

COMPETITIVE PROGRAMS

At Talent Plus, we are proud to offer three exciting competitive programs that challenge athletes to grow in their skills, character, and faith.

T&T Competitive Team (Upsidedowners)

Our T&T (Tumbling & Trampoline) competitive teams, known as the Upsidedowners, compete in Double Mini, Trampoline, and Floor events at both local and out-of-state competitions. Through disciplined training and healthy competition, athletes develop strength, confidence, and sportsmanship while striving for excellence. Most importantly, we encourage each athlete to grow as a child of God, demonstrating Christ-like character both in and out of competition.

TEAM CLASS: Must be enrolled in two 1.5 hour team classes for a total of 3 hours of practice per week. May be taken both in one day or different days.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
4:00 - 5:30	4:30 - 6:00		4:00 - 5:30
6:00 - 7:30	6:30 - 8:00		6:00 - 7:30

TEAM STRENGTH CLASSES: In addition to 3 hours of team classes a week, athlete must be enrolled in one 30 minute strength class.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>
5:30 - 6:00	6:00 - 6:30		5:30 - 6:00

Lone Star Talent Cheer

The Lone Star Talent Cheer Program is designed for athletes who want the excitement and challenge of All-Star cheerleading without the high costs or overwhelming time commitment. This program offers a competitive experience that is both affordable and family friendly while providing athletes with the opportunity to develop their skills, build lasting friendships, and showcase the talents God has blessed them with.

PURPLE PIXIES: Mini Level 1 Team

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		4:30 - 6:00

PURPLE ECLIPSE: Youth Level 1 Team

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		7:00 - 8:30

PURPLE DYNASTY: Junior Level 3 Team

Sunday
6:30 - 8:00

ALL Lone Star Cheerleaders must also be enrolled in an Hour Tumbling class during the week. See Hour Tumbling schedule above.

PINK PEARLS: Mini HipHop Team

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
		5:30 - 7:00

ALL Lone Star HipHoppers must also be enrolled in an a 45 minute Jazz Tech class **Wednesday from 4:45-5:30pm.***
*Jazz Dance Class levels 2 or 3 may substitute this requirement.

Competitive Dance Team

Our Competitive Dance Program provides dancers with the opportunity to compete in a variety of dance genres at local and out of town competitions. Designed with flexibility in mind, this program allows dancers to participate on our competitive team while also remaining active in school sports and other activities. Our dancers are encouraged to use their God-given talents to express their passion for dance while bringing glory to Him through every performance.

RED TEAM: Novice dance team.

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
4:15 - 5:00 (tech)		
5:00 - 5:45 (ballet)		
5:45 - 6:45 (jazz)		
6:45 - 7:30 (tap)		
7:30 - 8:15 (hip hop)		

PURPLE TEAM: Intermediate dance team

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
5:45 - 6:45 (ballet)	7:45 - 8:30 (tech)	
6:45 - 7:30 (tap)	8:30 - 9:15 (hip hop)	
7:30 - 8:30 (jazz)		
8:30 - 9:30 (lyrical)		

BLACK TEAM: Advanced dance team

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>
6:45 - 7:30 (tap)	7:45 - 8:30 (tech)	8:00 - 9:00 (contemp.)
7:30 - 8:30 (ballet)		9:00 - 9:45 (hip hop)
8:30 - 9:30 (jazz)		