



# TROUPE HANDBOOK

A COMPREHENSIVE GUIDE TO CLASSES,  
COSTUMES, TEAM EXPECTATIONS,  
COMPETITIONS, AND MORE!

# 2026



At Dance Sensations we have three streams for our Competitive Teams:

1 - PERFORMANCE TEAMS

2 - TROUPE TEAMS

3 - COMPANY

## TROUPES AT DS

Our Troupes are designed for dancers who are ready to take their training to *new heights!*

At Dance Sensations, we offer troupe classes for all age groups, providing a supportive and exciting environment for dancers to thrive.

These classes are by invitation, extended to students who have demonstrated **outstanding commitment**, **work ethic**, and **passion** in their training.

Team members learn dynamic routines choreographed by our talented head teachers and guest choreographers, performing in a variety of styles while also gaining access to additional opportunities to elevate their skills. Our troupes consistently achieve incredible success at both local and national competitions!

To join, dancers must meet specific class and style requirements, ensuring they are well-prepared to excel and grow within the team!





## 2026 TROUPE TEAM MINIMUM REQUIREMENTS

TROUPE	BALLET	TECHNIQUE	CHOREOGRAPHY	CLASS DAYS
<b>GEMS 5/U TROUPE</b>	N/A	1 CLASS	1 CLASS	TUES
<b>PEARLS 6/U TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	1 CLASS	1 CLASS	WEDS, THURS + OPTIONALS
<b>EMERALDS 8/U TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	2 CLASSES	1-2 CLASSES + OPTIONALS	MON, TUES, THURS + OPTIONALS
<b>SAPPHIRES 10/U TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	2 CLASSES	1-2 CLASSES + OPTIONALS	MON, WEDS + OPTIONALS
<b>MOONSTONES 12/U TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	2 CLASSES	1-2 CLASSES + OPTIONALS	MON, WEDS + OPTIONALS
<b>TOPAZ 14/U TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	2 CLASSES	1-2 CLASSES + OPTIONALS	MON, THURS + OPTIONALS
<b>OPALS/ONYX OPEN AGE TROUPE</b>	1 CLASS + INVITATIONAL EXAM CLASS	2 CLASSES	1-2 CLASSES + OPTIONALS	TUES, THURS + OPTIONALS
<b>COMPANY</b>	<u>COMPANY</u> PRE-JNR JNR INT TEEN SNR	<u>COMPANY BALLET</u> JNR INT SNR	<u>COMPANY TAP</u> JNR SNR	



## COMMITMENT

At Dance Sensations, we have high standards for our competition team members, particularly in areas like **attendance**, **behaviour**, and **embodying our core values**.

Dance is a team effort, and it's crucial that every member is fully committed to the group. While we understand that life happens, we ask that students only miss classes when absolutely necessary, such as when they're unwell. If you have a holiday planned that might conflict with a performance or eisteddfod, we appreciate you letting us know early in the year so we can plan accordingly and make any needed adjustments.



Our competition team members are chosen because they already embody respect, reliability, kindness, and a strong drive for excellence. These students are not only incredibly talented but also serve as ambassadors for our studio, and *we're beyond proud to have them represent Dance Sensations both on stage and in the community!*

# 2026 KEY DATES

EACH YEAR OUR TROUPE TEAMS COMPETE IN A NUMBER OF PERFORMANCE OPPORTUNITIES, THESE ARE HELD NORMALLY IN THE ILLAWARRA AND SYDNEY REGION.

## TERM 1

### TROUPE CONNECT NIGHT

Sat 28<sup>th</sup> Feb

DANCE SENSATIONS

### PREPARATION TEERM

Routines choreographed and prepared for the stage

## TERM 2

### DS MID-YEAR CONCERT

TBC

TBC

### TROUPE COMP 1

4<sup>th</sup> & 5<sup>th</sup> July

WOLLONGONG EISTEDDFOD

WOLLONGONG

## TERM 3

### TROUPE COMP 2

18<sup>th</sup> & 19<sup>th</sup> July

CARNIVAL DANCE

MITTAGONG

### TROUPE COMP 3

1<sup>st</sup> & 2<sup>nd</sup> August

EBSDN WEST HQ

ROOTY HILL

### COMPANY ONLY

22<sup>nd</sup> & 23<sup>rd</sup> August

ADRENALINE WEST HQ

ROOTY HILL



NO TROUPES

### TROUPE COMP 4

12<sup>th</sup> & 13<sup>th</sup> September

MENAI EISTEDDFOD

MENAI

### TROUPE COMP 5

19<sup>th</sup> & 20<sup>th</sup> September

CARNIVAL DANCE

ULLADULLA

## TERM 4

### TROUPE COMP 6

14<sup>th</sup> & 15<sup>th</sup> November

EBSDN ILLAWARRA

BERKELEY

### DS END OF YEAR CONCERT

11<sup>th</sup> & 12<sup>th</sup> December

SHOALHAVEN ENT CENTRE

NOWRA

**+ OPTIONAL**

**SHOWCASE**

**NATIONALS**

Gold Coast, QLD

Jan 2027



PLEASE NOTE: DATES/COMPS MAY BE SUBJECT TO CHANGE AS ALL COMPETITIONS MAY NOT BE ATTENDED.



## FEES

Classes are priced as per our 2026 Dance Sensations Competition Teams Pricelist and are eligible for discounts as per our package pricing. Classes are charged per 45min increment.

For example; a Technique class that runs 3:45 - 5:15pm (1.5hrs class) = 2 classes in the package pricing.

## SPECIALTY ADD ON CLASSES & COMPANY CLASSES

Specialty Add On Classes include Tricks & Tumble, Open Class and Ballet Exam Classes. These are **higher level classes** that we provide to our competition students and are taught by our highest qualified staff and guest teachers. *These classes are charged separately* as outlined on our 2026 Competition Teams price list. They are \$12/class or \$4 for \$40. Any additional Specialty Add-On Classes above the 4 classes is charged at \$10.

Company Classes include Company, Company Tap and Company Ballet Classes. These are part of our invitational **Company Program** that we provide to selected Troupe students and are taught by our highest qualified staff and guest teachers. *These classes are charged separately* as outlined on our 2026 Competition Teams price list. They are \$15/class and are 1hr in duration.

## CHOREOGRAPHY INTENSIVE LEVY

A Choreography Intensive Levy of \$100/routine is charged for each routine a Troupe Student is enrolled into. The Choreography Intensive Levy includes choreography fees, rehearsal fees, and competition entry fees for our Troupes. This fee is charged throughout the year when new routines are commenced and is charged regardless if your dancer is able to attend the choreography intensives or not.



## **COSTUMES**

Troupe Costumes are approximately \$150 - \$200 each per routine. A deposit of \$100 per routine will be charged in the **last week of Term 1** with the balance due at a later date around costume arrival.

Additional costumes if required later in the year will be notified and billed accordingly at that time. Fees are added to your debit in the relevant week automatically.

## **ADDITIONAL COMPETITION FEES**

Some competitions have additional fees to compete. These fees and things such as ticketing, extra performers pass etc are confirmed around the time of competition and advice will be provided to parents in regards to what the costs are and how payment needs to be made etc.





## ADDITIONAL DANCE OPPORTUNITIES



We encourage our DS dancers to attend additional internal and external workshops and intensives to gain exposure to **different teaching styles, techniques, and new ways of thinking about dance**. These opportunities help expand their skills, build confidence, and offer fresh perspectives that can accelerate their growth. Additionally, they provide the chance to *connect with a wider dance community*, stay inspired, and learn from top professionals, all of which contribute to their continued evolution as dancers.

Please note, we are selective about the external programs we recommend, ensuring they prioritise safety, quality training, and positive environments. Not all opportunities are created equal, so we carefully vet each one to make sure our dancers are learning from reputable instructors in settings that **support both their physical and emotional well-being**. This helps maintain a balance between growth and safety, minimising the risk of injury or burnout.

Before enrolling/booking dancers into any external programs/private lessons, we always seek parental permission or ask you to check with us. This ensures that parents are fully informed and comfortable with the opportunity, and allows us to work together to support the dancer's best interests. We value the partnership between dancers, parents, and our team, and want everyone to feel confident and excited about these growth opportunities!



## UNIFORM

As representatives of Dance Sensations competitive teams, we expect that our students uphold the full DS uniform values in every lesson, from choreography classes to technique and ballet. We value uniform as it gives our dancers a **sense of belonging**, **removes brand comparison** and **provides comfortable and appropriate class attire!**

Dancers are required to wear DS Uniform or all black attire to classes. See Ballet uniform requirements following.

On competition and team event days, students must wear their Dance Sensations comp team tracksuits to represent the studio. Comp Team Jackets are compulsory for troupe students.

### **COMP TEAM TRACKSUITS - (Orders open early 2026)** **Team Jacket Compulsory | Team Pants Optional**

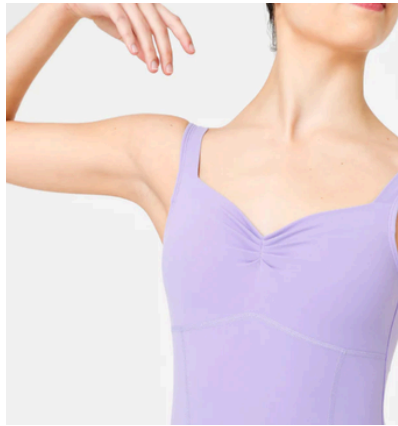




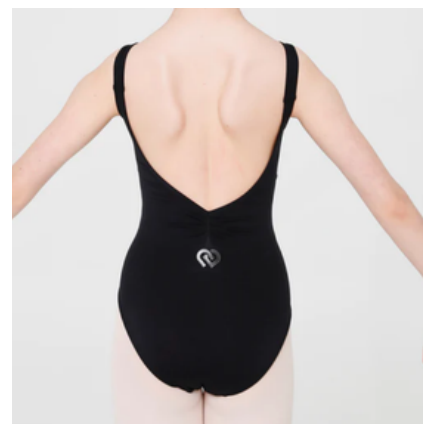
## **BALLET UNIFORM**

Please note we will be transitioning to a NEW Ballet Exam uniform in October 2026. We currently have limited stock of the Claudia Dean Leotards available. If your size is not available with us at reception, any Black or Lilac leotard will suffice for now from brands such as Claudia Dean, Bloch or Energetiks.

**GRADES (Pearls, Emeralds, Sapphires, Moonstones)**  
Claudia Dean Collections | Custom Dance Sensations Collab | Lilac



**VOCATIONALS (Topaz, Opals, Onyx)**  
Claudia Dean Collections | Custom Dance Sensations Collab | Midnight Black





**BALLET SHOES - All RAD Levels**  
**Canvas-material ballet shoes - any brand is fine (Bloch recommended)**



**BALLET TIGHTS - All RAD Levels - Colour "Theatrical Pink"**  
**Available to buy online and from DS Reception**



**Classical Ballet Bun using French Pins & Hair Net**  
**Must be done before class begins**





## A MESSAGE TO OUR TROUPE STUDENTS

At dance competitions, it's easy to get caught up in the excitement of winning, but the true value lies in **the experience itself**.

It's about *pushing yourself, learning from every performance and growing as both a dancer and a person.*

*The moments backstage, the connections with teammates and the joy of expressing yourself through dance are what really make the journey SPECIAL!*

**Every step, every routine, and every cheer from the crowd adds to your growth.**

Winning is just a bonus: What truly matters is the *passion, the effort,* and the *memories* you create along the way.

And always remember, your role in our team **MATTERS!**

Your presence has the power to *inspire, lift up,* and *make a positive difference* in your DS team. Always remember, that *you bring something unique to the stage!*

Know that your strengths, your gifts, your talent, and your hard work are **always noticed by those who are watching.**

Embrace who you are, and let your light shine!



