



## **All Star Team Requirements**

Below is a list of requirements for each team. This list includes what is listed below but also not limited to. Dynamic staff will use this as a guideline for team placements.

### **Tiny All Stars**

All dancers should demonstrate a basic dance knowledge. Dancers should be able to retain choreography and complete corrections as given. Dancers should have basic knowledge of skills listed below or capability of learning throughout duration of the season. Dancers should have a strong work ethic, positive attitude and capability of practicing themselves at home. Dancers should be able to fully participate in a 1.5 hour practice.

#### Required Skills:

Single pirouette, toe touch, split leap, battment (kick), basic flexibility, bridge

#### Suggested Skills:

Additional acro skills, kick variations

### **Mini All Stars**

All dancers should demonstrate a basic dance knowledge in pom, jazz, hip hop and lyrical. Dancers should be able to retain choreography and complete corrections as given. Dancers should have basic knowledge of skills listed below or capability of learning throughout duration of the season. Dancers should have a strong work ethic, positive attitude and capability of practicing themselves at home. Dancers should be able to fully participate in a two-hour practice.

#### Required Skills:

Single Pirouette (double pirouette strong suggested), toe touch, split leap, jump, ring leap, firebird, bridge, leg hold, handstand or headstand

#### Suggested Skills:

Center leap, axel, head-flip, headstand variations, acro skills

#### 4<sup>th</sup> Routine Required Skills:

All Skills listed for team in addition to: double pirouette, axel, front or back walkover

### **Youth All Stars**

All dancers should demonstrate a basic dance knowledge in pom, jazz, hip hop and lyrical. Dancers should be able to retain choreography and complete corrections as given. Dancers should have basic knowledge of skills listed below with technical execution. Dancer should be capable of applying and making changes/corrections within practice. Dancers should have a strong work ethic, positive attitude and capability of practicing themselves at home.

#### Required Skills:

Double pirouette, toe touch, split leap, ring leap, firebird, bridge, leg hold, handstand or headstand, head-flip, 3 fouettes into a lunge, center leap, axel, front/back walkover, good understanding of pom motion technique

## **Youth All Stars cont.**

### Required Jazz Skills:

3 fouettes into a double pirouette, calypso, butterfly

### Required Lyrical Skills:

3 fouettes into a double pirouette, calypso, triple pirouette, combination of skills, butterfly

### Required Hip Hop Skills:

Headflip, Handstand Variations, Headstand

### Required Pom Skills:

Strong arm motion technique, Disc, Strong jump capabilities

### Suggested Skills:

Changing spot turns, switch leap variations, pirouette variations, combination of skills, aerial, back handspring, kip-up, side/front, sumi back extension roll, additional acro skills

## **Junior All Stars**

All dancers should demonstrate a strong knowledge in pom, jazz, hip hop and lyrical. Dancers should be able to retain choreography and complete corrections as given. Dancers should have knowledge and capability of demonstrating listed skills below with correct technical execution. Dancers should have a strong work ethic and bring a positive attitude to their team. All dancers will have the expectation of reviewing/practicing at home and completing additional homework assigned by coaches.

### Required Skills:

Triple pirouette, double toe touch, split leap, axel jump, ring leap, firebird, fall to bridge and return to standing, leg hold, handstand or headstand, 5 fouettes into a double pirouette or additional skill, center leap, axel, front/back walkover, pom motion technique, switch leap variations, pirouette variations, combination of skills, overall flexibility, head-flip, handstand variations, butterfly

### Required Jazz/Lyrical Skills:

Both changing spot fouettes, switch arabesque, proficient quality of movement in specific styles, side aerials

### Required Hip Hop Skills:

Headflip, Handstand Variations, Headstand, Kip-up

### Required Pom Skills:

Strong arm motion technique, Disc, Strong jump capabilities, 1 handed acro tricks/variations, toe touch

### Suggested Skills:

Aerial, side sumi (strongly suggested) \*May be required upon final team placement, front aerial, front sumi, additional acro skills, quad pirouette, advanced turn combinations, back handspring, back extension rolls, float placement during turn combinations, leg hold turns/ variations of flexibility

## **Senior All Stars**

All dancers should demonstrate a strong knowledge in pom, jazz, hip hop and lyrical. Dancers should be able to retain choreography and complete corrections as given. Dancers should have knowledge and capability of demonstrating listed skills below with correct technical execution. Dancers should have a strong work ethic and bring a positive attitude to their team. All dancers will have the expectation of reviewing/practicing at home and completing additional homework assigned by coaches. Members of this team should be dedicated to preparing for Worlds and performing at an elite level.

# **Senior All Stars cont.**

## Required Skills:

Quad pirouette, double toe touch, split leap, axel jump, ring leap, firebird, fall to bridge and return to standing, leg hold, handstand or headstand, 6 fouettes into a triple/quad pirouette or additional skill, turn tempo variation, short and long changing spot fouette turns, float variation in turn combinations, center leap, axel, front/back walkover, pom motion technique, switch leap variations, pirouette variations, combination of skills, overall flexibility, side aerial

## Required Jazz/Lyrical Skills:

Advanced turn capabilities, strong quality of movement in both styles, emotional projection, advanced quality of movement in appropriate styles

## Required Hip Hop Skills:

Headflip, Handstand Variations, Headstand, Kip-up, Side-Sumi, Dive Roll

## Required Pom Skills:

Strong arm motion technique, Disc, Strong jump capabilities, 1 handed acro tricks/variations, toe touch

## Suggested Skills:

Front aerial, front-sumi, back extension roll, back tuck, additional acro skills, advanced turn combinations, changing spot pirouettes, back handspring, 540, additional jump/leap variations, flexibility variations