

The Power Of Dance

All Star Teams

2490 Lineville Rd. STE H * Green Bay, WI 54313 * Phone/Fax: 920-661-9212 * www.powerofdance.com

What is “All Stars?” All Stars are Competition Dance Teams at the Power Of Dance that are formed and compete according to the guidelines set forth by the United States All Star Federation. The USASF gives specific rules for divisions, safety, and age breakdowns for teams (please see www.usasf.net for more info).

What are we looking for? The POD All Star program is for students ages 18 and under. Most importantly, you need to love dance but you also need a desire to grow and improve as a dancer. In addition we look for dancers that have a positive attitude, a willingness to try new things, the ability to get along with others, an unselfish team attitude, internal motivation, good attendance, and a good work ethic.

How are teams selected? All teams will be formed by the studio directors based on the following criteria: age, technique, ability to pick up on material, and maturity. A minimum of 4 members is needed to compete as a “team” according to the USASF. Dancers attend an audition session at the end of May or beginning of June where they learn a short dance and then perform for the All Star Coaches. Recommendations from year-long Academy teachers are also highly considered.

All-Star age breakdowns (dancers age is determined by how old he/she is on Aug 31st, 2018)

Senior Team(s) - 18 and under

Junior Team(s) - 15 and under

Youth Team(s) - 12 and under

Mini Team(s) - 9 and under

Tiny Team(s) – ages 4-6yrs

What will you gain from being an All-Star? Power Of Dance All-Stars teaches students teamwork, accountability, perseverance, and goal setting. Personalized feedback and encouragement is given daily by award winning coaches. The extra attention to detail when preparing for competition advances the skill of a dancer much faster than taking classes alone. Dancers build relationships, learn interpersonal skills, and are encouraged to strive for self-improvement. All Stars is also great prep for high school or college dance team.

How often will we practice? All Stars take classes during our 5 week summer session- while there is no penalty for missing classes in the summer, we do encourage dancers to attend regularly. There is a MANDATORY choreography camp tentatively scheduled for the weeks of Aug 13-16th and Aug 20-23rd. During the school year, each team has practice 2x week – dancers must also take ballet.

I’m interested, what do I do? First, let your teacher or a studio owner know you might be interested so they can take note when observing you in class. Second, keep your eyes open for more information! All Star Info packets will be available in March. You are also invited to come watch the end of an All Star practice in your age group if you wish. Just talk to Dawn and she can set it up!

Still have questions? Give us a call!
STUDIO DIRECTORS and ALL-STAR HEAD COACHES

Elizabeth Powers 920-639-7716

Theresa Perenick 920-639-9490

Studio # 920-661-9212