

Pre-Teen & Teen Competition Opportunities:

Pre-Teen - Ages 10-12

Teen - Ages 13-18

**MEGA STAR**  
**PRE-TEEN & TEEN**  
**TEAMS**

WEEKLY CLASS REQUIREMENTS:

- 1 Ballet Class
- 1 Technique & Tricks Class
- 1 Jazz & Lyrical or Musical Theater Class
- 2 Tumbling & Acrobatics Classes
- 2 Mega Star Pre-Teen & Teen Team Choreography Classes  
(30 minutes each)
- 1 Production Choreography Class

COMPETITIONS:

(2 Team Dances, 1 Production Dance)

- 3 Regional Competitions
- 1 National Competition
- 1 Convention (A weekend long workshop usually in February)

**ALL STAR**  
**PRE-TEEN & TEEN**  
**TEAMS**

WEEKLY CLASS REQUIREMENTS:

- 1 Ballet Class
- 1 Technique & Tricks Class

- 1 Jazz & Lyrical or Musical Theater Class
- 1 Recreational Tap Class
- 1 Injury Prevention & Strengthening Class
- 2 Tumbling & Acrobatics Classes
- 4-6 All Star Pre-Teen & Teen Team Choreography Classes  
(30 minutes each)
- 1 Production Choreography Class

#### COMPETITIONS:

(4-6 Team Dances, 1 Production Dance)

- 3 Regional Competitions
- 1 National Competition
- 1 Convention (A weekend long workshop usually in February)



#### WEEKLY CLASS REQUIREMENTS:

- 1 Ballet Class
- 1 Jazz & Lyrical, Musical Theater, or Technique & Tricks Class
- 2 Tumbling & Acrobatics Classes
- 1 Tumbling & Acrobatics Private or Semi-Private Class
- 1 Acro Star Pre-Teen & Teen Choreography Class
- 1 Production Choreography Class

#### COMPETITIONS:

(1 Team Dance, 1 Production Dance)

- 3 Regional Competitions
- 1 National Competition
- 1 Convention (A weekend long workshop usually in February)

# TAP STAR PRE-TEEN & TEEN TEAMS

## WEEKLY CLASS REQUIREMENTS:

- 1 Ballet Class
- 1 Musical Theater Class
- 1 Recreational Tap Class
- 1 Tap Star Pre-Teen & Teen Team Choreography Class
- 1 Production Choreography Class

## COMPETITIONS:

(1 Team Dances, 1 Production Dance)

- 3 Regional Competitions
- 1 National Competition
- 1 Convention (A weekend long workshop usually in February)

# HIP HOP STAR PRE-TEEN & TEEN TEAMS

## WEEKLY CLASS REQUIREMENTS:

- 1 Recreational Hip Hop Class
- 1 Recreational Tap Class
- 1 Ballet Class
- 2 Tumbling & Acrobatics Classes
- 1 Hip Hop Star Pre-Teen & Teen Team Choreography Class
- 1 Production Choreography Class

## COMPETITIONS:

(1 Team Dances, 1 Production Dance)

- 3 Regional Competitions
- 1 National Competition
- 1 Convention (A weekend long workshop usually in February)