

## Our Team Mission

Apogee Dance Academy strives to achieve the highest level of development in our dancers. We work to provide quality instruction to our students while not only improving their talent but also instilling character. We encourage the use of dance as both a discipline and a guide to living a healthy lifestyle. We emphasize time management, self advocacy and determination. Our Extreme Team works diligently to be at the highest level of excellence in their craft. We are truly a family, placing the group above self.

LEARN  
TEAMWORK  
PERSEVERANCE  
GROWTH  
SUCCESS  
INSPIRATION

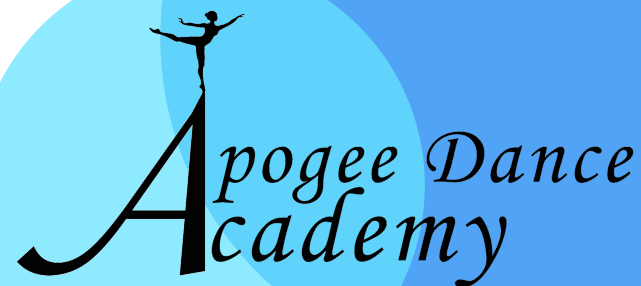
## Location

Less than one mile off I-84. Take exit 32 eastbound or westbound.

**122 Spring Street Unit D6/7  
Southington, CT 06489**

## Contact Us

apogeedanceacademy@att.net  
www.apogeedanceacademy.com



**Apogee Dance  
Academy**

# 2023-24

# EXTREME TEAM GUIDE



# At a Glance

## Scheduling

Our class/choreography schedule is released after Extreme Week and remains consistent until June. Team dancers are generally in the studio 3-4 nights a week anywhere from 4-9:30pm. We do not hold group rehearsals on the weekends.

## Squad Levels

Squads will determine which technique classes best suit each dancer's needs. These squad levels are also decided during Extreme Week auditions.\* Additional leveling may be required for specialties like tap and tumble.\*

## Competition Choreography

**Groups**- Rehearse a mandatory 30 minutes weekly. Genres and groupings are determined during Extreme Week.

**Solos**- Are determined upon auditions. There is an additional \$350 choreography fee and private lessons are \$30/30 minutes

## Competitions & Conventions

The Extreme Team attends 4 regional and one national competition a year (Daytona Beach, FL July 2-7, 2024).

Our season classes run from September-June. Competition weekends range from Feb-June. We will also attend one convention on Long Island in November of 2023. All required dates are given in August 2023 at our mandatory team meeting.

# Extreme Week August 14-18th, 2023

This required week of master classes is for new and existing team members. It is during this time dancers will be assessed and placed into levels and dances for the new season.



## Extreme Team

The Extreme Team Base Fee for dancers aged 8 and up includes the required team production dance choreography and a minimum of 6 hours weekly technique classes. Technical classes include training in multiple genres by our award winning staff. They participate in classes that include but are not limited to ballet, tap, jumps and turns, hip hop, contemporary and pilates. Please note: competition choreography is separate from technical classes.

### \$225/month

additional competitive groups can be added for \$15/month per routine

# COME FOR DANCE, STAY FOR FAMILY

## Apogee Nuggets

This is an opportunity for dancers ages 5-8 to join the competitive world. Nuggets will attend an additional hour of class a week on top of a required recreational ballet class. This hour of competition foundations will include

the technical stretch/jazz elements and tap vocabulary required for the competitive level. There will also be a mandatory tumble class requirement to build flexibility and skills. Additionally, Nuggets will have a required team dance that will rehearse weekly, as well as the possibility to be placed into 2-4 additional groups. These dances will be performed at each competition during our season.

Nuggets will be at the studio one to two nights a week for a minimum 3 hour commitment. Hip hop and pilates classes can be added for an additional fee.

### \$130/month

Required Nugget Team technique classes and team dance included. Small groups will be \$15/month per routine

