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# CAPITOL DANCE COMPANY

## COMPETITION TEAM INFORMATION

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*Working hard and keeping it fun!*



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## CDC COMPETITION PHILOSOPHY

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Our competition philosophy is to combine a fun approach to learning with disciplined technique in a nurturing atmosphere. All of our dancers compete because they love to dance and perform, and competition allows them an accelerated training program and additional performance opportunities as an outlet for their creative talents.

While we do well in competition, our focus is not on the trophies and awards, but on the quality of our dancers and the creativity of our coaches. Therefore as teachers and directors we strive to keep it fun while instilling in our dancers a healthy competitive attitude and a desire to work hard.

Being a member of competition enables our dancers to take their studio training to the next level; that is, learning to perform for an audience. This experience develops self-confidence and teaches the importance of teamwork; a commitment to oneself and to one another.



*Kielyana & Sophia, Jazz Duet, 2017*



*Kacey & Cheryl, Lyrical Duet, 2017*

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## FREQUENTLY ASKED QUESTIONS

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### ***What is a competition team?***

A competition team is a group of dancers of similar age/level who enter a rehearsed dance in 5 competitions in the Bay Area.

### ***Is it expensive?***

The cost of being on a team depends on the dancer and the amount of teams they are on.

### ***Do I have to travel?***

Competitions are within the Bay Area.

### ***How many more classes do I have to take?***

For each team the dancer must take their competition class and corresponding technique classes. The quantity depends on the dancer's level.

### ***When are the competitions?***

Competition classes are held throughout the dance year and competitions are held between March - May.

### ***What is the commitment?***

Being on a team is a commitment. Dancers are expected to be in all classes, attend all rehearsals, and ALL competitions. It is a TEAM and all dancers depend on the commitment of their teammates to succeed.

## LEVELS & COMMITMENT



*Mini Jazz Team, 2018*



*Senior Intermediate Lyrical Team, 2018*

*We offer all dancers the opportunity to do what they love no matter how young or how extensive their training. There are three team divisions in which dancers can be placed:*

### **NOVICE**

Beginner/recreational level dancers who have 1 to 5 years of experience dancing in their style and new to competition. The **novice** level is open to all ages provided enough similar level dancers also audition.

*Class requirements for **novice** teams:*

*2-3 technique classes + 1 competition class = 3-4 classes/week minimum.*

### **INTERMEDIATE**

The **intermediate** level is for dancers who have competed before and who are training at a higher level. Open to all ages.

*Class requirements for **intermediate** teams:*

*3-5 technique classes + 1 competition class = 4-6 classes/week minimum.*

### **ADVANCED**

For the serious and advanced dancer who trains extensively at an elite level. Ages 11+.

*Class requirements for **advanced** teams:*

*6-12 technique classes + 3-4 competition classes = 9-16 classes/week.*

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## TESTIMONIALS

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*Mini Ballet Team, 2018*

“Our daughter decided to try out for the CDC Competition team six years ago. She has received excellent training and her entire team has become like family. We have been very pleased with how all the coaches have supported great sportsmanship between the girls and basically in all aspects of life as well. I know that our daughter has grown in her technique, feels supported, and is motivated to strive for more. She has also grown into a very caring and confident young woman. I’m so grateful we chose CDC. It’s truly been a blessing to our daughter and our entire family.” — **SUZANNE PHELPS**

“We first saw CDC dancers at a competition my daughter was performing at about five years ago. We could not help but notice their impeccable technique and age appropriate choreography. Coming from a small town we headed up north, 45 minutes away, and gave it a shot. The love my daughter has for dance does not come from winning titles or trophies, it comes from the love of the family Capitol Dance Company has created through respect and encouragement for ALL dancers! CDC is a home where each individual is allowed to express themselves, learn where hard work and dedication can take you, and most of all learn what the love of dance is all about!” — **ALISON OJEDA**

“We’ve been part of Capitol for over 10 years now and the reason we recommend the studio is the beautiful family that Leslie, Allison, and Taylor have created here. It is an environment where they nurture the dancer in your child and their soul as well. They teach the fundamentals of a classically trained dancer and also about life, teamwork, and friendship. The studio’s #1 goal at competition is how they feel when they leave the stage. It is about a job well done and good sportsmanship. They don’t just teach the elements of dance, they teach about the heart of a dancer.” — **LISA VOSSOUGH**

## COSTS TO CONSIDER

*The following is a breakdown of costs for a beginner/novice dancer on one team.*

<p><b>Commitment Fee</b></p> <p>This money goes to the overhead of running the team, which is shared equally by all dancers.</p>	<p><b>\$400</b></p>
<p><b>Uniform</b></p> <p>At the beginner level, costs consist of a large tote bag, team jacket, team shirt, and romper. There are many other optional uniform pieces available. Uniform pieces can be used in future years, as long as they still fit!</p>	<p><b>\$200 (minimum)</b></p> <p><b>BOYS: \$150</b> <b>(Bag + Jacket + Shirt)</b></p>
<p><b>Costume</b></p> <p>The cost of the costume the dancer will wear at every competition. This includes accessories.</p>	<p><b>\$135</b></p>
<p><b>Competition fees (approximate)</b></p> <p>On average, it costs \$55 to enter one team dance in one competition. The cost for entering one dance in 5 competitions is approximately \$275.</p>	<p><b>\$275</b></p>
<p><b>In-Studio Convention</b></p> <p>We bring in master teachers to give a full day of classes and education on current styles and techniques. Our in-house conventions are held on 1 Sunday at CDC. All dancers attend and train in all styles.</p>	<p><b>\$185</b></p>
<p><b>Total Estimated Costs</b></p> <p>This is an expense of one team and <b>does not include regular class tuition. Team fees are broken into six installments.</b></p>	<p><b>\$1195</b></p> <p><b>(Approximately \$1200/6 = \$200 per month)</b></p>



*Caitlyn, Pointe Soloist, 2018*



*Mini Hip Hop Team, 2017*



*Soloists, 2018*