

Fort Saskatchewan Gymnastics' Club

2011/2012 Acro Dance Competitive Team (ADVANCED)

Requirements:

Age – Advanced Acro Dancers must be a minimum of 8 years of age

Experience – Advanced Acro Dancers must have 2+ year's competitive dance and/or gymnastics' experience

Technical Requirements– Advanced Acro Dancers *must* be able to perform the following technical skills prior to enrolment:

- A hand stand (held for 3 seconds)
- A cartwheel on the right and left foot
- A front and/or back walkover
- A forward roll
- A backward roll
- A split leap on the right and/or left foot
- A full turn on the right and left foot
- Right splits
- Left Splits

Class Structure:

- Acro Dancers will train for 1 ½ hours per week.
- Classes will be held on Fridays.
- Classes will involve: a group stretch, dance technique; and gymnastic floor skills (leaps, turns and tumbling).
- All Acro Dancers will learn a 3-4 minute group routine to be competed at numerous dance competitions and possible gymnastic events.

Competitions:

- Acro Dancers will compete in a minimum of two dance competitions in the Edmonton and or surrounding area.
- Dance Competition fees range from \$15-\$30 per Entry (per individual)

Costuming:

- Acro Dancers will be required to purchase a 2011-2012 COSTUME.
- Costumes will be chosen by the Acro-dance coach.
- Costume selection will be based on what *best suits* the Acro-dance. I.e. song, routine and routine style.
- A \$100.00 costume deposit will be required:
The deposit will cover costs for the general costume, rhinestone earrings and any accessories.
*** Please note: additional fees may be required for unforeseen costume costs (I.e. brokerage fees, taxes etc.)
- Costumes could potentially be ordered from the USA (no later than December 2011) or sewn by a qualified seamstress.
- Acro-dancers will be measured for costumes by October 31, 2011.

Acro Dance is a group sport and therefore full attendance is required in all classes and at all competitions.

Fort Saskatchewan Gymnastics' Club

2011/2012 Acro Dance Competitive Team (BEGINNER)

Requirements:

Age – Beginner Acro Dancers must be a minimum of 8 years of age

Experience – Beginner Acro Dancers must have 1+ year's dance and/or gymnastics' experience.

Technical Requirements– beginner Acro Dancers will have learned (but not necessarily mastered) the following skills:

- A hand stand
- A cartwheel on the right and or left foot
- A forward roll
- A backward roll
- A split leap on the right and/or left foot
- A full turn on the right and left foot
- Right splits
- Left Splits

Class Structure:

- Acro Dancers will train for 1 ½ hours per week.
- Classes will be held on Fridays.
- Classes will involve: a group stretch, dance technique; and gymnastic floor skills (leaps, turns and tumbling).
- All Acro Dancers will learn a 3-4 minute group routine to be competed at numerous dance competitions and possible gymnastic events.

Competitions:

- Acro Dancers will compete in a minimum of two dance competitions in the Edmonton and or surrounding area.
- Dance Competition fees range from \$15-\$30 per Entry (per individual)

Costuming:

- Acro Dancers will be required to purchase a 2011-2012 COSTUME.
- Costumes will be chosen by the Acro-dance coach.
- Costume selection will be based on what *best suits* the Acro-dance. I.e. song, routine and routine style.
- A \$100.00 costume deposit will be required:
The deposit will cover costs for the general costume, rhinestone earrings and any accessories.
*** Please note: additional fees may be required for unforeseen costume costs (I.e. brokerage fees, taxes etc.)
- Costumes could potentially be ordered from the USA (no later than December 2011) or sewn by a qualified seamstress.
- Acro-dancers will be measured for costumes by October 31, 2011.

Acro Dance is a group sport and therefore full attendance is required in all classes and at all competitions.