



PRE-CO

NURTURING ARTISTRY,
GROWING DANCERS

Join The Family



WHO ARE WE

The purpose of Pre-Co is to provide young dancers, ages 6-8, an opportunity to train and compete at an advanced level in preparation to join a competitive team, if they choose, when older.

This company is for the more focused dancer who shows passion and drive for dance and is ready to commit to a more strict schedule and enter and embrace the competitive dance world!

MORE THAN DANCE

We are proud of incorporate the WHOLE person in our training, not just the dancer. We believe in being well-rounded in all facets of your life!

We value and offer:

Tools for Healthy Habits

Emotional Support

Injury Prevention

Character Development

Yoga / Meditation

Imaginative Growth

Personal Mentorship

Community Outreach Opportunities

Cultural Practices within Dance

Dance History Education

& More

PROFESSIONAL, PERSONAL, AND CREATIVE MENTORSHIP

AVERY HAMPTON DIRECTOR

Avery, originally from Savannah, GA, began her dance journey at the age of 3. She studied a variety of movement styles, including tap, jazz, acrobatics, ballet, modern and contemporary. When she was 10, she joined the Gretchen Greene School of Dance Competitive Ensemble. With her competitive team, Avery was able to travel the nation and train with leading dance artists and choreographers from around the world. In 2021, she graduated from Emory University with degrees in neuroscience and dance movement studies. During this time, Avery trained under the mentorship of Kristin O'Neal, George Staib, Greg Catellier, Nicole Johnson and Alex Abarca. It was in school that Avery gained a deep appreciation of dance as a link between mind-body connection. Post-graduation, Avery fell in love with dance pedagogy and helping young dancers find their own creative voice. Her teaching style is deeply influenced by rhythm, breath and anatomical experience.

Avery is incredibly excited to work closely with your dancers and help them navigate through their unique movement identity. She challenges dancers to be creative thinkers within all facets of their life. Avery is thrilled to support Pre-Co dancers and foster their technical and imaginative growth.



REQUIREMENTS

Pre-Co is supported by great faculty with weekly classes taught by top quality passionate, inspiring, and qualified instructors! We believe it takes a village to raise these well rounded dancers, and these instructors are all passionate about their growth!

WEEKLY REHEARSALS

Pre-Co will rehearse during the week and will have VERY MINIMAL Saturday rehearsals, if at all. We will hold any Saturday rehearsals close to competitions if additional rehearsal time is needed.

CONVENTION/COMPETITION

Pre-Co dancers will attend 2 competitions in the greater Austin area, and 1 local convention. For local competitions, dancers will exclusively compete their piece to be viewed and scored by a panel of judges. This is the same for conventions, however, conventions will also include classes, auditions and scholarship opportunities. Optional convention opportunities may also be offered at the interest of dancers/parents.

VERSITILE TRAINING

Dancers on Pre-Co are required to take the following classes weekly:

- **ballet, jazz, lyrical or contemporary & rehearsal**
- Dancers will also have the opportunity to train in the following genres:
- **hip hop, tap, acro, technique, and more!**

PRE-CO | JULY 22ND | 9-10AM | \$20

AGES 6-8 (AGE AS OF 1/1/2024)

***8 YEAR OLDS SHOULD AUDITION WITH THIS AGE
IF NEW TO COMPETITIVE DANCE,**

WHAT TO WEAR

Dancers should wear all black tight fitting dance clothes and bring ballet shoes. The first portion will be barefoot, so no tights please. Hair should be pulled out of your dancer's face. No jewelry or accessories.

EVALUATION

Dancers will take 'class', where they are to be evaluated on their behavior and overall dance technique. They will go through a variety of stretches to demonstrate their flexibility and will be taught a short combination to demonstrate movement quality and performance capability.

RESULTS

Results will be posted on our website by Monday, July 24th at 10am. Dancers and one parent/guardian will be required to attend a team registration meeting on Saturday, July 29th from 9-10am. Company commitment begins at the start of the fall dance semester.

Audition application and registration should be completed prior to July 22nd. Both can be found at our website:

<https://www.dancespotx.com/dancecompanies/>



FOR MORE INFO

JOIN US!

Join us for an informational meeting at the Dance Spot at 6PM on Friday April 21st to learn more about Pre-Co and other companies at The Dance Spot.

Please reach out to director, Avery Hampton, with any questions at preco@dancespotx.com!

