

2024-2025 Classic Team Suggested Skills

Petite Classic (Ages 6-10):

- Flexibility
 - 2 inches or less away from Right & Left Splits Right & Left Splits
 - Bridge With Correct Alignment
 - Toes To Head
- Technique:
 - Body Awareness
 - Single Pirouette
 - Chasse
 - Single Chainé Turn
- Acro:
 - Bridge Kickover
 - Cartwheel
 - Headstand (5 Seconds)
- Behavior:
 - Good Listener
 - Applies Corrections
 - Coachable

Junior Classic (Ages 10-12):

- Flexibility
 - 2 Inches Or Less Away From Right & Left Splits
 - Heel Stretch On Both Sides
 - Bridge With Correct Alignment
- Technique:
 - Single Pirouette (Right & Left)
 - Straight Legs in Leaps
 - Straight Battements
- Acro:
 - Kickover
 - Front Limber
 - Cartwheels
 - Headstand
- Artistry & Confidence
 - Must Have Confident Presence on Stage & In Studio
 - Must Be Able To Portray Emotions & Characters

Teen Classic: (11+)

- Flexibility
 - 2 inches or less away from Right & Left Splits
- Technique:
 - Single Pirouette Parallel (Right & Left)
 - Straight Legs in Front Leaps
 - Chainé Turns
- Acro:
 - Bridge Hold 15 Seconds
 - Headstand (Straddle, Straight Legs, Tuck)
- Artistry & Confidence
 - Must Have Confident Presence on Stage
 - Must Be Able To Portray Emotions & Characters
 - Strong Improvisational Skills
 - Must Possess Strong Artistry & Storytelling