



RESPECT. EFFORT. ATTITUDE. LEADERSHIP

Mission Statement

Precision Dance Team exists to develop disciplined, confident, and versatile dancers through elite training, intentional leadership, and a commitment to excellence.

We cultivate athletes and artists who embody precision not only in movement, but in mindset—approaching their craft with focus, resilience, and purpose. Through high-level instruction and a values-driven culture, our dancers are prepared to lead, perform, and grow both on and off the floor.

Program Objectives

• Technical Excellence

Provide elite training in pom, jazz, contemporary, and hip hop, with an emphasis on clean execution, strength, flexibility, and performance quality.

• Precision & Performance Quality

Develop dancers who move with clarity, control, musicality, and intentionality in every detail.

• Versatility

Train well-rounded dancers capable of adapting across multiple styles and performance environments.

• Leadership Development

Equip dancers with the tools to lead & make decisions with confidence, accountability, and integrity within their teams and communities.

• Work Ethic & Discipline

Instill habits of consistency, preparation, and commitment that translate beyond dance.

- **Competitive Readiness**

Prepare dancers for the next level whether that be competitive dance teams, college programs, entertainment industry, or professional dance environments.

- **Confidence & Self-Expression**

Encourage dancers to connect to their movement, trust their voice, and perform with authenticity on and off the dance floor.

Core Values

The “R.E.A.L.” Difference – The Precision Standard

R – Respect

We honor ourselves, our teammates, our coaches, and the process. We show up with professionalism, humility, and integrity.

E – Effort

We give full commitment in every rep, every practice, every performance. Growth is earned through consistent, intentional work.

A – Attitude

We choose a mindset of positivity, resilience, and accountability. We control what we can and rise to challenges.

L – Leadership

We lead by example—through our actions, our energy, and how we support others. Leadership is not a title, it is a responsibility.



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Audition Information Packet

Date: Sunday March 29th, 2026

Location:

Jax City (front/large studio)
545 International Golf Pkwy Ste 16, Saint Augustine, FL

Ages:

Junior Team

(10-14) or 4th - 8th Grade

Senior Team

(14-18+) or 8th - 12th Grade+

Audition Times:

Junior Team 1-3PM

Senior Team 3-5pm

**8th Graders may be asked to stay for senior team audition—please plan accordingly.*

Audition Fee:

\$35 Registration Fee to Audition

Team Rehearsal Schedule & Monthly Cost:

Junior Team

Rehearsals – Tuesdays 5:00-7:00p | Fridays 4:00-6:00p

**with additional classes required throughout the week in leaps/turns, acro, & ballet*

Price for team participation + included classes:

\$325/mo.

Price includes, 4 hours of additional classes including 90 min ballet with professional instructor

****Does NOT include--** comp registration fees, costuming, or travel

Senior Team

Rehearsals – Mondays 5:30-7:30 | Wednesdays 6:15-8pm

**with additional classes required in leaps/turns, acro, & ballet*

Price for team participation + included classes:

\$325/mo.

Price includes, 4 hours of additional classes including 90 min ballet with professional instructor

****Does NOT include--** comp registration fees, costuming, or travel

*****For Nease Dance Team Competition Dancers ONLY:**

Contact for special partnership pricing

TENTATIVE Contest Information

January

NDA Citrus Regionals

UDA FL Dance Championship @ ESPN WWS

February

DTU Regionals @ Seminole HS

March

DTU Nationals &/or

UDA All Star Nationals

Audition Requirements

Dancers will perform 3 short combinations in the following styles:

- Jazz/Contemporary
- Hip Hop
- Pom

Dancers will demonstrate the following skills separately:

- Jete, pirouette, turns 2nd, toe touch, calypso, firebird, tilt jump, flying cartwheel/aerial, headspring
- Emphasis on quality of movement, musicality, and rhythm

***see judges scoresheet below for more details*

Judges Scoresheet

JUNIOR TEAM	SENIOR TEAM
Grande Jete 5 (straight legs, pointed toes, chest up)	Grande Jete 5 (straight legs, pointed toes, chest up)
Calypso 5 (front leg straight, back leg attitude)	Calypso 5 (front leg straight, back leg attitude)
Tilt Jump 5 (chest up, hips stacked)	Tilt Jump 5 (chest up, hips stacked)
Toe Touch 10 (chest up, flat straddle, legs straight, feet together on landing)	Toe Touch 10 (chest up, flat straddle, legs straight, feet together on landing)
Firebird 5 (back/head arch release, bottom leg extended)	Firebird 5 (back/head arch release, bottom leg extended)
Pirouette Turn: Triple 10 Double 8 Single 6 Subtract points for: Unpointed toe _____ Poor passé _____ No spot _____ Supporting leg not straight _____ Hopping _____	Pirouette Turn: Quad 10 Triple 8 Double 6 Subtract points for: Unpointed toe _____ Poor passé _____ No spot _____ Supporting leg not straight _____ Hopping _____
Turns in Second: 4 straight seconds into double pirouette Intermediate - 10 Subtract points for: Not opening out to front _____ Unpointed toe _____ No/poor spot _____ Supporting leg not straight _____ Hopping _____	Turns in Second: Advanced sequence to include inside changing spots, tempo and direction changes Advanced - 10 Subtract points for: Not opening out to front _____ Unpointed toe _____ No/poor spot _____ Supporting leg not straight _____ Hopping _____

<p>Aerial / Flying Cartwheel: 5 - flying cartwheel (use plie, swing arms, enter without hands, legs straight) 10 - aerial (legs straight, strong landing, no hands, arms pinned)</p>		<p>Aerial / Flying Cartwheel: 5 - flying cartwheel (use plie, swing arms, enter without hands, legs straight) 10 - aerial (legs straight, strong landing, no hands, arms pinned)</p>	
<p>Headspring -10 (legs straight, strong landing to feet, hands on knees)</p>		<p>Headspring - 10 (legs straight, strong landing to feet, hands on knees)</p>	
<p>Pom Motion Technique 10 (Sharp, Strong Movements, correct arm/wrist placement)</p>		<p>Pom Motion Technique 10 (Sharp, Strong Movements, correct arm/wrist placement)</p>	
<p>Hip Hop Technique 10 (dynamic style, musicality, and correct placement)</p>		<p>Hip Hop Technique 10 (dynamic style, musicality, and correct placement)</p>	
<p>Jazz/Cont Technique 10 (correct body posture, movement quality, & texture)</p>		<p>Jazz/Cont Technique 10 (correct body posture, movement quality, & texture)</p>	
<p>Communication/Projection 10 (Appropriate Expression)</p>		<p>Communication/Projection 10 (Appropriate Expression)</p>	
<p>Rhythm/Musicality of Execution 10</p>		<p>Rhythm/Musicality of Execution 10</p>	
<p>Memory 10</p>		<p>Memory 10</p>	
<p>Overall Appeal: (Yes) 10 (Maybe) 5 (No) 0</p>		<p>Overall Appeal: (Yes) 10 (Maybe) 5 (No) 0</p>	

Addition Skill Recommendations—

The following skills showcase the foundational styles and techniques developed within the Precision Dance Team program.



MVMT STYLES	ACRO	LEAPS	TURNS	JUMPS	FLEXIBILITY
HIGH KICK	HANDSTAND	SAUTECHAT	DOUBLE PIROUETTE	TOE TOUCH	SIDE EXTENSION
	HEADSTAND	SIDE LEAP	TRIPLE	RUSSIAN	PENCHE
POM	ELBOW STAND	TURNING DISK	QUAD	FRONT HURDLER	BACKBEND
	CANDLE STICK	CALYPSO	4 A LA SECONDS TO DOUBLE	540 JUMP	RING KICK
CONTEMPORARY	SHOULDER ROLL/FISH FLOP/SPLIT ROLL	TURNING TILT (RONDE VERSE)	INSIDE CHANGING SPOT 2NDS	POP JUMP	HEEL STRETCH
	TINSICA	BUTTERFLY	DOUBLE FLOAT	SHARK JUMP	SQUARE SPLIT
COMMERCIAL JAZZ	VALDEZ	SWITCH ARABESQUE	INSIDE LEG TURN	FIREBIRD	BOW POSE
	FRONT WALKOVER	TOUR JETE	OUTSIDE LEG TURN	AXLE	NEEDLE (SCORPION)
	BACKWALKOVER	REVERSE JETE	2 ND TURN ENTRANCE & EXIT VARIATIONS	TILT JUMP	
HIP HOP	HEADSPRING	SWITCH TILT	FRONT ATTITUDE		
	SIDE AERIAL	SURPRISE LEAP	ILLUSION TURN		
	AERIAL W/ ENTRANCE & EXIT VARIATIONS				
	FRONT AERIAL				