



Dynasty

AcroDance
Competition



JANUARY 20-21 2024

CHIEF SEPASS THEATRE

9096 Trattle St, Langley Twp, BC V1M 2S6

Safety is our #1 Priority



January 20-21 2024 Langley BC



**Chief Sepass
Theatre**

LIVE STREAM

9096 Trattle St, Langley Twp, BC V1M 2S6

EMAIL

info@dynastyacrodance.com

WEBSITE

www.dynastyacrodance.com

Welcome



TO DYNASTY ACRO 2024

Welcome to the 4th season of BC's Acro event - Dynasty Acro and Aerial Competition! We thank you for joining us! We are so honored to be hosting you and are working hard to keep Acro alive in the province. Dynasty Acro & Aerial event includes an aerial division where dancers can showcase Aerial Hoop, Aerial Silks and other open aerial style performances. The ground acrobatics division will showcase Acro Dance, Acrobatics, Contortion, Hand Balancing and other open acro styles. From Alberta, We welcome judges Allison, Michelle and Kara to share their love of acro and expertise. On Sunday the Dynasty Acro Convention will take place, dancers have been separated into five groups to provide small class sizes which prioritizes safety and optimizes learning. Dancers participating in the convention can register and sign in on Saturday instead of Sunday morning to avoid the line. (Be sure not to lose your group sticker though, you'll need it on Sunday!) Want to share this event with your friends? You can watch the event on Livestream straight off the homepage of the website, www.dynastyacrodance.com

Did you know that your performance videos are free? Don't forget to download them! Need some swag? View our apparel and Acro-training gear in the lobby!

Dynasty Acro qualifies for the GDS BC Dance Provincial Finals May 24-25-26 at the Hard Rock Casino. Stay tuned on the Global Dance Services website for Provincial Finals qualifiers!



Who will be the 2024 Ruler of the Dynasty?

DYNASTY ACRO & AERIAL

Produced by



AGE DIVISIONS

Topaz 5-6yrs
Sapphire 5-8yrs (Micro)
Quartz 9-10yrs (Mini)
Garnet 11-12yrs (Junior)
Emerald 13-14yrs (Intermediate)
Ruby 15-16yrs (Teen)
Diamond 17-19yrs (Senior)
Young-Adult 20-24yrs
Adult 25-39yrs
Legends 40yrs+

**Awards 12yrs & Under
13yrs & Over**

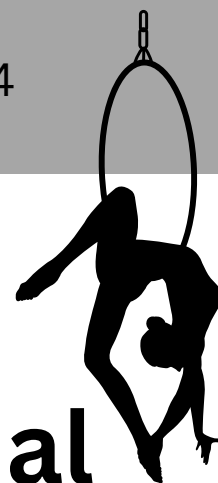
JUDGING

Palladium: 80-87

Titanium: 88-90

Platinum: 91-93

Rulers Crown: 94



TIME LIMITS

Solo: 3 Minutes

Duo/Trio: 3 Minutes

All Groups (any size): 5 Minutes

LEVELS

Aerial Division

**+ 5 minutes for prop set up
and rigging inspection.
We will not start until it is
safe to do so.**

Recreational - for the true beginner, this dancer engages with acro/aerial at a recreational level and does not dance more than two hours per week. Drops and complex skills are not permitted.

Pre-Competitive - for the dancer who trains slightly more seriously than the recreational dancer but does not yet want to participate in the full competitive program. These dancers train on average 3-5 hours a week. Complex skills are not permitted.

Competitive - the competitive dancer is serious about their dance training and typically dances more than 6+ hours a week and regularly participates in aerial training. They have experience in their training and take classes to supplement their acrobatics training.

**Hours of training are only a suggestive guideline please place your dancers to the best of your ability.

CATEGORIES

AcroDance

AcroDance is the beautiful fusion of classic dance technique and the precision and athleticism of acrobatic elements. Often defined by unique choreography, acro dancers seamlessly blend musicality, emotional expression, line and extension with acrobatic movements in a dance context. AcroDance is an especially challenging style for dancers to master as training in both dance and acrobatic elements is required. Acro technique includes balancing, limbering, tumbling and partnering, based in flexibility, contortion and strength. The fusion of acrobatic content with dance elements, focusing on the blend of making acrobatics 50% of the routine and dance 50% of the routine. AcroDance routines show clearly-defined dance elements with the expectation of dance technique throughout transitions. As to be expected in all dance categories, performers should aim to fully utilize the entire stage as much as possible within their performance. Mats are not permitted.

Acrobatics

More traditional acrobatic routines that do not focus on deeply blending acrobatics with dance. The primary focus is acrobatics (approximately 80%) and dance elements are a more secondary component (20%) and, therefore, Acrobatics routines may not travel the stage as much as AcroDance routines do. Acrobatics routines may have a similar style to sport acro or may have a slightly more gymnastics feel. This is an appropriate category for Gymnastics-based displays. Thin strip mats are permitted.

Acro Open

An acrobatics-style routine that combines many acrobatic/dance/circus disciplines; therefore, classifying better under an open category. Tap shoes, singing, and floor mats are permitted.

Contortion

A showcase of flexibility elements composed into a routine. Mats are not permitted.

Tumbling Showcase/Gymnaestrada

A routine comprised primarily of tumbling and stunting elements with choreographic features that are secondary to the overall performance. This is a suitable category for Gymnastics-based displays. Thin strip mats are permitted.

Adagio

A partner category specifically designed to showcase overhead lifts and partner balances. An adagio routine demonstrates strength, flexibility and balance but does not necessarily need to travel the entire use of the stage as would be expected in an AcroDance category. Mats are not permitted.

Hand Balancing

A routine composed primarily of hand balancing elements that may or may not be performed on rods or blocks. Mats are not permitted.

Aerial Hoop/Ring (rigged or freestanding)

An aerial hoop routine in which the performer spends 50% or more of the routine suspended from a freestanding aerial prop. The prop does not have a base directly below the anchor point. The hoop may be two-point attachment or single-point with spinning permitted as preferred by the choreographer. A small mat is permitted under the prop.

Hoop Lollipop/Lyra Aerial Ring/or Weggsphere (freestanding)

An Aerial hoop/ring-style routine in which the performer spends at least 50% of the routine on a Lollipop or Weggsphere style prop. A small mat is permitted under the prop. In this routine the base of the prop is often used choreographically.

Aerial Silks/Fabric/Tissue (rigged or freestanding)

An aerial routine performed on silks/fabric/tissue in which the performer spends 50% or more of the routine on a freestanding prop rigged with silks/fabric/tissue. A small mat is permitted under the prop.

Aerial Trapeze (rigged or freestanding) / Aerial Cube (rigged or freestanding)

An aerial trapeze or aerial cube routine in which the performer spends 50% or more of the routine on a stationary trapeze or a aerial cube. A small mat is permitted under the prop. No swinging permitted. Photos must be submitted for approval.

Aerial Open (rigged or freestanding)

An open aerial routine in which the performer uses an aerial device not already listed in an alternative category such as straps, hammock or custom creations such as spiral, sail, heart, square or other. A small mat is permitted under the prop. Photos must be submitted for approval.

Object Manipulation & Juggling

An entertaining routine focussed around object manipulation or juggling infused with Acrobatic and variety elements. Tap shoes, singing or speaking is permitted. Mats are not permitted.

Open Circus

A performance that does not easily fall into any of the above alternative categories featuring content originating from circus-based disciplines or acrobatics including but not limited to German Wheel, Cyr, or other circus apparatus. Small mats are permitted under any freestanding props.

MASTER OF CEREMONIES

Miss Elise is as a versatile dancer, choreographer, instructor and movement coach with a drive to empower and inspire the next generation of dancers. Her work ethic, dedication and passion has led her all over the world training and teaching alongside world renowned choreographers. She has been a faculty assistant and crew leader for Groove Street Dance Conventions for the past 17 years landing her incredible opportunities to assist Vincent Patterson (Michael Jackson's Choreographer) Luther Brown, Stephen "TWITCH" Boss, Gus Bembery and many more prominent Choreographers. Elise has been teaching for nearly 20 years and is known for helping dancers own who they are. Her unique style of teaching allows dancers to reach passed limitations they have placed on themselves while giving them the tools, confidence and guidance to bring out the very best in themselves.

Miss Elise is extensively trained in a variety of styles and her dedication and experience to the dance industry has allowed her to be successful in a wide range of opportunities using all of her skill sets. Dancing professionally in tv and film some of her credits include, International commercials for Michelob Ultra, Nickelodeon's Rags, YTV's Mr. Young, ABC's pilot Big Thunder and feature film Lost and Found, appearing in Music Videos for Michael Buble, Ray J, Big Time Rush and many more. With tons of experience dancing on sets Elise now focuses on working behind the scenes to help the next generation of dancers and artists. Most recently being a Famous Hollywood Directors Assistant for a tv series on Apple TV and Paramount Pictures.

Some of Elise's other credentials include, being the owner and artistic director of her own dance studio, winning many choreography awards, adjudicating all over Canada, Emceeing and hosting many industry events and competitions, guest teaching for numerous studios as well as pre-professional companies, Hosting self-belief and guidance workshops as well auditions. Having such a wide range of skillsets within the dance industry and knowing first-hand how dance can be lifesaving, she never misses an opportunity to make a positive impact with every moment of teaching. Elise's main love is helping students realize their endless possibilities within themselves through the exploration of movement, hard work and self-belief.

Meet your Host





SWAG

VISIT THE DYNASTY SWAG SHOP

- NEUTRAL SHIRTS
- COFFEE COLOURED SETS
- GREY CREWNECK SWEATSHIRTS
- DYNASTY SOCKS
- HANDSTAND BLOCKS
- DYNASTY YOGA BLOCKS
- GDS CHARM BRACELETS
- GDS CROCS & CHARMS
- GDS STICKERS
- GDS HATS



DYNASTY ACRO & AERIAL

Produced by



CHARMS

4 FOR \$10

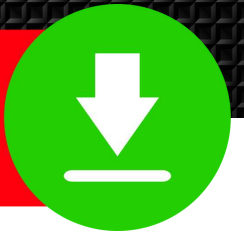
COLLECT THEM ALL



GDS SHOES & SHOE CHARMS

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HOW TO DOWNLOAD



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6. Content will be available today so check the app often!

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Judge One

Kara Haley is a successful dance teacher who has a passion for acrobatics and dance, which she has been combining since a very young age. She has trained extensively in both disciplines, competing nationally and internationally. By attending dance school in Toronto, Ontario after high school, it gave her the opportunity to experience dance as a pre-professional dancer. This experience ignited her passion to teach dance and is the reason why she has been teaching for 18 years. With certification from the Acro Dance Teachers' Association in Junior, Intermediate and Advanced levels, Kara brings a wealth of knowledge and experience to her classes. She is also a certified Acro Examiner for the ADTA and holds additional certification with the Canadian Dance Teachers' Association in Jazz and Acrobatics. When not teaching, Kara continues to train and certify other teachers across Canada through the Acro Dance Teachers Association. Mentoring the next generation of acro dance teachers is something that she is extremely passionate about. As an adjudicator, Kara believes in providing constructive feedback that motivates the dancer(s) and highlights areas of improvement. She strives to evaluate performances holistically, taking into account technical skill, safety, artistry, creativity and passion. Under Kara's guidance, many of her own students have achieved great success in Acro competitions, both locally and nationally. She has also been recognized for her choreography, with several of her routines winning awards at various competitions. She is also a certified schoolteacher where she teaches English Language Arts and Dance at the high school level in Calgary, Alberta. Her experience teaching within the school system has allowed for further growth as her classes consist of students who have never danced before to advanced level competition dancers. Kara is extremely excited to be back adjudicating live events. She continues to have a passion for educating and fostering the growth of individuals through dance and is looking forward to being a part of Dynasty Acro/Ariel Convention.



Kara Haley

Judge Two

ALBERTA

DYNASTY ACRO & AERIAL

Allison is a highly accredited dance educator, choreographer, and adjudicator from Edmonton, AB. She began her dance career by training at Edmonton Dance Factory, Edmonton School of Ballet, with supplemental training at the Royal Winnipeg Ballet. She performed with Edmonton Festival Ballet, Edmonton Contemporary Dancers, The U of A Dance Team, and Viva Dance Company before embracing her passion for training aspiring dancers at local dance academies. Allison holds a number of dance educator and adjudicator certifications including: Acrobatic Arts, ADAPT Jazz and Tap Syllabus, Acro Dance Teachers Association, Acro Dance Adjudicator, Alixa Flexibility, Dance Cirque, and is a certified Hand Balancing coach through Aerial Dance Academy. Currently, Allison teaches a variety of dance styles in both recreational and competitive settings, is a guest choreographer across Canada, is conducting acro specialty workshops through her company “Acro with Miss Allison”, is training Associate Acro Instructors, and is the Certifications Director at the Acro Dance Teachers Association. Allison’s teaching has a strong focus on building strength and flexibility in her dancers which allows them to succeed in dance while keeping their bodies safe. She believes in shaping dancers who have a love and understanding of their bodies, an appreciation of hard work, and a desire to continually push the boundaries of their art form. Allison is proud to be an active member of the dance community in Canada and is passionate about sharing her expertise and experience with her students.



Allison San Martin-Feeney

Judge Three

ALBERTA

DYNASTY ACRO & AERIAL

Michelle was born in Edmonton, Alberta. She began dancing at a Performing Art Centre at a young age, studying Ballet, Tap, Jazz, Lyrical, Musical Theatre, Acting and Piano. Michelle had the opportunity to study under Ruth Carse of Alberta Ballet and Terri Mucha of Shumka. She loved performing in small local productions such as 'Annie,' 'The Wizard of Oz,' 'Oklahoma,' and 'Annie Get Your Gun'. Michelle started touring with an Edmonton-based dance troupe at 11, travelling across Canada and the United States for four years. Besides being a highly competitive dancer, she also performed in numerous professional events around Alberta and Canada. She later studied design, film and drama at the University of Alberta. In her adult career, she has performed with the hula troupe 'Tropical Dance Society' in Polynesian, Maori and Tahitian dance styles. She currently choreographs and performs with 'Vixens Fatale Dance Force.' She has trained in New York, Vancouver, Las Vegas, Auckland and Los Angeles. While living in New York, she choreographed the summer production of 'Grease.' Michelle later moved to New Zealand to teach at a technical college and continued her professional dance development at Central City Dance. Her acro choreography wins awards for creativity and uniqueness. Michelle consistently expands her knowledge of flexibility, dance, acro, yoga, gymnastics and cheer to hone her skillset and provide the best education for her students. She currently teaches in Edmonton but is a guest instructor around Alberta. Michelle's passion for developing her acro skills is not just limited to her classroom. She actively creates content for Acrobatic Arts, catering to their design/marketing needs, which helps her enhance her acro expertise on a daily basis. She is certified in Acrobatic Arts, Baton Arts, Aerial Arts, PBT, TADA, Alixa Flexibility, and mUvmethod. A 30-year veteran dance instructor, Michelle teaches acrobatics, jazz, ballet, lyrical, aerial hoop and contemporary during the year and adjudicates dance competitions across Canada.



Michelle McBride

AERIAL DIVISION



DYNASTY ACRO & AERIAL

RIGGING

BRING YOUR OWN GEAR

Safety at Dynasty Acro & Aerial is the number one priority. Due to the diversity of personalized equipment available in North America the following standards will be implemented:

Standard rigging supplied by Dynasty Acro & Aerial includes a rigged single point with an available swivel and carabiner. A qualified rigger is hired to oversee all rigging equipment and processes for each event. There is no height changes permitted during performances or use of the riggers after the beginning of the routine. We will not start a routine until it is safe to do so, please be organized to help us run a smooth event experience.

EQUIPMENT RULES

3 Checkpoint Safety Inspection

1) Registration &
Gear Check at front Desk
Gear Report Card Assigned

2) Safety Team
Inspection

3) Rigger Inspection

ALL EQUIPMENT IS BRING YOUR OWN APPARATUS

All gear will go through a three-point safety inspection and inspected by the qualified rigger immediately before performance to ensure it meets the set standards. Please adhere to the following list below.

- **Equipment must be purchased from a registered Aerial Arts or verified supplier** - purchase information may be required to be supplied if asked during audition process.
- **Performers must bring ALL of their own gear including full locking caribeaners.**
- Spansets and slings must have a **valid certification tag and date of purchase.**
- Silks & hammocks etc. should be free from any holes, tears. No coverings over soft rope/silk/straps will be allowed prior to inspection.
- Changing/sharing of equipment to other competitors apparatus during sessions is not permitted without joining the Gear Report Card which must therefore only be held by ONE teacher representative who will serve as the safety communicator with the inspection team.
- Gear must be rigged in a ready for use format to be presented for inspection and cannot be altered after it has been checked in.
- Should performers equipment fail the rigging inspection onsite at the event the performer will be required to replace the failed equipment prior to your performance, new gear will be available for sale (at no markup cost) at the front desk. Competitors will have the option of using the in house equipment to replace their BYOA where applicable. Rigging inspection decisions are final and will not be reversed in any circumstances.

REMINDER: All choreography must allow for safety mat

DEDUCTIONS

Standard Deductions - 5 points each

- 1) Explicit language in music or lyrics that are not family friendly
- 2) Routine length: If routine is more than 10 seconds longer than the stated maximum routine length for your category.
- 3) Use of restricted props or those that require a clean up process (ie glitter)
- 4) Prop set up/pack up time longer than the allotted 30 seconds for AcroDance or 5 minutes or Aerial
- 5) FALLS - Falls with no re-catch. Points will be deducted only if you are to fall from your apparatus to the mat/floor. Falls with catch (recovery) still incur Falls deduction minus one less point for recovery by re-catching.

Judging Criteria

DIFFICULTY Difficulty level of individual skills performed, appropriate to age, skill level and the set routine criteria.	EXECUTION Completion of skills with technical quality including correct alignment and aesthetic technique.	STAGE PRESENCE Performing with intention and the use of eye contact, facial expressions and body language to create entertainment value and audience engagement.
STRENGTH Demonstration of strength and control to completed required skills safely.	LINES & TECHNIQUE Active use of poise and posture to achieve extension in lines throughout the entire body.	MUSICALITY Timing and use of music in conjunction with choreography to deliver a dynamic routine.
FLEXIBILITY Demonstration of flexibility whilst maintaining active control through shoulders, back and/or legs.	CONTROL OF APPARATUS Demonstration of control of apparatus throughout performance (including spins, transitions and dismounts).	CHOREOGRAPHY Uniqueness and individuality of choreography to suit performer, music and routine.
ENDURANCE Ability to complete routine maintaining stamina and safety.	TRANSITIONS Demonstration of unique flow and control of pathways between skills on apparatus.	STAGE USE Use of stage space & the ability to seamlessly transition from floor to apparatus during routine.
COMBINATIONS Ability to integrate a balance of skills utilising flexibility and strength elements into sequences.	COMPLETION Executing individual moves to completion while maintaining proper form and performance.	COSTUME & PROPS Use of appropriate costumes to enhance the performance. Use of props to enhance routine (where applicable - props are not essential)

BUILDING OPENS 10:30am

AERIAL DIVISION



Performances Start at 12:00pm

We do not move onto the next performance until it is safe to do so

SATURDAY JAN 20th

12:00pm	ENTRY	CLASS	DANCE NAME	AGE DIVISION
AERIAL DIVISION - Starts at 12:00pm				
Pre-Competitive Aerial Hoop/Ring Solo Age 14				
	1	Pre-Competitive	SKYLAR NOLIN	Emerald
Competitive Aerial Hoop/Ring Solo Age 12				
	2	Competitive	ISABELLE WELLER	Garnet
Competitive Aerial Hoop/Ring Solo Age 14				
	3	Competitive	PEYTON ASHTON	Emerald
Competitive Aerial Hoop/Ring Solo Age 18				
	4	Competitive	DAWN WILKINSON	Diamond
Recreational Aerial Silks/Fabric/Tissue Solo Age 11				
	5	Recreational	NEKO CREYKE	Garnet
	6	Recreational	CARIS LIU	Garnet
Pre-Competitive Aerial Silks/Fabric/Tissue Solo Age 12				
	7	Pre-Competitive	LACEY KEELER	Garnet
	8	Pre-Competitive	DALIA VAN VEEN	Garnet
Pre-Competitive Aerial Silks/Fabric/Tissue Solo Age 13				
	9	Pre-Competitive	ALLIUM MC GREGOR	Emerald
Pre-Competitive Aerial Silks/Fabric/Tissue Solo Age 15 -16				
	10	Pre-Competitive	GRACE CLEAVE	Ruby
	11	Pre-Competitive	RILEY SCHASNY	Ruby
Competitive Aerial Silks/Fabric/Tissue Solo Age 9				
	12	Competitive	SARA-MAUDE GERMAIN	Quartz
Competitive Aerial Silks/Fabric/Tissue Solo Age 11-12				
	13	Competitive	SAVANNAH PORTER	Garnet
	14	Competitive	AUDREY BALLSRUD	Garnet
Competitive Aerial Silks/Fabric/Tissue Solo Age 13-14				
	15	Competitive	ANIKA BLOOM	Emerald
	16	Competitive	SOPHIE TOOKE	Emerald
	17	Competitive	PEYTON ASHTON	Emerald
Competitive Aerial Silks/Fabric/Tissue Solo Age 18				
	18	Competitive	JORDAN GIVEN	Diamond
TIME	AERIAL AWARD SESSION			

GROUND ACROBATICS DIVISION



DYNASTY ACRO & AERIAL

GROUND ACROBATICS DIVISION				Age Division	Studio
Pre-Competitive Acro Dance Solo Age 9					
3:00 PM	19	Pre-Competitive	AUDREY RALPH	Quartz	E
Competitive Acro Dance Solo Age 6					
3:03 PM	20	Competitive	LAINIE CLARKE	Topaz	P
Competitive Acro Dance Solo Age 8					
3:06 PM	21	Competitive	KAILEY CHENG	Sapphire	P
Competitive Acro Dance Solo Age 9-10					
3:09 PM	22	Competitive	SYLVIE SMYLSKI	Quartz	J
3:12 PM	23	Competitive	ALICE COMER	Quartz	O
3:15 PM	24	Competitive	NOVA PHILLIPS	Quartz	C
3:18 PM	25	Competitive	SAVANNAH ZAPPONE	Quartz	O
3:21 PM	26	Competitive	CHARLOTTE MILLER	Quartz	Q
3:24 PM	27	Competitive	ROSA LAMONTAGNE	Quartz	H
3:27 PM	28	Competitive	AVA HOPKINS	Quartz	O
Competitive Acro Dance Solo Age 11					
3:30 PM	29	Competitive	OLIVIA FERRARI	Garnet	O
3:33 PM	30	Competitive	KALI WILSON	Garnet	S
3:36 PM	31	Competitive	KENNEDY ASHTON	Garnet	J
3:39 PM	32	Competitive	HUNTER MILLER	Garnet	P
3:42 PM	33	Competitive	MADISON MILLER	Garnet	Q
Competitive Acro Dance Solo Age 12					
3:45 PM	34	Competitive	SAWYER SAVOIE	Garnet	S
3:48 PM	35	Competitive	PAIGE RURAK	Garnet	B
3:51 PM	36	Competitive	KENZIE HAHN	Garnet	J
3:54 PM	37	Competitive	ELLA TURTLE	Garnet	D
3:57 PM	38	Competitive	TEGAN COLLEN	Garnet	S
4:00 PM	39	Competitive	LENNOX CHERAK	Garnet	K
4:03 PM	40	Competitive	PRESLEY MERASTY	Garnet	C
4:06 PM	41	Competitive	SLOAN TELLER	Garnet	S
4:09 PM	42	Competitive	SHYLO MCLELLAN	Garnet	P
Competitive Acro Dance Solo Age 13-14					
4:12 PM	43	Competitive	PAISLEY CLARKE	Emerald	C
4:15 PM	44	Competitive	ASYA IWASAKI	Emerald	P
4:18 PM	45	Competitive	ALEXIS LE	Emerald	J
4:21 PM	46	Competitive	CAMBRIA LUKONI	Emerald	H
4:24 PM	47	Competitive	CAMRYN MAJEWSKI	Emerald	S
4:27 PM	48	Competitive	KIRRA JOYCE	Emerald	R
4:30 PM	49	Competitive	PAIGE HEARD	Emerald	P
4:33 PM	50	Competitive	MIA CHAMBERS	Emerald	L
4:36 PM	51	Competitive	OLIVIA NGUYEN	Emerald	O
4:39 PM	52	Competitive	RILEIGH BLANCHETTE	Emerald	C
AWARDS SESSION					
Competitive Acro Dance Solo Age 15-16					
5:12 PM	53	Competitive	VIKTORIA DUCHESNE	Ruby	G

5:15 PM	54	Competitive	SOPHIE HANEY	Ruby	K
5:18 PM	55	Competitive	ABBIE REMPEL	Ruby	C
5:21 PM	56	Competitive	JACQUELYN BAILLIE	Ruby	B
5:24 PM	57	Competitive	MADELYNE TURNER	Ruby	K
5:27 PM	58	Competitive	AMY SCHELLENBERG	Ruby	T
5:30 PM	59	Competitive	EMILY LITTLE	Ruby	V
5:33 PM	60	Competitive	EDEN AMZIL	Ruby	N
Competitive Acro Dance Solo Age 17-19					
5:36 PM	61	Competitive	BROOKLYN WISEMANN	Diamond	R
5:39 PM	62	Competitive	ALEXIS FIORDA	Diamond	B
5:42 PM	63	Competitive	ISABELLA WEIR	Diamond	R
5:45 PM	64	Competitive	ROYETTE PONG	Diamond	O
5:48 PM	65	Competitive	ANAYAH MOORE	Diamond	I
5:51 PM	66	Competitive	SOPHIA MONKMAN	Diamond	S
5:54 PM	67	Competitive	JORDAN GIVEN	Diamond	J
5:57 PM	68	Competitive	TAYLOR CORBEIL	Diamond	K
6:00 PM	69	Competitive	ALEXANDER LANG	Diamond	C
Competitive Acrobatics Solo Age 15					
6:03 PM	70	Competitive	VIKTORIA DUCHESNE	Ruby	I
Pre-Competitive Contortion Solo Age 14					
6:06 PM	71	Pre-Competitive	SKYLAR NOLIN	Emerald	R
Competitive Contortion Solo Age 16					
6:09 PM	72	Competitive	VIVIAN ZHANG	Ruby	F
Competitive Contortion Solo Age 18					
6:12 PM	73	Competitive	GRACE MACMULLEN	Diamond	F
Competitive Hand Balancing Solo Age 17					
6:15 PM	74	Competitive	BROOKLYN WISEMANN	Diamond	R
AWARDS SESSION					
Recreational Acrobatics Duo/Trio 13 - 14					
7:18 PM	75	Recreational	ZEPPELIN	Emerald	F
Competitive Acrobatics Duo/Trio 13 - 14					
7:21 PM	76	Competitive	HIDE & SEEK	Emerald	L
Competitive Acrobatics Duo/Trio 15 - 16					
7:24 PM	77	Competitive	OUT OF TIME	Ruby	I
Pre-Competitive Acro Dance Duo/Trio 7 - 8					
7:27 PM	78	Pre-Competitive	TADA!	Sapphire	E
Pre-Competitive Acro Dance Duo/Trio 11 - 12					
7:30 PM	79	Pre-Competitive	RISING SUN	Garnet	E
Pre-Competitive Acro Dance Duo/Trio 15 - 16					
7:33 PM	80	Pre-Competitive	R&R	Ruby	E
Competitive Acro Dance Duo/Trio 9 - 10					
7:36 PM	81	Competitive	PUMP UP THE JAM	Quartz	J
Competitive Acro Dance Duo/Trio 11 - 12					
7:39 PM	82	Competitive	UPRISING	Garnet	S
7:42 PM	83	Competitive	ELLA & GABBY	Garnet	D

7:45 PM	84	Competitive	NEVER SURRENDER	Garnet	S
Competitive Acro Dance Duo/Trio 15 - 16					
7:48 PM	85	Competitive	TBA	Ruby	M
7:51 PM	86	Competitive	RIO CARNIVAL	Ruby	J
7:54 PM	87	Competitive	TBA	Ruby	M
7:57 PM	88	Competitive	TBA	Ruby	M
Competitive Acro Dance Duo/Trio 13 - 14					
8:00 PM	89	Competitive	WE WILL ROCK YOU	Emerald	J
8:03 PM	90	Competitive	INHALE EXHALE	Emerald	I
8:06 PM	91	Competitive	TELEPHONE	Emerald	J
8:09 PM	92	Competitive	MEET ME IN THE PINES	Emerald	I
Competitive Acro Dance Duo/Trio 17 -19					
8:12 PM	93	Competitive	CARRY YOU	Diamond	K
8:15 PM	94	Competitive	ONE, TWO, THREE	Diamond	J
Competitive Adagio Duo/Trio 17 -19					
8:18 PM	95	Competitive	REWRITE THE STARS	Diamond	I
Competitive Acro Dance Small Group 13 - 14					
8:25 PM	97	Competitive	I AM THE WALRUS	Emerald	J
Pre-Competitive Acro Dance Small Group 7 - 8					
8:29 PM	98	Pre-Competitive	THE MOTTO	Sapphire	E
Competitive Acro Dance Large Group/Line 9 - 10					
8:33 PM	99	Competitive	PURE IMAGINATION	Quartz	J
Pre-Competitive Acro Dance Small Group 13 - 14					
8:38 PM	100	Pre-Competitive	FLY AWAY	Emerald	E
Competitive Acro Dance Small Group 15 - 16					
8:42 PM	101	Competitive	SWEET DREAMS	Ruby	A
8:46 PM	102	Competitive	TANGLED	Ruby	M
Competitive Acro Dance Large Group/Line 13 - 14					
8:50 PM	103	Competitive	PUMP UP THE VOLUME	Emerald	J
8:53 PM	96c	Competitive	DEFIANT <small>(Formerly ELITE)</small>	Emerald	M

AWARD SESSION



CONVENTION SCHEDULE 2024

Langley Fine Arts School



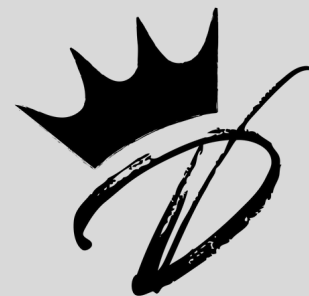
Guest Instructor

Sarah is an experienced dance educator whom has long believed that a dance teachers education should fall into the four quadrants that are part of everyday as a dance teacher: Mental Health and Performance, Physical Health and Performance, Education, and Artistic Development. Sarah has been teaching as an AcroDance specialist for more than twenty years and has studied in these four areas extensively over that time completing bachelor's degrees in both Education and Contemporary Dance from Simon Fraser University and a bachelor's degree in Kinesiology from the University of the Fraser Valley. Sarah completed her Masters in Coaching Sciences researching Human Performance at the University of Victoria. Leading into her choice to complete doctoral studies in Sports Medicine Sarah completed two years of doctoral study in Educational Leadership. Sarah's scope of education has advanced her research interests in the science and safety of AcroDance teaching methodology. Sarah presented research on spinal health in contortion work at the International Association of Dance Medicine and Science, Montreal 2019. After the pandemic Sarah has shifted her lifelong learning towards counselling and will be graduating as a certified counsellor this spring. With an interest in the creative opportunities' life provides Sarah has choreographed AcroDance lines and productions across Canada and Australia. She is a certified teacher in acrobatics through the Canadian Dance Teachers Association (CDTA) and is a level three coach in women's artistic gymnastics with the National Coaching Certification Program (NCCP). Sarah holds a teaching license with the BC Ministry of Education in the specialty of Performing Arts and Physical Education. Sarah has an entrepreneurial spirit owning several dance related businesses and operates a physiotherapy clinic focused on active rehabilitation, flexibility and conditioning for artistic athletes. As an academic in the dance sphere Sarah has spent the last decade presenting at various universities, dance conventions and conferences worldwide and can also be seen presenting live from Los Angeles with CLI Studios. Sarah is Acrobatic Arts Module three certified and works as a consultant, examiner and course conductor with Acrobatic Arts, a worldwide acrobatic dance training syllabus.

Warm Up & Pre-Professional Audition

Sarah Reis





Time	Studio One	Studio Two	Studio Three	Gymnasium A	Gymnasium B
Register 9:00-10:30am Registration 9:00-9:30am Green Blue Orange Registration 9:30-10:30am Pink Purple					
9:30-10:00am Warm up Gym				Warm Up Green Group Blue Group Orange Group	Warm Up Green Group Blue Group Orange Group
10:10-11:10am Class One (warm up 10:40am Pink & Purple)	Acro Combo <small>Michelle McBride</small> Orange Group	Warm Up <small>Sarah Reis</small> (10:40-11:10am) Pink Group Purple Group		Balancing & Variations <small>Allison San Martin-Feeney</small> Green Group	Tumbling <small>Kara Haley</small> Blue Group
11:20-12:20pm Class Two	Acro Combo <small>Michelle McBride</small> Green Group	Lunch Break Blue Group	Pre-Professional Audition <small>Sarah Reis</small> Orange Group	Balancing & Variations <small>Allison San Martin-Feeney</small> Pink Group	Tumbling <small>Kara Haley</small> Purple Group
12:20-12:40pm Teacher Lunch Break					
12:40-1:40pm Class Three	Acro Combo <small>Michelle McBride</small> Blue Group	Lunch Break Pink Group Green Group		Balancing & Variations <small>Allison San Martin-Feeney</small> Purple Group	Tumbling <small>Kara Haley</small> Orange Group
1:50-2:50pm Class Four	Acro Combo <small>Michelle McBride</small> Pink Group	Lunch Break Orange Group Purple Group		Balancing & Variations <small>Allison San Martin-Feeney</small> Blue Group	Tumbling <small>Kara Haley</small> Green Group
3:00-4:00pm Class Five	Acro Combo <small>Michelle McBride</small> Purple Group			Balancing & Variations <small>Allison San Martin-Feeney</small> Orange Group	Tumbling <small>Kara Haley</small> Pink Group
4:10-4:40pm Scholarships & Closing				Green Group Blue Group Orange Group Pink Group Purple Group	

**Competition Overall Awards &
 Convention Scholarships
 Sunday 4:10pm**