



## What is the CDHDT Junior Raiders All About?

**WHO:** All 5th, 6th, 7th + 8th grade athletes who want to dance - regardless of previous studio/other experience. We accept all levels!

**WHY: You love to dance! So come dance with us!**

- Participate in a dance program that prepares you for high school dance team
- Learn skills + technique that will expand your dance knowledge + athleticism starting at a younger age. Many dancers don't have the opportunity to dance on a dance team until high school!
- Join friends from your middle school - and meet new friends from other middle schools to create life-long friendships :) Any student from any middle school is welcome to join, regardless of dance background + experience.
- Dancers will learn a High Kick + Jazz dance during the competition season. They get to compete at Invationals across the metro-area against other middle school teams. They are scored by a panel of judges at each competition, allowing them to work towards a goal each time they hit the dance floor.
- The dancers get the chance to work with Varsity + Junior Varsity CDH Dance Team members -who are wonderful role models both on and off the dance floor.

Event	Cost	When is it?
Fall Competition Dance Season	\$200	Wednesday's & Saturday's starting September 11th - January 25th

### Fall Dance Includes:

- Practices at CDH on Wednesday's from 5PM - 7PM and Saturday's 8AM - 10AM
- Optional conditioning and ballet Tuesday nights from 3:30PM - 4:30PM at CDH with the CDHDT JV and Varsity dancers!
- High School dance team mentor and dance help! Offered Tuesday nights after conditioning to strengthen technique and dance team skills with CDHDT Varsity dancers!
- Ballet and Technique classes incorporated in weekly practices
- Invitational Competitions 2-3 Saturday's in December and January, at High Schools in the metro area
- Fee for the season includes practice fee, competition costumes, transportation to competitions and ballet and technique classes (Tuesday's)

**QUESTIONS:** Contact the CDHDT Junior Raiders Coach Anna: [JRRaidersCDHDT@gmail.com](mailto:JRRaidersCDHDT@gmail.com) (651) 249 - 1119