



# PERFORMANCE STREAM 2022

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9/14-16 EXCHANGE PARADE  
NARELLAN



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# CDT PERFORMANCE STREAM



CDT Dancers get high quality dance training in a safe, fun and encouraging environment.

Our classes are designed to help our students develop their love of dance while working on in-class goals.

Being a CDT dancer means so much more than getting dance lessons, they will learn important life lessons such a positive mindset, sense of community and belonging, goal setting, training the body and the mind, commitment, team work and many more valuable lessons.

Members receive a weekly update email from  
[admin@completedancetraining.com](mailto:admin@completedancetraining.com)

If you don't receive one - please contact us!

Invoices are emailed to you at the beginning of your enrolment.

Fees are direct debited. We accept both Active Kids and Creative Kids vouchers. See fee policy for more information.

## CDT Performance Stream

CDT Performance Stream students get to experience and learn about the performing arts industry, work as a team and commitment.

These classes are for students who have a passion for dance and will get the opportunity to perform on stage throughout the year.

The jazz, hip hop, musical theatre and lyrical classes will learn a routine to perform at

- Competitions
- Community events
- Workshops
- Mid year show

They will then learn a new routine for the end of year concert.

Ballet and tap classes will learn their syllabus for exam work.

Performance Stream students can also be selected to be soloists.

### CDT IS A COVIDSAFE BUSINESS

We appreciate your help in keeping CDT covidsafe - parents must check in, students must temp check and sanitise.

## CDT Mission

Creating a safe space for all of our members to feel welcome.

To build on our students' confidence, ability and love of dance.

To strive to bring the best, to south-west Sydney.

CDT want to create experiences for our Performance Stream students who will learn the opportunities of the Performing Arts industry and any future prosperities.

Our goal is to help CDT students believe in themselves and achieve anything they set their minds to.



# CDT Team

The CDT team strive to give each student the best quality training while sharing our love of dance. Every CDT teacher is first aid trained along with a fantastic array of qualifications, experience and history to share with our students.

**Directors:** Jenna & Jerrika Howley

**CDT Teachers:**

Laura (LJ) Nash

Tylah Paterson

Joel Houwen

Hannah Pike

Sophie Johnson

Lilly Jackson



## CDT Facilities

CDT is located at 9/14-16 Exchange Parade, Narellan.

This is where our purpose built studio resides.

Here we have 4 studios, Students area and waiting room.

One of our dance rooms is specialised for our CDT minis (2-6 year olds).



### Socials

CDT have a private facebook group that gives regular updates, quick notices and messages from the CDT staff.

We have a facebook profile 'Adminat Cdt'

Our business facebook profile is  
[www.facebook.com/completedancetraining](https://www.facebook.com/completedancetraining)

Instagram

Main Page - @completedancetraining  
Private Members only - @cdtmembers

Our main point of contact is our email  
[admin@completedancetraining.com](mailto:admin@completedancetraining.com)  
You can also call us on 0401798381

# CDT Performance Stream Classes

## CDT BALLET

Students at CDT learn the RAD ballet syllabus.

This is an internationally recognized ballet training syllabus that develops a strong technique foundation as students progress in their ballet skills.

The syllabus is divided into grades, which students learn and improve in not just in the exercise but the understanding of the technique required to execute it and the french meaning behind what they are doing

(so they get to learn another language too - bonus!)

The RAD ballet grade is made up of a series of exercises as well as a routine and Grade 1 and above learn a 'Character Routine' - this is a theatrical presentation of national or folk dance.

### Year Overview:

#### **Term One**

Students will learn their grade work. Depending on the grade, they learn a certain amount of barre, centre and allegro steps as well as a routine and a Character routine.

Any students who wish to work towards their exam and/or refine their technique will also do the Ballet workshop class for their Grade on the Friday of Week 7,8 and 9.

#### **Term Two:**

Students will continue to refine their grade work, again any students who wish to work towards their exam and/or refine their technique will also do the Ballet workshop class for their Grade on the Friday of Week 7,8 and 9.

### RAD BALLET DISPLAY

In Week 10 of this Term, each ballet class will be presenting their work to their families, their teacher and the CDT directors. This is where families will be able to see what the students have been working on as well as an explanation of what is required to attend an exam. This will be in class time in Week 10.

From there, our ballet teacher, Miss Sophie and the directors will decide who is ready to take part in exams and families will be notified from there. Students who do not wish to participate in the RAD exam or are not quite ready will be invited to take part in an in-house assessment on 20th September. CDT will not be given an exam date until September - but it is in Term Four.

#### **Term Three:**

Students will continue to refine their grade work as well as all students will begin to learn their concert routine.

Students who are working towards their exam and/or want to refine their technique will also do the Ballet workshop class for their Grade on the Friday of Week 7,8 and 9.

For all RAD exam students, they are required to take part in a RAD ballet workshop and mock exam in the school holidays - this will be September 20, 21, 22.

#### **Term Four**

Students will continue to work on their grade and concert work.

The RAD exam students will take part in their exam on the date the RAD allocate.

All ballet students will take part in CDT's end of year concert.

This is held at Riverside Theatre, Parramatta.

On Sunday 27th November.

#### **What to Wear:**

Girls:

Primary: Black leotard, ballet skirt, pink ballet tights, pink leather ballet shoes.

Grade 1 and above: black leotard, ballet skirt, pink ballet tights, pink leather ballet shoes Bring to class: black character skirt with blue ribbon, cuban heel character shoes.

Inter Found and above: pointe shoes (when students have been assessed by teacher)

Boys:

White shirt, black ballet tights, black ballet shoes.

#### **Pointe Work**

Students will be assessed for pointe work when the teacher feels this is ready (and once their feet have stopped growing).

Students must have the strength and technique established to be able to sustain the pointe work required.

This includes a pre-pointe assessment at the studio where students must be able to complete a series of exercises to show they are ready. From there, CDT will contact the families and then they must book in a pointe assessment at a physiotherapy facility. (We recommend Bounce Back at Narellan that specialises in Dance Physiotherapy).

Once they have given the all clear, students can then book in to get their first pair of pointe shoes. This is such a special and momentous occasion!



**Exams:**

If chosen by the teachers to take part in exams, it is an extremely beneficial exercise as these students execute their grade work in front of a certified examiner where they are assessed on their work, given feedback and get to progress to the next grade. In order to take part in exams, students must take part in the ballet workshops in Week 7,8 and 9 of Term One, Term Two and Term Three. Exams are held at the RAD headquarters in the city. The cost of exams does depend on the grade your dancer is in. If chosen for exams, you can choose to pay in instalments.

**CDT TAP**

The CDT Tap classes learn from the Glenn Wood Tap Syllabus. Glenn Wood Tap is a fun tap dance syllabus that is founded on solid technique, whilst being fluid, relaxed and enjoyable. The GWT syllabus develops a love and appreciation of tap dance through technique based exercises, performance routines, barre skills and turning activities. Each year the tap students will progress through the levels of the syllabus.

Year Overview:

**Term One:**

Students will learn the contents of their grade.

**Term Two:**

Students are working towards being able to demonstrate their grade work independently. Those who are ready will be chosen to take part in the exams. These students will also need to take part in mock exams to help prepare them.

Mock Exams are held in Week 5, Term Two.  
GWT Exams will take place in Week 9, Term Two.

**Term Three:**

Tap students will begin learning their concert routine!

**Term Four:**

Concert prep is well underway and tap students will perform at the end of year show on Sunday 27th November at Riverside Theatre, Parramatta

**What are the benefits of Glenn Wood Tap Exams?**

The GWT exam process is enjoyable and rewarding for both students and teachers. The year's course work prepares students for the exam process. Goal setting is an important element in the learning and development process. Exams help enable students to see the rewards of their hard work and provide them an acknowledgment of their achievements.

**What makes the Glenn Wood Tap Exams?**

All GWT examiners are professionals in tap dance – with extensive experience as performers and entertainers, studio teachers and owners. They interact with students during the exam, ensuring each student has the opportunity to show their full potential. Each exam is fun and exhilarating for the students. GWT exams provide students with the encouragement and enthusiasm to continue learning.

What are the costs of exams?

Mock exams cost \$15  
Depending on their grade, tap exams can cost between \$55-\$100.

**What To Wear To Tap Class:**

CDT Uniform is not compulsory, but highly recommended. Otherwise dancers can wear any dance gear they wish to, with black lace up tap shoes. Hair must be tied back.





# CDT JAZZ

Jazz is one of the most popular styles of dance. With a more pop based playlist, jazz class is a commercial based style that incorporates stretch, coordination progressions, technique progressions and combinations.

## Year Overview:

### **Term One**

Jazz Students begin the year with an introduction to technique patterns as learning their performance dance for the year. This will be the routine they perform at competitions, events etc.

### **Term Two**

Term Two sees jazz students further development of technique progressions as well as learning combinations with a variation of jazz styles as well as practicing their performance routine. CDT performance stream students will start to take part in performing their routines.

### **Term Three**

Term Three is when jazz students begin to learn their concert routine for the year.

This is a very exciting term, concert work is our favourite!

### **Term Four**

As we head into the end of the year, jazz students are perfecting their routine and continuing to work on their technique.

The concert is on Sunday 27th November at Riverside, Theatre, Parramatta.

## **What To Wear To Jazz Class**

The CDT uniform is not compulsory - but highly recommended.

Students are able to wear any dance gear they wish to jazz.

Hair needs to be tied back.

Black jazz shoes.

# CDT HIP HOP

Hip Hop is a broad range of styles, CDT students experience the wide range of styles with a commercial hip hop based foundation.

## Year Overview:

### **Term One:**

Hip Hop Students begin the year with development of style and hip hop foundation as well as learning their performance dance for the year.

This will be the routine they perform at competitions, events etc.

### **Term Two:**

Term Two sees hip hop students learn combinations as well as practicing their performance routine. CDT performance stream students will start to take part in performing their routines.

### **Term Three:**

Term Three is when hip hop students begin to learn their concert routine for the year.

This is a very exciting term, concert work is our favourite!

### **Term Four:**

As we head into the end of the year, hip hop students are perfecting their routine ready for the concert.

The concert is on Sunday 27th November at Riverside, Theatre, Parramatta.

## **What To Wear:**

We really encourage students to dress appropriately for the style - you wouldn't dress for a hip hop class the way you would for ballet! We love students really finding their hip hop style and making the effort to dress so in class. Dressing the part really helps students embrace the style.

# CDT MUSICAL THEATRE

Musical Theatre class is more dance based with elements of singing and acting. Students will learn some classics, musical theatre history and modern musicals. This is a great space for students to work on their confidence and develop a love for the art.

## Year Outlay:

### **Term One:**

MT Students begin the year with an introduction to style and the history as well as learning their performance dance for the year.

This will be the routine they perform at competitions, events etc.

Students will learn about the MT industry, audition process etc. In Week 9, students will take part in a 'mock audition' to experience what it's like and prepare them in their training.

### **Term Two:**

Term Two sees MT students further develop their theatre foundations as well as practicing their performance routine. CDT performance stream students will start to take part in performing their routines. Week 9 MT students will take part in another mock audition where they will receive feedback and will help teacher decide parts for concert routine.

### **Term Three:**

Term Three is when MT students begin to learn their concert routine for the year.

This is a very exciting term, concert work is our favourite!

### **Term Four:**

As we head into the end of the year, MT students are perfecting their routine and continuing to work on their technique. The concert is on Sunday 27th November at Riverside, Theatre, Parramatta.

## **What To Wear:**

The CDT uniform is not compulsory - but highly recommended.

Students are able to wear any dance gear they wish to musical theatre.

Hair needs to be tied back.

Black jazz shoes.

# LYRICAL/CONTEMPORARY

CDT classes include both lyrical and contemporary style, as students get to experience both styles in the one class. This allows them to develop and strong foundation, learn to explore their own creative sense and uniqueness and express themselves through dance.

## Year Outlay:

### **Term One:**

CDT Students begin the year with development of style and progressions as well as learning their performance dance for the year.

This will be the routine they perform at competitions, events etc.

### **Term Two:**

Term Two sees students learn combinations as well as practicing their performance routine. CDT performance stream students will start to take part in performing their routines.

### **Term Three:**

Term Three is when CDT students begin to learn their concert routine for the year.

This is a very exciting term, concert work is our favourite!

### **Term Four:**

As we head into the end of the year, CDT students are perfecting their routine ready for the concert.

The concert is on Sunday 27th November at Riverside, Theatre, Parramatta.

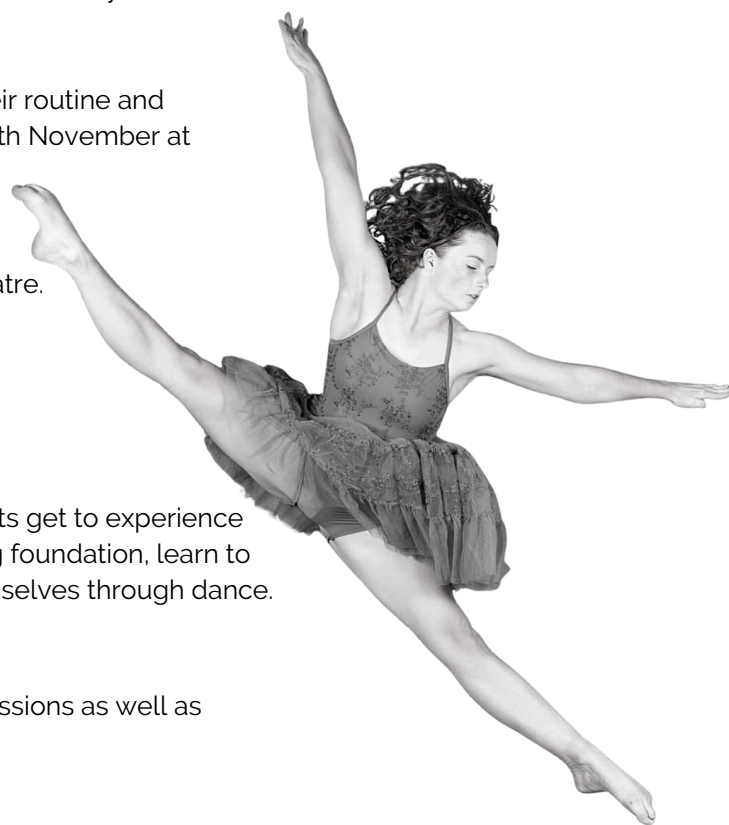
## **What To Wear:**

The CDT uniform is not compulsory - but highly recommended.

Students are able to wear any dance gear they wish to lyrical/contemporary.

Hair needs to be tied back.

No shoes required.





# CONDITIONING

Year Outlay: This class focuses on a dancers fitness, flexibility and strength. In our conditioning classes we encourage not just a healthy body but a healthy mind as well.

We believe in teaching not just the how but the why.

Dancers will learn about their body and how to take care of it! This is one of our most recommended classes - it teaches goal setting, resilience and helps dancers improve in all styles of dance.

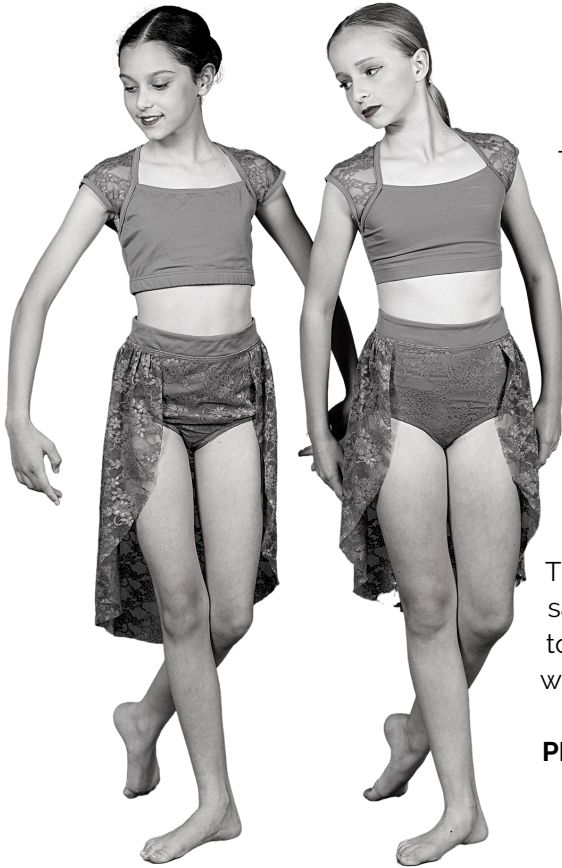
## What to Wear:

crop top and shorts (tight top if not comfortable - loose clothing can be a hazard as they use equipment in this class). No shoes.

## What to bring:

Journal and pen.

Skipping rope, thin yoga mat and yoga block recommended.



# TUMBLING

This class combines acrobatics and tumbling skills. Students learn the correct and safe way to execute their favourite skills ranging from cartwheels and handstands to walkovers, aerial skills and flips. CDT cater for a range of skill levels so students will be assessed and placed into their best suited level to help improve their skills.

Tumbling students will take part in an end of year showcase in Term 4.

**PLEASE NOTE: conditioning class is a prerequisite of tumbling** - so that students work on their strength and flexibility for safety and in order to progress in their skills.

## What to Wear:

Tight clothing only in tumbling - loose clothing is a hazard. No shoes.

# ACTING

Acting classes allow students to explore the art of acting in a safe environment where they can learn and build on acting techniques, styles and methods, work on theatre acting and film acting, audition process and camera work. They will learn about monologues, duologues and group scenes, theatre techniques and live performances.

**Term One** - will be a working on a variety of these skills.

**Term Two** - will be further developing skills and preparing for a performance.

**Term Three** - will be a live performance at the end of Term.

**Term Four** - will be camera acting and preparing a film development.

## What To Wear:

nothing that will restrict their movement (no dresses)



# SINGING

In this class students will work on their breathing techniques, vocal control, musicality, rhythm and timing while in a group environment so those who are not confident in their abilities can work in a group setting.

Throughout the terms students will work on a variety of music building their repertoire and then learning a special end of term showcase song.

## What to wear:

anything they feel comfortable in.

# SOLOISTS

CDT Soloists learn routines to compete and perform. This is done in block lessons and then soloists must train with directors in a weekly lesson.

# Why CDT?

## CDT Community

We have worked hard to create an environment where CDT members feel safe, get support and can dream and achieve. We are so proud of the CDT culture, and that each CDT member becomes part of the family environment where we support each other and help each other achieve our goals.

At CDT we are big on respect and our students and families help keep CDT the positive environment we have strived to be for 10 years.

## Performance Opportunities

We are passionate in helping students realise their potential in performing, and how fun and confidence building it can be!

## Industry Connection

We are so lucky that at CDT we have some of the finest Australian performers on our staff, exclusive to CDT! Our Performance Stream students will also get to experience an array of teachers with various industry backgrounds to expose them to a variety of styles and people.

## What Our Past Students Say

When I joined Complete Dance Training, I immediately felt like I was part of a family. The staff have such a passion for teaching dance and they truly inspire and encourage students to grow. Jerrika and Jenna are amazing and supportive mentors and they genuinely want to help their students improve as all-round performers. While attending CDT I was encouraged to work as hard as I possibly could but the classes were still loads of fun and the atmosphere was wonderful. I love my CDT family so much, and I strongly recommend any up and coming dancer to train at Complete Dance Training.



- Tsehay Hawkins

## What Our Parents Say

"Since starting with the girls from day one of their own studio, it has been the best decision for my daughter. Not only has she improved in every area, but is also now part of a close knit family full of encouragement, support and friendship. Looking forward to seeing her grow as a better dancer in the hands of CDT"

- Evelyn

## CDT Performance Stream Age Groups:

- 7/under
- 9/under
- 11/under
- 17/under
- open age

These groups will be determined by age of first of January 2022.

## WHAT WE OFFER:

**For Students 2-3** - CDT Toddler Program + Toddler Tap.

**For students 4-5** - CDT Preschooler Program, PS Tumbling.

**For students in primary and above** - we offer two streams.

1. CDT Rec Stream

2. CDT Performance Stream

## A Note From The Directors

We are so proud of everything CDT has become over the past ten years and we are so excited for its future. CDT is more than just a place, it's the students, the teachers, the families.

At CDT, we are supportive of each student and we recognise the benefits of dance in a person's life - we do not take lightly that we get to share that and we will always strive to build our students up to be the best they can, because we believe in them!

We are invested in our students and their goals.

At CDT, you have gained a second family, and we welcome everyone in their uniqueness

- Jenna and Jerrika Howley