



Competition Team Intensives @ BSOTD



Intensive #1
6/27 - 6/29

Minis - Grades 1-3
9AM - 12PM

Our **Minis** will work on:

- Technique: Jumps/Turns
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Lyrical & Hip Hop
- Work on Team Building
- Create Long Lasting Memories
- Performance on Last Day

Cost:
\$120



Jrs/Teens/Srs - Grades 4-12

9AM - 4:30PM

Our **Jr/Teen/Srs** will work on:

- Technique: Jumps/Turns
- Injury Prevention Therapy
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Contemporary, Hip Hop & Tap
- Work on Lifts with Team
- Work on Team Building
- Create Long Lasting Memories
- Bring a Nutritious Lunch!
- Performance on Last Day

Cost:
\$300



Jrs/Teens/Srs - Grades 4-12

9AM - 4:30PM

Our **Jr/Teen/Srs** will work on:

- Technique: Jumps/Turns
- Injury Prevention Therapy
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Contemporary, Hip Hop & Tap
- Work on Lifts with Team
- Work on Team Building
- Create Long Lasting Memories
- Bring a Nutritious Lunch!
- Performance on Last Day

Cost:
\$300



Minis - Grades 1-3

9AM - 12PM

Our **Minis** will work on:

- Technique: Jumps/Turns
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Lyrical & Hip Hop
- Work on Team Building
- Create Long Lasting Memories
- Performance on Last Day

Cost:
\$120

Intensive #2
7/26 - 7/28



Current Comp Team Dancers: Your participation in at least 1 of our Competition Team Summer Intensive is **MANDATORY** as member of the team.

Interested in Joining Our Competition Team? First, talk to Miss Caley. If interested, we would want for you to attend an Intensive this Summer!

Intensive #3
8/16- 8/19*

Minis - Grades 1-3

8/16-8/18 Only
9AM - 12PM

Our **Minis** will work on:

- Technique: Jumps/Turns
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Lyrical & Hip Hop
- Work on Team Building
- Create Long Lasting Memories
- Performance on Last Day

Cost:
\$120



Jrs/Teens/Srs - Grades 4-12

8/16: 6PM - 8PM
8/17 & 8/18: 9AM - 4:30PM
*8/19: 5PM - 8PM

Our **Jr/Teen/Srs** will work on:

- Technique: Jumps/Turns
- Injury Prevention Therapy
- Stretching and Conditioning
- Progressions Across the Floor
- Styles: Jazz, Contemporary, Hip Hop & Tap
- Work on Lifts with Team
- Work on Team Building
- Create Long Lasting Memories
- Bring a Nutritious Lunch!
- Performance on Last Day

Cost:
\$300

Competition Seasonal Commitment:

- Technique Class
- Ballet Class
- Jr/Sr:
 - Enrolled in at least 4 classes
 - Combination of Comp and/or Rec Classes
- Minis:
 - Enrolled in at least 2 classes
 - Combination of Comp and/or Rec Classes
- Attend 3 Local Competitions
- Excellent Attendance
- Exemplary Attitude and Sportsmanship

Dancewear/Footwear Attire

- Contemporary
 - Barefoot
 - Form Fitting Clothing - **nothing** baggy
- Hip Hop
 - Pastry Sneakers
 - Loose Fitting Clothing
- Jazz
 - Jazz Shoes
 - Leotards, Bike Shorts
- Tap
 - Competition Style Tap Shoes
 - Leotards, Bike Shorts
- **ABSOLUTELY NO CROP TOPS!!!!**
- Hair Back and NEAT!!!
- **LOOK GREAT - DANCE GREAT!**

Minis:

- Bring Labeled WATER Bottle! :)

Jr/Teen/Sr:

- Bring a Healthy Lunch and Snack
- Bring Notebook to take down Notes!
- Bring Labeled Water Bottle! :)



**It's Not Where You Start,
It's Where You Finish!!!**



Register Here

barbarasschoolofthedance.com

**Come have fun with
US this summer!!!**

417 Kenwood Ave
Delmar, NY 12054



Disclaimer!!! Each Intensive must have at least 6 dancers enrolled to run. Intensives must be paid for in FULL by May 15th!!!!