

COMPETITION TEAM Class Descriptions 2025-26



bsotd
EST. 1974

Age / Level Based Leveling

BSOTD Competition Team Requirements:

We have 5 categories based on age and level:

AGE:

- We determine age based on January 1, 2026, which aligns with how competitions average dancer ages to place into groups:
 - Mini or Petite (ages 6-9)
 - Junior (ages 9-12)
 - Teen (ages 12-14)
 - Senior (ages 15-17)
- Age variations within groups can skew the average and result in multiple teams competing against each other — something we aim to minimize.

LEVEL:

Competitions classify dancers by weekly training hours:

- Novice: Less than 6 hours/week
- Intermediate: 6 hours/week or more
- Advanced: 15 hours/week or more
 - We hope to create an advanced team in the future. It requires immense dedication to dance training.

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

TECHNIQUE CLASSES

Ballet/Jazz Technique I/II

This class is designed to strengthen the technical foundation of our mini/junior-level competition dancers through a focused blend of ballet and jazz technique. Dancers will work on alignment, control, flexibility, and clean execution of skills like turns, leaps, and extensions. Ballet barre and center work will support proper placement, while jazz combinations across the floor will build coordination, style, and performance quality. Ideal for dancers ready to refine their skills and push toward the next level.

Footwear - Pink Ballet Slippers & Tan Jazz Shoes

Ballet Technique III/IV

This class provides essential technical training for senior-level competition dancers, focusing on alignment, strength, balance, and control. Dancers will work on barre, center, and across-the-floor exercises to refine their lines, improve turnout, and enhance overall body awareness. Ballet is the foundation of all dance styles, and this class supports improved performance quality in all genres, from contemporary to jazz. Required for all serious competitors seeking growth and longevity in their dance training.

Footwear - Pink Ballet Slippers

Jazz Progressions I/II

This technique-focused class is designed to build the strength, precision, and flexibility required for high-level jazz performance. Dancers will work through structured progressions including kicks, turns, leaps, and stylized movement across the floor. Level I will focus on mastering foundational elements with control and consistency, while Level II will push dancers toward more advanced combinations and performance dynamics. A must for jazz dancers looking to elevate their technique and stage presence.

Footwear: Tan Jazz Shoes

Tap Technique

This class is designed to strengthen the foundation of our competition tap dancers through focused technique training. Dancers will work on clarity of sounds, speed, rhythm patterns, timing, and precision. Emphasis will be placed on musicality, intricate footwork, and clean execution to elevate performance quality in both solos and group routines. This is not a choreography-based class—it's all about sharpening skills and mastering the craft of tap!

Footwear: Approved Competition Tap Shoes

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

MINI NOVICE GROUP CLASSES

Mini Novice Lyrical

This class is designed for our youngest competitive dancers to begin exploring the expressive and emotional world of lyrical dance. Dancers will learn a competition routine that blends ballet-inspired movement with storytelling and musicality. Through choreography, students will develop confidence, stage presence, and performance skills while continuing to build foundational technique. A focus on teamwork, artistry, and age-appropriate expression makes this a fun and rewarding class for Minis ready to shine on stage.

Footwear - Barefoot

Mini Novice Jazz

This fun and fast-paced class introduces young dancers to the exciting world of jazz through age-appropriate competition choreography. Dancers will build foundational jazz technique while learning to perform with energy, confidence, and style. Focus is placed on rhythm, coordination, sharp movements, and stage presence, all in a supportive and encouraging environment. A great fit for Minis who are new to the competitive dance experience and ready to shine!

Footwear - Tan Jazz Shoes

Mini Novice Hip Hop

This energetic and fun-filled class introduces young dancers to the basics of hip hop through age-appropriate, upbeat competition choreography. Dancers will build confidence, coordination, and musicality while learning to perform with style and personality. With a focus on clean movements, rhythm, and teamwork, this class is perfect for Minis who are new to hip hop and excited to bring their moves to the stage!

Footwear: Gloss Boss Hip Hop Black Sneakers

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

JUNIOR NOVICE GROUP CLASSES

Junior Novice Lyrical

This class introduces dancers to the expressive style of lyrical dance through beautiful, age-appropriate competition choreography. Dancers will learn to connect emotion with movement while building on foundational technique, fluidity, and control. Emphasis is placed on storytelling, musicality, and stage presence, helping dancers grow both artistically and technically. Ideal for novice-level dancers beginning their lyrical journey on the competitive stage.

Footwear - Barefoot

Junior Novice Jazz

This high-energy class introduces dancers to the dynamic style of jazz through fun, upbeat choreography created for competition. Dancers will work on sharpness, style, stage presence, and musicality while learning a full routine to perform throughout the season. Emphasis is placed on foundational jazz technique, coordination, and performance quality. Perfect for novice-level dancers building confidence and exploring the excitement of the competitive stage.

Footwear - Tan Jazz Shoes

Junior Novice Hip Hop

This upbeat and high-energy class introduces dancers to the fundamentals of hip hop through fun, stylized competition choreography. Dancers will work on timing, musicality, body control, and confidence while learning to perform with attitude and precision. Emphasis is placed on teamwork, clean execution, and age-appropriate movement. Perfect for novice-level dancers looking to build skills and bring bold personality to the stage!

Footwear: Gloss Boss Hip Hop Black Sneakers

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

JUNIOR INTERMEDIATE GROUP CLASSES

Junior Intermediate Contemporary

This class blends strong technique with emotional expression as dancers learn a contemporary routine for competition. Dancers will explore fluid movement, dynamic transitions, and storytelling through choreography that challenges both their artistry and physicality. With a focus on control, flexibility, and musicality, this class is ideal for intermediate dancers ready to deepen their connection to movement and grow as performers in a supportive, creative environment.

Footwear - Barefoot

Junior Intermediate Jazz

This class is designed for intermediate-level dancers ready to take their jazz technique and performance to the next level. Dancers will learn a stylized and energetic competition routine while continuing to develop strength, flexibility, precision, and showmanship. Focus areas include clean lines, dynamic movement, and musicality, all within age-appropriate choreography. This class challenges dancers to grow as performers and teammates in a supportive, fast-paced environment.

Footwear - Tan Jazz Shoes

Junior Intermediate Hip Hop

This dynamic class is designed for dancers with experience in hip hop who are ready to take their performance and skills to the next level. Dancers will learn fast-paced, stylized competition choreography that emphasizes precision, musicality, and stage presence. With a focus on strength, coordination, and confidence, this class encourages dancers to bring bold energy and individuality to the stage while working as a strong, unified team.

Footwear: Gloss Boss Hip Hop Black Sneakers

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

TEEN INTERMEDIATE GROUP CLASSES

Teen Intermediate Contemporary

This class focuses on developing emotional expression, storytelling, and advanced movement quality through contemporary technique. Dancers will explore dynamic phrasing, floorwork, and improvisation while refining strength, flexibility, and musicality. Choreography will challenge dancers to connect deeply with the music and each other as they prepare for competition-level performances. A strong foundation in ballet and jazz is recommended.

Footwear - Barefoot

Teen Intermediate Jazz

This class is designed for committed dancers who want to excel both technically and artistically in the competitive setting. Dancers will train in classic and contemporary jazz styles, working on strength, flexibility, turns, leaps, and intricate footwork, while also refining performance quality and stage presence. Beyond technique, this class challenges dancers to develop precision, musicality, expression, and endurance—skills essential for powerful and dynamic competition routines. With a focus on teamwork, discipline, and artistry, dancers gain the tools and confidence to deliver polished, professional-level performances on stage.

Footwear - Tan Jazz Shoes

Teen Intermediate Hip Hop

Our Teen Competition Hip Hop Class is built for dancers ready to bring energy, power, and personality to the competitive stage. This class focuses on developing strength, stamina, precision, and musicality while exploring a range of hip hop styles—from old school grooves to today's cutting-edge choreography. Dancers will refine their dynamics, timing, and performance quality, learning how to captivate an audience with confidence and style. With emphasis on teamwork, discipline, and creativity, this class prepares dancers to deliver high-impact, professional-level hip hop routines at competition.

Footwear: Gloss Boss Hip Hop Black Sneakers

Teen Intermediate Tap

Our Teen Competition Tap Class challenges dancers to elevate their tap technique, rhythm, and performance skills for the competitive stage. Dancers will focus on clarity of sound, speed, intricate footwork, and musical precision, while also exploring dynamics and artistry to bring their tap performances to life. This class emphasizes both traditional and contemporary tap styles, preparing dancers to showcase versatility, stage presence, and technical excellence. With a strong focus on teamwork, discipline, and creativity, dancers gain the confidence and skill set needed to deliver polished, dynamic tap routines in competition.

Footwear: Approved Competition Tap Shoes

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

SENIOR INTERMEDIATE GROUP CLASSES

Senior Intermediate Contemporary

The Senior Competition Contemporary Class combines advanced technique with artistry, athleticism, and emotional expression. Dancers work on fluidity, floorwork, strength, and improvisation while learning to connect movement with storytelling. This class develops versatility and performance depth, preparing seniors to deliver powerful, moving contemporary pieces on the competitive stage.

Footwear - Barefoot

Senior Intermediate Jazz

Our Senior Competition Jazz Class is designed for advanced dancers who are ready to showcase strength, versatility, and artistry at the highest level. Dancers refine classic and contemporary jazz technique, focusing on leaps, turns, extensions, and intricate choreography. Emphasis is placed on performance quality, stamina, and stage presence to prepare dancers for polished, professional-level competition routines.

Footwear - Tan Jazz Shoes

Senior Intermediate Hip Hop

This high-energy class pushes senior dancers to expand their range of hip hop styles while focusing on precision, power, and performance. Training emphasizes musicality, strength, and stamina, along with mastering complex choreography and dynamic movement. Dancers learn how to connect with the audience, bring individuality to their performance, and deliver bold, competitive hip hop routines.

Footwear: Gloss Boss Hip Hop Black Sneakers

Senior Intermediate Tap

Our Senior Competition Tap Class challenges dancers to reach new levels of technical skill, speed, and musicality. Dancers focus on clarity of sound, intricate rhythms, and advanced footwork, while also exploring artistry and showmanship. This class prepares seniors to execute both traditional and contemporary tap choreography with confidence, versatility, and competitive excellence.

Footwear: Approved Competition Tap Shoes

COMPETITION TEAM Class Descriptions 2025-26



bsotd

EST. 1974

Dance Class Descriptions

PRODUCTION CLASS

Open to:

Mini

Jr

Teen

Sr

Must be
enrolled in at
least 1 other
competition
class to join.

Our Competition Production Number Class brings together dancers of multiple ages, styles, and levels to create one large-scale routine designed for the competitive stage. In this class, dancers experience the excitement of working as part of a bigger ensemble, learning how to blend technique, performance, and teamwork on a grand scale. Choreography often incorporates a variety of dance styles—such as jazz, hip hop, contemporary, or tap—giving dancers the opportunity to expand their versatility and adaptability. Beyond movement, this class builds staging awareness, formations, and transitions that make a production number visually powerful and engaging. Dancers gain the unique experience of performing in a show-stopping routine that highlights group unity, energy, and performance excellence. **Footwear** - Depends on what style dance you are dancing in the production number. Staff will let you know.

