

Performance Group & Academy Ballet Compulsory Guidelines

Impact Minis (KG-1st)	Edge 5th grade and up	Aspire 9th and up
Demonstrates an enthusiasm for dance	<i>All Compulsories listed for Club plus</i>	<i>All compulsories listed for Club and Company plus</i>
Positive attitude & openness to coaching	At least 3 years of prior dance training	Clean triple pirouette
Good listening skills	Demonstrates a passion for dance	At least 2 full splits
Follows directions well	Excellent work ethic and attendance	Hinge to back
Good attendance	Enhanced performance quality	Disc
Space is limited	Clean double pirouette, (working on triple)	Switch leap
Minis are Sign up only; No audition for Minis	At least 1 full split (working on both)	Working on switch arabesque
	Close to 180° Saut de chat (leap)	At least 8 consecutive turns in 2nd
	Working on turns in 2nd	Leadership skills
	Hinge to knees	Adding maturity and depth to their dancing
Impact Petites (2nd-3rd)	Side leap	Demonstrates groundedness
<i>All Compulsories listed for Minis</i>	Axel	Increased artistic execution
At least one year of prior dance training	Calypso	<i>Dance is the primary extracurricular activity for Aspire dancers</i>
Working on single pirouette	Willingness to travel out of state	
Close to one full split	<i>Dance is a primary extracurricular activity for Edge dancers</i>	
Straight legs in saut de chat (leap)		
Impact 4th grade and up		
<i>All Compulsories listed above plus</i>		
At least 1 year of jazz dance training		
Clean single pirouette		
X jump		
Tuck jump landing in one leg		
Working on axel		
	<i>Impact & Edge will have multiple sub-groups</i>	

Age range & names of groups may vary and are just a guideline

Academy Ballet (Formerly Pre-Pro Ballet)

Academy Ballet: 5th and up	Academy Ensemble: 6th and up	Academy Select: 8th and up
At least 2 full years of ballet classes	<i>All compulsories listed for Academy</i>	<i>All compulsories listed for Ensemble</i>
A love & enthusiasm for ballet	At least one full year of pre-pro ballet	Clean double pirouette en pointe
Positive attitude & openness to coaching	Passion for improving ballet skills	Working on consistent fouetté turns en pointe
Good work ethic & discipline for training	Clean classical double pirouette	Adding maturity and depth to their work
Growing understanding of terminology	Increasing quality of movement	Increasing artistic execution
Refining epaulment	Enrolled in full Academy Ballet program	
Good attendance		