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DART FROGS

PRACTICE INFO

All teams will practice once/week in the summer. In addition to team practice, athletes will be assigned to a tumbling class, tricks class and stretching/conditioning class (skills). During the school year teams will practice twice/week and will have skills. School year schedule will be posted by August 1st.

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| Summer Practice | Mondays 8:30-10:00pm |
| Summer Skills | Schedule will be emailed |
| School Year Practice | Two days/week TBA |
| Choreography | July 15-18 |

COMPETITION SCHEDULE

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| Date | Event | Location |
| November 12th | Americheer | Dayton, OH |
| December 3rd-4th | WSF | Louisville, KY |
| December 11th | Elite | Pittsburgh, PA |
| January 22nd | CCC Hard Rockin Nationals | Erie, PA |
| February 19th | CCC Red Hot | Slippery Rock, PA |
| March 4th-5th  | Stage 8  | Nashville, TN |
| March 18th-19th | CSG Dance Grand Nationals | Schaumberg, IL |
| April 1st-2nd | Dance 1st | Dayton, OH |

\*This team will compete to earn a bid to the Dance Worlds. The Dance Worlds will be held April 22-24, 2023 in Orlando, Florida.

TEAM INTRO- Wednesday June 15th 5:30pm. Athletes and parents will attend. Athletes wear practice wear. If time permits, we will practice.

June Tuition- $100 due at team intro. Crossovers do not pay extra in June. Cash or check only.

Summer practice schedule will begin June 20th.