

THE



PRE-PRO DIVISION AT THE DANCE COMPLEX



Within the Pre-Pro Division, our true focus isn't on winning, it's on the journey - and this journey teaches our dancers invaluable skills and life lessons, in addition to exceptional technique and performance quality. When dancers come together to create a shared vision, they learn to connect, collaborate, and celebrate each other. Through this process, they begin to understand that every person contributes something unique—and that the strength of the group lies in the individuality of its members. We strive to nurture qualities like honesty, humility, integrity, self-awareness, accountability, and acceptance - building blocks of strong character. By fostering these traits and helping dancers develop confidence in who they are, we prepare them for success in dance and in life, wherever their journey takes them.

WHO CAN JOIN?

The pre-pro division is open to advanced dancers 6th - 12th Grade. Audition required.

WHAT OPPORTUNITIES ARE AVAILABLE TO PRE-PRO DANCERS?

Dancers are afforded the opportunity to place greater emphasis on training and mastering technique in multiple styles. Dancers will be required to do one group dance and will have access to unlimited solo opportunities in addition to opting into extra group dances. Dancers also have the opportunity to work with outside choreographers & master teachers. Dancers will also have the option to compete at ballet competitions such as YAGP, UBC & Icon in addition to other dance conventions & intensives. Dancers will also have access to individual mentoring with an emphasis on goal setting. Dancers are also offered flexibility needed to fulfill all of their dance goals.



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FREQUENTLY ASKED QUESTIONS:

Do dancers need to exclusively train in Pre-Pro?

Dancers do not need to be exclusive to the Pre-Pro Division or TDC. We welcome dancers who are part of highschool dance teams or part of other training programs that allow it. We believe in collaboration and creating a community that sets dancers up for success.

What styles will the program prioritize?

This program will have a heavy emphasis on ballet, jazz & contemporary technique, as well as conditioning & pilates. Dancers will also have the opportunity to further their growth in hip hop, tap & other styles to help them be as well-rounded as possible.

Is there flexibility in the program?

Yes, we are happy to provide dancers the flexibility they need to be successful in not only dance but also school, other dance opportunities, outside activities & family life. We are happy to set individual plans for each and every dancer if need be.

Will dancers be leveled based on age or ability?

Dancers will be placed based on ability. Some classes will be mixed with the competition companies but most will be separate.

Can dancers do both Pre-Pro and a TDC Competition Team?

Yes, dancers can choose to do both programs.

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ADDITIONAL RESOURCES PROVIDED



PLANNING FOR THE FUTURE

At the heart of the program is a mission to empower dancers as they step into the next chapter of their journey. Whether their path leads to a collegiate dance team, a prestigious BFA program, or the professional stage, dancers will be equipped with the skills, guidance, and connections needed to thrive. With personalized mentorship and access to a network of industry experts, each dancer is supported in turning their passion into a purposeful future.

MENTORSHIP

Dancers will receive 2–3 dedicated mentorship sessions throughout the season. These meetings will focus on personal progress, goal-setting, and exploring additional opportunities for growth within the program.

FEEDBACK

Dancers will receive evaluations throughout the season to celebrate their progress, highlight areas for growth, and recognize their achievements along the way.