

All That Dance

STARS TEAM

Come with **drive & passion**, leave with a dance family & memories that last forever! The Stars Team challenges you to **become a better individual, supportive teammate & stellar performer!**

HANDBOOK

2025-2026

WELCOME TO THE STARS TEAM FAMILY

THANK YOU FOR CHOOSING TO BE PART OF THE STARS TEAM AT ALL THAT DANCE. WE ARE HONORED TO WALK ALONGSIDE YOUR DANCER IN THIS EXCITING AND REWARDING JOURNEY. CHOOSING A COMPETITIVE DANCE TEAM IS A BIG DECISION—AND WE'RE HERE TO ASSURE YOU THAT WHEN YOU CHOOSE ATD, YOU'RE CHOOSING MORE THAN JUST GREAT CHOREOGRAPHY AND COMPETITION. YOU'RE CHOOSING A SECOND HOME, A TEAM THAT FEELS LIKE FAMILY, AND A COMMUNITY THAT WILL SUPPORT, ENCOURAGE, AND LOVE YOUR DANCER EVERY STEP OF THE WAY.

AT ALL THAT DANCE, YOUR DANCER WILL:

- **BE PART OF A TRUE DANCE FAMILY:** WE CARE DEEPLY ABOUT OUR DANCERS—ON AND OFF THE STAGE. YOUR DANCER WILL BE LOVED AND SUPPORTED LIKE ONE OF OUR OWN.
- **RECEIVE HIGH-QUALITY TRAINING:** OUR TEAM OF PASSIONATE, CERTIFIED INSTRUCTORS IS COMMITTED TO DEVELOPING STRONG, CONFIDENT DANCERS WITH EXCELLENT TECHNIQUE AND ARTISTRY.
- **LEARN FROM INDUSTRY PROFESSIONALS:** OUR STARS DANCERS HAVE THE OPPORTUNITY TO TRAIN WITH AND BE INSPIRED BY TOP-LEVEL CHOREOGRAPHERS AND JUDGES THROUGH WORKSHOPS AND COMPETITIONS.
- **BE INFORMED AND PREPARED:** WE VALUE COMMUNICATION. YOU CAN EXPECT CLEAR, DETAILED INFORMATION ABOUT EVENTS AND EXPECTATIONS, ALWAYS DELIVERED IN A TIMELY AND ORGANIZED MANNER.
- **HAVE A VOICE:** WE'RE HERE FOR YOU. YOUR QUESTIONS, CONCERNS, AND FEEDBACK WILL ALWAYS BE WELCOMED, RESPECTED, AND ADDRESSED PROMPTLY.
- **LEAD BY EXAMPLE:** AS MEMBERS OF THE STARS TEAM, OUR DANCERS ARE NOT ONLY OUR MOST DEDICATED STUDENTS—THEY ARE ALSO ROLE MODELS FOR OUR RECREATIONAL DANCERS AND AMBASSADORS OF OUR STUDIO VALUES.
- **CELEBRATE GROWTH OVER TROPHIES:** WHILE WE LOVE TO WIN, OUR GREATEST REWARD IS SEEING OUR DANCERS GROW, GAIN CONFIDENCE, AND GIVE THEIR BEST. EVERY ACHIEVEMENT—BIG OR SMALL—IS CELEBRATED.

MOST IMPORTANTLY, WHEN YOUR DANCER IS AT ATD, THEY ARE IN A PLACE WHERE THEY WILL BE TREATED WITH KINDNESS, CHALLENGED TO WORK HARD, AND ENCOURAGED TO BELIEVE IN THEMSELVES. WE ARE SO PROUD OF THE PROGRAM WE'VE BUILT AND CAN'T WAIT TO SEE YOUR DANCER SHINE AS A PART OF OUR STARS TEAM.

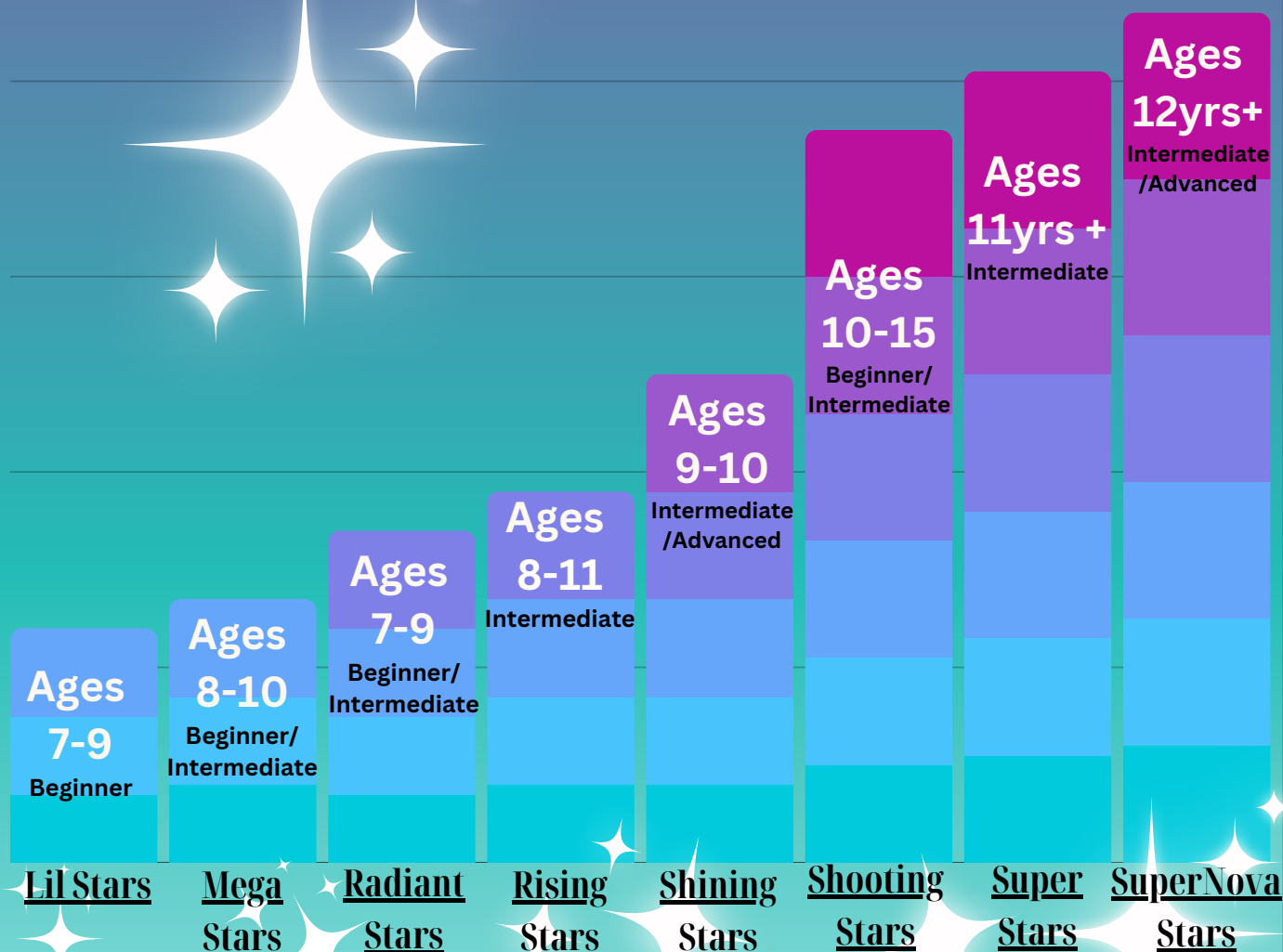
LINDSEY SMITH

STUDIO OWNER & DIRECTOR - ALL THAT DANCE



TEAM DIVISIONS

****Teams and team names may change from year to year. These were teams from 2024-2025 dance year.**



Being on a dance team is a wonderful opportunity to develop technical dance skills, while making great friends & building confidence. Dancers will experience the joy of performing at various dance events & will work as a team to learn & grow as dancers.

To ensure that each dancer has the opportunity to flourish with dancers of similar age levels & maturity, we have divided our team into smaller teams. However, these groups are fluid & allow for dancers to dance on more than one team if it is in the best interest of the dancer & the overall dance routine.

SELECTION PROCESS

01 – Evaluation

Both returning team members and new students **MUST** attend at least one of the intensive camps for evaluation. Intensive camps will be held during the month of June and July. Tryouts for our competition team will be held from 12p - 3p the Friday of each intensive camp. If you are not able to come to either tryout, you can schedule a private/semi-private tryout with our teachers at a rate of \$60 per hour. When signing up for an intensive camp, please specify that you want to be evaluated for the Stars Team.

02 – Placement

At the end of summer, our teachers will decide about each student's acceptance and placement on our Stars team. Dancers will be given 3 placements - an acro level placement, ballet level placement and dance team placement. This is to accommodate the dancer's individual strengths & weaknesses. All these decisions will be based on the techniques, skills, and attitudes exemplified from the previous dance year, Intensive camps and summer classes.

03 – Trust the Process

Placement and advancement on our competitive dance team are based on a variety of important factors. Teachers and staff carefully consider each dancer's years on the team, natural ability, responsiveness to correction, desire to improve, overall attitude in class, and commitment to the team. While we do not have a specific set of skill benchmarks this year, team placement determines the appropriate dance block for each dancer. We ask that you trust our professional judgment, knowing that each placement is made with the dancer's growth, development, and best interest in mind.

SELECTION PROCESS

04 – Dances



After students have been placed into teams, our teachers may decide to do several routines in various dance styles. During this time, they will further divide into groups. For example, the Radiant Stars team may do a Tap dance with just a few members of the team, but do a Musical Theatre dance using all the dancers on the Radiant Stars team. Also, while every team member will have the chance to dance in a group dance, only select dancers may be chosen for solos, duets, or trios.

Dancers are expected to maintain a proper balance between group & solo/duet/ trio dances. Parents will be informed of any dances their dancer was selected for by the end of summer. Parents will have the final say in which dances their dancer participates in. For example, if your dancer is chosen for 4 dances but you only want to participate in 2, you can commit to only those 2 dances.

Keep in mind you will still need to be present at ALL competitions as the Stars team performs ALL dances, at EVERY competition.



TEAM

REQUIREMENTS

DANCE CLASSES

Dance Block



Cardio, flexibility, strengthening, & competitive dance technique are practiced for the majority of every 2 hour dance block. Dancers will also learn different combinations and skills for various dance styles. During 15 minutes of each dance block, the mandatory line dance routine will be rehearsed. (See section about the team line dance later in the handbook)

Acro



“AcroDance is the beautiful fusion of the artistic motion of dance & the athleticism of acrobatics” - Acrobatic Arts

Acro continues to be a part of competition dances of all styles. This class gives our dancers and choreographers the ability to use these skills in competition choreography. The Stars Team dancers are required to take one Acro class a week at their level with an Acrobatic Arts trained teacher. They will learn and practice flexibility, strength, balancing skills, limbering skills, and tumbling skills.

****Only exception is for Super & Supernova dancers - see next page for details**

Ballet



Ballet is the most important aspect of dance technique and is crucial to advancing as a dancer. Proper technique per level is taught and practiced at the barre, in the center, and across the floor.

TEAM

**Dance Block* = Line dance review; choreography & combinations of various styles; jazz competition technique; leaps & turns; conditioning & stretching.

**Acro & Ballet will be placed by individual skill level rather than by team placement. Ballet levels increase in time as the skill level increases.



LIL, MEGA & RADIANT STARS

Ballet— .75 to 1 hr
Dance block— 2 hrs
Acro— 1 hr
Rehearsals— .50 to .75
hr per dance

RISING & SHINING STARS

Ballet— 1 to 1.25 hr
Dance block— 2 hrs
Acro— 1 hr
Rehearsals— .50 to .75
hr per dance

REQUIREMENTS

TEAM

***Any dancer doing a solo or duet/trio dance for competition, must take an additional .75 hr of ballet class in addition to the required weekly ballet requirement.



SHOOTING STARS

Ballet– 1 to 1.25 hrs

Dance block– 2 hrs

Acro– 1 hr

Rehearsals–.50 to .75
hr per dance

SUPER & SUPERNOVA STARS

Ballet– 1.25 hrs

Dance block– 2 hrs

**Acro– 1 hr
(or dance elective of choice)

Rehearsals–.50 to .75
hr per dance

**Super & Supernova star dancers can choose to opt out of an acro class and replace with pre pointe, pointe and/or tap class.

REQUIREMENTS

EXPECTATIONS

& DANCE OPPORTUNITIES



Stars Team Choreography

From **August 2nd, 2025- August 17, 2025** we will be working on group choreography. Please try to keep these dates as open as possible. Once our teachers have put teams together and decided on choreography, they will put a schedule together. **Team Line dance choreography will be held August 16 & 17th. Exact days/times TBD.**

Stars Team Line** Dances

All stars team dancers must participate in 1 of our 2 line dances. We will have a Petite/Junior Line & a Teen/Senior Line and these dances will compete at all competitions and perform in our end of the year recital. **These dances will have 1 Sunday rehearsal per month from 4:00 - 6:00pm.**

**A line dance is any dance with more than 20 dancers and can be any style and up to 4:00 minutes long.



Dance Opportunities

Occasionally we will have performance opportunities, such as holiday dances and/or parades. All of our Stars Team dancers will be invited to participate in these extra events, but *they are not required* to participate. These extra events may involve additional choreography and costume fees. You will be given all the information for these events as they arise so you can make the decision that is best for you and your dancer.



COMPETITIONS

& CONVENTIONS



We will have 3 mandatory competitions and 1-2 optional competitions from January - May 2025*. We try to do one competition a month during this time, keeping the majority of these competitions local.

We will also be attending The Turn It Up Dance convention on Sunday November 9th, 2025 and this is required for all stars team dancers.

This year we will have a mandatory National dance competition June 23rd-28th, 2026 in St. Pete.

While you may choose which dances to participate in, we do require that you attend all mandatory competitions. We perform all our dances at each competition and the choreography for each dance will be dependent on the whole group being present.

More information coming soon! Will have all comp dates by the end of the summer.

*These dates may change, please stay tuned for more information

**Dates for this will be provided in August, please stay tuned for more information



ATTENDANCE POLICY



Attendance to classes and rehearsals are mandatory.

A valid reason, such as an illness or an emergency must be given for all absences.
We may require a doctor's note as proof.

For every **4 absences** that a dancer incurs per class, they **MAY** be asked to take a **private lesson**. Ask Miss Starr about the option for a make up class so the absence won't be counted.

If a dancer is injured and no longer able to dance they should still come to class and take notes when possible.

Absences not only affect the dancer individually but the team as a whole. Please be mindful of your dancer's absences and do make up classes when and if possible.

Miss Lindsey will do monthly check-ins with the teachers to see who has missed classes and if they think they are in need of a make up class and/or private lesson.

The purpose of the make up class and/or private lesson is to make sure that the dancer doesn't fall behind on their skills and choreography.



DRESS CODE



Dance Blocks/Team Rehearsals – Dancers are required to wear any combination of the ATD Stars Team Dancewear items & Spirit wear items. **The only requirement is that all bottoms be black (no purple or teal shorts/pants).** Students may wear leotards, dance shorts, or leggings. Leotards must be worn with tan footless or convertible tights. (*Tights are not required when wearing shorts or leggings to Dance Block*). All purple & teal crop tops **MUST** come from the options provided by ATD.

Exception - Any black dancewear is allowed as long as it is plain without any other designs, rhinestones/sparkles, or colors on it.

Ballet – Black leotard with pink tights and pink ballet shoes. Hair should be in a secure bun. No shorts or skirt should be worn over leotard.

Modern/Lyrical/Contemporary – Must be barefoot or in lyrical shoes.

Acro – Leotard or shorts. Pink/tan footless or convertible tights required (even with shorts). Must be barefoot. No Leggings. Hair must be pulled back, preferably into a low secure bun.

Jazz/Musical Theater – (same dance block/team rehearsals) with Jazz shoes.

Hip Hop – Any type of appropriate street wear or form-fitting clothing is acceptable. Jeans are not allowed. Please wear tennis shoes.

Tap – (same dance block/team rehearsals) with tap shoes.



DRESS CODE

CONTINUED

Dress Code Violation Policy:

Dress code/hair violations will receive two warning slips before being required to purchase appropriate attire or hair supplies from the ATD store and change before re-entering the class.

***Please put names & initials inside all dance shoes. Either by writing directly on the shoes or on a piece of tape.**

For all classes, leotards must be worn with tan footless or convertible tights unless wearing shorts/leggings over the leotard, along with the appropriate dance shoes. Hair should either be in a bun, ponytail, or braid (no pigtails/twin braids). Dancers with short hair should still pull their hair back as much as possible (i.e. headbands, hair clips, etc.)

EXPENSES

All expenses are subject to change.

Stars Team Fee - \$250 per dancer

Includes: Stars team fee, Sunday rehearsals, admin fee, teacher pay for comps & events & studio registration fees

Solos – \$750 per dancer

Includes: Choreography fee, entry fees for 3 competitions **costume not included in this price

Duet/Trios – \$500 per dancer

Includes: Choreography fee, costume and entry fees for 3 competitions

All Group Dances (Small, Large & Line) – \$400 per dancer

Includes: Choreography fee, costume and entry fees for 3 competitions

Monthly Tuition - this is based on how many hours of dance per week your dancer takes

Includes: all required classes (acro, ballet and block) and any team rehearsals and/or solo/duet/trio classes.

Choreography fees include 4 hours of rehearsal time with teachers

Prices are based off 2024-2025 dance year. There may be additional fees depending on inflation and cost of costumes & entry fees

**All costume fees included are up to a certain price. If a costume is more expensive than what is included in the cost, there will be an additional charge.*

TUITION RATES

45 mins	\$58	5 hrs	\$190
1 hr	\$60	5.25 hrs	\$195
1.5 hrs	\$80	5.5 hrs	\$200
1.75 hrs	\$91	5.75 hrs	\$205
2 hrs	\$105	6 hrs	\$210
2.25 hrs	\$114	6.25 hrs	\$214
2.5 hrs	\$123	6.5 hrs	\$218
2.75 hrs	\$132	6.75 hrs	\$222
3 hrs	\$140	7 hrs	\$225
3.25 hrs	\$148	7.25 hrs	\$229
3.5 hrs	\$156	7.5 hrs	\$233
3.75 hrs	\$164	7.75 hrs	\$237
4 hrs	\$170	8 hrs	\$240
4.25 hrs	\$175	8.25 hrs	\$244
4.5 hrs	\$180	8.5 hrs	\$248
4.75 hrs	\$185	8.75 hrs	\$252
		9 hrs +	\$255



CODE OF CONDUCT

Students & Parents of the Stars team are expected to operate with respect, honesty & integrity at **all** times. They show a strong regard for their teachers, their teammates, their family and themselves. Stars team members are reliable, hardworking, always show sportsmanship & are determined to be the best version of themselves, while having fun!

Stars team dancers:

- Always respect others
- Always show patience & kindness
- Always believe in themselves
- Always honor their commitments
- Always put safety first
- Always give it their all!
- Do not use foul language
- Do not belittle or insult others
- Do not whine or complain
- Do not exhibit inappropriate behaviors
- Do not harm others

Failure to adhere to the code of conduct, will lead to warnings, that *may result in suspension or removal* from the Stars Team. Please see below for the termination of contract policy.

TERMINATION OF **CONTRACT**

Failure to meet the requirements detailed in this handbook and the signed Stars Team Contract may result in a \$120 termination fee, per dance, that your student committed to.



STUDENT TESTIMONIALS



My favorite thing about being on the Stars Team is going to the competitions and dancing on stage. **I have so much fun at competitions getting to be with my friends and have fun on and off the stage. I also love having a big dance sister who can love her and support me!**

–Lia S. Rising Stars 2024-2025



This was my first year on the Stars Team and **I learned and grew so much as a dancer.** My favorite part was dancing and competing with my friends and doing team activities.

– Eriannah F. Shooting Star Dancer 2024-2025



Sophia has been growing so much as a dancer. We love to watch her perform. Her passion for dance is a real thing. ATD helped her to meet amazing friends and we are so proud of her. Keep doing great Sophia!

–Marielle L.

Supernova Star Mom 2024-2025



PARENT TESTIMONIALS

ATD teachers & staff have coached & mentored my daughter through 5 competition seasons with amazing results. I am immensely thankful to the team for the dance technique & coaching they provide. They are also a well organized team & navigate challenges in a calm way which reduces performance anxiety for both parents & performer.



– Carina C. Supernova Mom 2024-2025



Rylie has been with the studio since 2016 and on the Stars Team for 2 years. The confidence she has gained is priceless! The community is full of supportive friendships. I'm so proud to have her be a part of such a wonderful studio.



– Jessie G. Super Star Mom 2024-2025

DANCE WITH US !

ADDRESS

Main Studio – 20709 Center Oak Dr

Stars Studio – 20741 Center Oak Dr

PHONE

(813) 710 - 0331

EMAIL

General Stars Team Questions –
atdtampa@gmail.com

Stars Team Director (Miss Lauren) –
dance.misslauren@gmail.com

General Studio, Classes, Payment & Account Questions –
atdfrontoffice@gmail.com

SOCIAL MEDIA

Facebook – www.facebook.com/atdtampa/

Instagram – @ATDTampa

TikTok – @ATDTampa

CAN'T WAIT TO HAVE YOU JOIN!





All That Dance
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Director & Owner
 Lindsey Smith
Assistant Manager
 Starr Moore