

EVOLUTION ELITE

Contract/Rules/Guidelines for Season 2019-2020

Evolution Elite is a dance company that focuses on training young artists (age 11-18) to develop a critical mind and body in the arts of dance and movement. Evolution Elite, as a team, competes at regional and national dance competitions/conventions and provides elite level training for dancers who are looking to take their art to the next level. Our objectives:

- To foster a safely competitive, rigorous, and supportive team environment for students who want to take their dancing to an advanced or pre-professional level of dancing.
- To develop a healthy competitive spirit in the realm of dance competition and convention.
 - “I am always hoping students receive scholarships and receive recognition from judges/teachers. Such awards are crucial to acknowledging developed skill level. However, my priority for students to achieve their *personal best* always comes before that of them winning the highly subjective 'first overall'.” - Jason Vu
- To teach dancers the importance of discipline, focus, respect, team-work, risk-taking, and confidence.
- To guide students towards physical prowess and provide them the knowledge to maintain their physical well-being.
- To offer dancers the creative tools for artistic expression inside and outside of dance, and through all aspects of life, regardless of their future plans to pursue art.
- To allow for a community-oriented energetic and emotional release from the daily stresses of adolescence and school.

Weekly Training Commitment

Every dancer on Evolution will be required the core evolution classes, sunday rehearsals, 3 ballet classes, and 1 elective of choice.

CORE EVOLUTION

Monday:

1.5 hour jazz technique (Jason)

1.5 hour contemporary lyrical (modern/ballet technique, improv, combo) (Jason)

Tuesday:

1 hour jazz tech (Andrew)

1 hour jazz combo (Andrew)

Thursday:

1 hour funk styles (jazz funk/street jazz/hip hop) (Jason)

1.5 hour contemporary (modern/ballet technique, improv, combo) (Jason)

1.5 hour stretch and strength (Jason)

