

Junior/Senior CDC Eligibility & Requirements

Eligibility

Eligibility for the 2024-2025 season is based on 2024-2025 placements. Please see the eligibility criteria for Junior and Senior Company below.

All eligibility and final placements are at the discretion of the CDC Directors.

Junior Company
Junior CDC Eligibility
2024-2025 Placements: PrePointe or higher Jazz 3 or higher
Senior Company
Senior CDC Eligibility
2024-2025 Placements: Pointe A or higher Passed Cecchetti 2 or higher Jazz A or higher

Summer 2024 Requirements

- Audition Requirement:
 - All dancers must attend the CDC Auditions on the following dates:
 - **Junior CDC:** Sunday, June 2th (2:00-4:30pm)
 - **Senior CDC:** Sunday, June 2th (5:00-7:30pm)
- CPAC Summer Dance Intensive (SDI) Requirements:
 - **Junior CDC:** Minimum 40 hours of summer dance (at least 20 hours must be ballet)*
 - *Returning Junior CDC applying for Solo/Duet/Trio must complete a minimum of 60 hours of summer dance (at least 30 hours must be ballet)*
 - **Senior CDC:** Minimum 60 hours of summer dance (at least 30 hours must be ballet)*
 - **Or proof of equal hours of dance at another reputable summer program (50% of hours must be ballet). Non-CPAC summer programs must be reviewed and approved by the CDC Directors. Please email any external summer dance information to cuppettepacdance@gmail.com for approval.*

- CDC Summer Rehearsals:
 - All Junior and Senior CDC must register for and attend CDC Summer Rehearsals on Wednesday nights. *All Junior and Senior CDC must attend at least four out of five rehearsals to maintain their membership in the CDC.*
 - **Junior CDC:** Wednesdays, 5:30pm-7:00pm
 - **Senior CDC:** Wednesdays, 7:00pm-8:30pm
 - The summer rehearsals dates are **July 10st, July 17th, July 24st, July 31st, and August 7th.** Please mark these dates on your calendars now!
- Until summer hours have been met at CPAC (or another approved dance program), Junior and Senior CDC will not be allowed to participate in Boot Camp or any of our other CDC rehearsals/performances during the school year.

Junior Company
Required Summer 2024 Enrollment
40 hours of summer dance (at least 20 hours must be ballet)* Weekly CDC rehearsal (Wednesday nights)
<i>*Returning Junior CDC applying for S/D/T must complete 60 hours of summer dance (at least 30 hours must be ballet)</i>
Senior Company
Required Summer 2024 Enrollment
60 hours of summer dance (at least 30 hours must be ballet)* Weekly CDC rehearsal (Wednesday nights)

2024-2025 Class Requirements

Junior Company
Required 2024-2025 Enrollment
Two (2) ballet classes One (1) jazz class One (1) elective (modern, tap, acro, lyrical, or contemporary) Weekly CDC rehearsal
Senior Company
Required 2024-2025 Enrollment
Two (2) ballet classes One (1) jazz class Two (2) electives (modern, tap, acro, lyrical, or contemporary) Weekly CDC rehearsal

CDC Technique & Etiquette Criteria

The CDC Team will be looking at the following criteria during auditions to place each student into their appropriate level and group. *All students must audition.*

Dancers will be assessed on their performance of the technical and etiquette elements below. They will be asked to quickly learn and perform choreography and improvisation. Dancers should have their hair in a bun (or secured back if too short for a bun). Girls should wear a black leotard, convertible tights, and jazz shoes. Black, fitted dance shorts or leggings are allowed. Boys should wear a black or white fitted shirt, black jazz pants or shorts, and jazz shoes. Dancers should bring a *brief* resume detailing their years of dance experience and styles. Dancers will also be required to submit a video of performing self-choreography. More details on self-choreography requirements will be provided.

Junior A

Technique Requirements:

Must be able to show with proper technique:

- Turns: single pirouettes, chaîné turns
- Jumps/leaps: saut de chat (développé) and grand jeté leaps (including proper entrance and exit), passé jump, tuck jump
- Grande battements front, side, and back
- Roll to floor and stand

Working on:

- Right, left, and center splits
- Leg hold stretches front and side at the barre, penché at the barre
- Bridge stretch
- Turns: Double pirouettes, pique turns
- Jumps/leaps: turning leaps (calypso/Baryshnikov)
- Fan kicks en dehors and en dedans
- Tilt kicks
- Layouts (demonstrate flexibility of the back)

Etiquette Requirements:

Dancers must:

- Be ready and enthusiastic to learn.
- Properly apply correction when given.
- Ask questions when they do not understand a correction or technical elements.
- Realize that they are learning, and that learning is a process, so they will have to put in the time and effort to learn and master new techniques.

Junior B

In addition to meeting the Junior A requirements above...

Technique Requirements:

Must be able to show with proper technique:

- Leg hold stretches front and side at the barre, penché at the barre
- Bridge stretch
- Turns: double pirouettes, pique turns
- Jumps/leaps: turning leaps (calypso/Baryshnikov)
- Fan kicks en dehors and en dedans
- Tilt kicks
- Layouts

Working on:

- Full splits right, left, and center
- Leg hold stretches front and side in the center, penché in the center
- Pitch on releve
- Bridge stretch from standing
- Scorpion/needle stretch at the barre
- Turns: triple pirouettes, double time chainé turns, double pique turns, coupe turns, pencil turns
- Jumps/leaps: back attitude/layout leap, side leap, tilt jumps, axel, sparkles (split jump)
- Layouts with leg extension
- Back shoulder roll
- Standing to floor transitions, floorwork
- Consistently emote on stage for their performances
- Show both sharp and smooth movements within a piece
- Improvisation

Etiquette Requirements:

Dancers must:

- Be excited to advance in their technique.
- Ask questions when they are confused or uncertain.
- Ask questions when they do not understand a correction or technical elements, and then continue to push themselves until they succeed. Dancers do not use negative language when they cannot immediately complete a new technique or element.
- Be willing to move outside of their comfort zone to further their dancing.

Junior C

Dancers interested in Junior C should display a complete mastery of all elements and etiquette listed for Junior B. They should be pushing themselves to work on the technical elements required for Senior A, but most importantly, should display the fundamental technique and maturity required of Senior CDC dancers. Placement in Junior C is at the discretion of the CDC Directors.

Senior A

In addition to achieving all Junior requirements...

Technique Requirements:

Must be able to show with proper technique:

- Full splits right, left, and center
- Leg hold stretches front and side in the center, penché in the center
- Pitch on relevé
- Bridge stretch from standing
- Scorpion/needle stretch at the barre
- Turns: triple pirouette, double time chaîné turns, double pique turns, coupe turns, pencil turns
- Jumps/leaps: 180-degree saut de chat and grand jeté leaps, back attitude/layout leap, side stride, tilt jumps, axel, sparkles (split jump),
- Layouts with leg extension
- Standing to floor transitions, floorwork, back shoulder roll
- Show different levels of qualities within their movement (i.e. sharp vs. smooth, contract vs. release)
- Improvisation
- Constantly emote during performance

Working on:

- Turns: quad pirouettes, fouettés, turns a la seconde, leg hold turns
- Jumps/leaps: switch leaps, reverse leaps, firebird, C-Jump, barrel jumps, fouetté arabesque jump
- Extensions (développé front and side, tilts) in the center
- Illusions
- Scorpion/needle stretch in center
- Easily transition from one movement to the next.

Etiquette Requirements:

Dancers must:

- Display a consistent understanding of fundamental ballet/jazz technique (foot articulation, strong relevé, use of plié and opposition, core alignment, strength and use of turnout and true parallel).
- Display a consistent understanding of different movement qualities and textures when executing technique and choreography.
- Display consistent performance quality and skill in learning and retaining new choreography.
- Display the attitude of a mature dancer.
- Not talk out of turn during class and maintain focus.
- Ask questions *and* listen to others' questions, then apply the corrections. Express gratitude to their teachers for their help and corrections.
- Receive new and challenging movement with enthusiasm and practice immediately. When other groups are performing choreography or movement, must proactively practice on the side.
- Want to achieve more in dance and push themselves to improve.

Senior B

In addition to all previous level requirements...

Technique Requirements:

Must be able to show with proper technique:

- Turns: fouetté turns, turns a la seconde, leg hold turns, combining multiple turn elements
- Jumps/leaps: switch leaps, reverse leaps, firebird, C-Jump, barrel jumps, fouetté arabesque jump & switch arabesque
- Extensions (developpé front and side, tilts) in the center; scorpion/needle stretch in center
- Illusions
- Maintain performance on stage throughout pieces and constantly practice in rehearsals
- Fully comfortable with improvisation in all genres
- Fully execute transitions within movement
- Execute differences in quality of movement (i.e. sharp and smooth, contract and release, etc.)

Working on:

- Turns: quad pirouettes, fouetté/a la seconde combinations (including floats, attitudes, and different entrances and exits)
- Changing spots while turning
- Jumps/leaps: switch side leap, switch arabesque leap, turning disc

Etiquette Requirements:

Dancer must:

- Display a consistent understanding **and use** of fundamental ballet/jazz technique (foot articulation, strong releve, use of plie and opposition, core alignment, strength and use of turnout and true parallel).
- Display a consistent understanding **and use** of different movement qualities and textures when executing technique and choreography.
- Display the attitude of a mature dancer.
- Not talk out of turn during class and maintain focus.
- Listen and immediately begin independently working on new technical elements and choreography.
- Never use negative language to speak about themselves or others.
- Understand that they are the leaders within the CDC and are expected to exhibit positive working attitudes that all other company members can emulate.
- Take charge of their own dance education by pushing themselves, pursuing opportunities, and practicing on their own in addition to giving 100% in every class and rehearsal.