	Double Pirouette, should be able to rotate two revolutions, minimal technique errors
Start of a back walkover/fall to bridge	Gran Jete (correct leg and hip placement)
Solid Cartwheel	
Technically Correct Toe Touch	

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to demonstrate they are prepared for class consistently (proper attire/on time)
Able to get along with classmates (this includes time before practice at studio)
Able to follow instructions from teacher/coach consistently.
Able to demonstrate competition preparedness
Able to demonstrate ability to focus for longer practice times (1.5-2 hours)

Jr. Prep and Juniors Objectives:

- Demonstrate advanced kinesthetic awareness. Utilize and elaborate on the element of space in dance.
- Demonstrate and develop the following partner skills: ripple counts, partner tricks, assisted partner jumps. Advanced tumbling skills that involve partners. Pyramid building skills.
- Learn how to effectively count multiple dance phrases including (+) counts and syncopated rhythms. (8 counts)
- Demonstrate ability to memorize advancing movement phrases within a dance or combo within shorter periods of time.
- Demonstrate appropriate behaviors while watching, creating, or performing dance AND be able to give and accept constructive criticism.
- Learn to use dance to express ideas, feelings, or stories. Developing ability to create individual facials in a dance to express the emotion of the dance. Consistently shows ability to emote facials in practice NOT just competition.
- Consistently demonstrate how to be a safe and respectful team member IN and OUTSIDE of practice including school, competition settings, and social media.

Jr. Prep and Juniors Age Restrictions:

- You may not be OLDER than 6th grade (or age equivalent) to be on Junior Prep. In general it is *recommended* that the student be in 3rd grade or above due to the fact that there is no room to advance to Juniors until 5th grade. Exceptions made on case by case basis.
- You should be at least in 5th grade (or age equivalent 4th grader) to be on Juniors.

Routine and Practice Expectations:

- Jr Prep practices three times per week. (2 hours) They will learn three competition dances.
- Juniors Practice three times per week. (2 hours) They learn three competition dances.
- Both seasons start at end of May and go through January.

JUNIOR PREP

STATIONARY SKILLS	ACROSS THE FLOOR
Flat Splits	Chaine Turn, able to show proper foot placement AND able to demonstrate ability to add skill (leap or jump onto the end of it)
Cartwheel L and R	Chasse able to do BOTH sides
Back Walkover	Double Pirouette (start of triple)
Start of Head flip/Minimal practice to complete successfully within the season	Gran Jete (correct leg and hip placement) both sides

Toe Touch with overall proper form, height may need work	Start of a center leap
Start of A la seconde turns	Start of a scorpion

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to demonstrate they are prepared for class consistently (proper attire/on time)
Able to get along with classmates (this includes time before practice at studio)
Able to follow instructions from teacher/coach consistently
Able to demonstrate competition preparedness which includes being on time, being engaged, being respectful and focused at competition.
Attendance at all competitions and majority of practices.

JUNIORS

STATIONARY SKILLS	ACROSS THE FLOOR
Flat Splits, start of middle	Start of turning disc
Cartwheel L and R	Chasse into leap both sides
Back Walkover	Double and Triple (may need technical assistance on triple yet)
Head flip	Gran Jete (correct leg and hip placement) both sides
Toe Touch with overall proper form, height may need work	Basic Center Leap
Basics of a la seconde	Scorpion on Both Sides
Principals of High Kick	Can Travel in kick line with proper form

DANCE CLASS INDIVIDUAL BEHAVIOR SKILLS
Able to demonstrate they are prepared for class consistently (proper attire/on time)
Able to get along with classmates (this includes time before practice at studio)
Able to follow instructions from teacher/coach consistently. Able to demonstrate ability to follow instructions from teachers at school as well.
Able to demonstrate competition preparedness which includes being on time, being engaged, being respectful and focused at competition.
Attendance at all competitions and majority of practices. Absences are in line with constitution rules.