



NORFOLK

JANUARY 31 - FEBRUARY 2, 2025

FRIDAY

| | | | |
|------------------|---|----------------|--|
| 7:00 - 1:30 PM | COMPETITION MINI SOLO, DUO/TRIO, JUNIOR SOLO, DUO/TRIO, INTERMEDIATE DUO/TRIO | | |
| 1:30 - 1:50 PM | AWARDS FOR MINI SOLO, D/T, JUNIOR SOLO, D/T, INTERMEDIATE D/T | | |
| 1:55 - 11:40 PM | COMPETITION TEEN SOLOS, DUOS/TRIOS SENIOR SOLOS, DUOS/TRIOS | 6:30 - 9:30 PM | MVA(+) CLASS/REHEARSALS CLOSED TO THE PUBLIC |
| 11:40 - 11:55 PM | AWARDS FOR TEEN SOLOS, D/T, SENIOR SOLOS, D/T | | ONLY MVA(+) DANCERS AND NATIONAL MVA WINNERS ALLOWED |

SATURDAY

| MINI | | JUNIOR | | INTERMEDIATE | |
|------------------|---|------------------|--|------------------|---|
| AGES 5-8 | | AGES 9-10 | | AGES 11 - 12 | |
| 6:45 AM | DOORS OPEN | 6:45 AM | DOORS OPEN | 6:45 AM | DOORS OPEN |
| 7:00 - 8:00 AM | WARM-UP/JAZZ WHITNEY BEZZANT | 7:00 - 8:00 AM | WARM-UP/ LYRICAL ASHLEY GONZALES | 7:00 - 8:00 AM | WARM- UP/STREET JAZZ BRIAN NICHOLSON |
| 8:00 - 9:00 AM | MINI SCHOLARSHIP AUDITION ELLIE SOTO | 8:00 - 9:00 AM | TAP MARK GOODMAN | 8:00 - 9:00 AM | BALLET MELISSA SANDVIG |
| 9:00 - 9:15 AM | 15 MINUTE BREAK <i>PARENTS ALLOWED IN ROOM DURING THIS TIME</i> | 9:00 - 10:15 AM | JUNIOR SCHOLARSHIP AUDITION ELLIE SOTO | 9:00 - 10:00 AM | CONTEMPORARY ZACK EVERHART |
| 9:15 - 10:15 AM | BALLET MELISSA SANDVIG | 10:15 - 10:45 AM | LUNCH FOR JUNIORS | 10:00 - 10:30 AM | LUNCH FOR INTERMEDIATES |
| 10:15 - 11:15 AM | TAP MARK GOODMAN | 10:45 - 11:45 AM | CONTEMPORARY ZACK EVERHART | 10:30 - 11:45 AM | INTERMEDIATE SCHOLARSHIP AUDITION WHITNEY BEZZANT |
| | TEACHER BALLROOM AT 11:15 AM | 11:45 - 12:30 PM | JAZZ WHITNEY BEZZANT | 11:45 - 12:30 PM | LYRICAL ASHLEY GONZALES |

| TEEN | | SENIOR | | TEACHER AND/OR PARENT | |
|------------------|---|------------------|---|---|---|
| AGES 13-15 | | AGES 16-18 | | OPEN TO ALL ATTENDING TEACHERS AND/OR PARENTS | |
| 6:45 AM | DOORS OPEN | 6:45 AM | DOORS OPEN | | |
| 7:00 - 8:00 AM | WARM-UP/BALLET MELISSA SANDVIG | 7:00 - 8:00 AM | WARM-UP /CONTEMPORARY ZACK EVERHART | 7:00 - 8:00 AM | FITNESS CLASS FOR TEACHERS & PARENTS NADIA LEONARDI |
| 8:00 - 9:15 AM | TEEN SCHOLARSHIP AUDITION ASHLEY GONZALES | 8:00 - 9:00 AM | HIP-HOP/ theSHOW SELECTION REDD | | |
| 9:15 - 10:15 AM | COMMERICAL JAZZ WHITNEY BEZZANT | 9:00 - 10:00 AM | TAP MARK GOODMAN | | |
| 10:15 - 11:15 AM | HIP-HOP/ theSHOW SELECTION REDD | 10:00 - 11:15 AM | SENIOR SCHOLARSHIP AUDITION ASHLEY GONZALES | | TEACHER CLASSES IN MINI BALLROOM |
| 11:15 - 11:45 AM | LUNCH FOR TEENS | 11:15 - 11:45 AM | LUNCH FOR SENIORS | 11:15 - 12:15 PM | PILATES (TEACHER CLASS) MELISSA SANDVIG |
| 11:45 - 12:30 PM | CONTEMPORARY ZACK EVERHART | 11:45 - 12:30 PM | LIVE PERFORMANCE SKILLS BRIAN NICHOLSON | | |
| 1:30 - 5:00 PM | theSHOW REHEARSAL WITH REDD | | | | |
| 1:20 PM | DOORS OPEN FOR COMPETITION | | | | |
| 1:30 - 5:35 PM | COMPETITION ALL MINI, JUNIOR, AND INTERMEDIATE GROUPS | | | | |
| 5:40 - 6:05 PM | AWARDS FOR ALL MINI, JUNIOR, INTERMEDIATE GROUPS | | | | |
| 6:10 - 11:30 PM | COMPETITION ALL TEEN AND SENIOR GROUPS | | | | |
| 11:35 - 11:55 PM | AWARDS FOR ALL TEEN AND SENIOR GROUPS | | | | |



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SUNDAY

| MINI | | JUNIOR | | INTERMEDIATE | |
|------------------|---|------------------|---|------------------|--|
| AGES 5-8 | | AGES 9-10 | | AGES 11 - 12 | |
| 7:45 AM | DOORS OPEN | 7:45 AM | DOORS OPEN | 7:45 AM | DOORS OPEN |
| 8:00 - 9:00 AM | WARM-UP/BALLROOM ARTEM CHIGVINTSEV | 8:00 - 9:00 AM | WARM-UP/STREET JAZZ BRIAN NICHOLSON | 8:00 - 9:00 AM | WARM-UP/JAZZ WHITNEY BEZZANT |
| 9:00 - 10:00 AM | CONTEMPORARY ZACK EVERHART | 9:00 - 10:00 AM | BALLROOM ARTEM CHIGVINTSEV | 9:00 - 10:00 AM | HIP-HOP REDD |
| 10:00 - 10:15 AM | 15 MINUTE BREAK <i>PARENTS ALLOWED IN ROOM DURING THIS TIME</i> | 10:00 - 11:00 AM | JAZZ WHITNEY BEZZANT | 10:00 - 11:00 AM | CONTEMPORARY ZACK EVERHART |
| 10:15 - 11:15 AM | LYRICAL ASHLEY GONZALES | 11:00 - 11:45 AM | LUNCH FOR JUNIORS | 11:00 - 11:45 AM | LUNCH FOR INTERMEDIATES |
| 11:15 - 12:15 PM | HIP-HOP REDD | 11:45 - 12:45 PM | BALLET MELISSA SANDVIG | 11:45 - 12:45 PM | TAP MARK GOODMAN |
| 12:15 - 12:45 PM | MINI SCHOLARSHIP PRESENTATION IN BALLROOM | 12:45 - 1:45 PM | HIP-HOP REDD | 12:45 - 1:45 PM | BALLROOM ARTEM CHIGVINTSEV |

| TEEN | | SENIOR | | TEACHERS | |
|------------------|--|------------------|---|--------------------------------|--|
| AGES 13 - 15 | | AGES 16 - 18 | | OPEN TO ALL ATTENDING TEACHERS | |
| 7:00 - 7:50 AM | theSHOW REHEARSAL & TECH | | | | |
| 7:50 AM | DOORS OPEN | 7:45 AM | DOORS OPEN | | |
| 8:00 - 9:00 AM | WARM-UP/LIVE PERFORMANCE SKILLS BRIAN NICHOLSON | 8:00 - 9:00 AM | WARM-UP /BALLET MELISSA SANDVIG | | |
| 9:00 - 10:00 AM | TAP MARK GOODMAN | 9:00 - 10:00 AM | CONTEMPORARY ZACK EVERHART | | |
| 10:00 - 11:00 AM | BALLROOM ARTEM CHIGVINTSEV | 10:00 - 11:00 AM | COMMERCIAL JAZZ WHITNEY BEZZANT | | |
| 11:00 - 11:45 AM | LUNCH FOR TEENS | 11:00 - 11:45 AM | LUNCH FOR SENIORS | | |
| 11:45 - 12:45 PM | CONTEMPORARY ASHLEY GONZALES | 11:45 - 12:45 PM | BALLROOM ARTEM CHIGVINTSEV | | |
| 12:45 - 1:45 PM | HIP-HOP REDD | 12:45 - 1:45 PM | LYRICAL ASHLEY GONZALES | 12:45 - 1:45 PM | TAP (TEACHER CLASS) MARK GOODMAN |
| 2:00 - 3:00 PM | theSHOW FACULTY SHOW, theSHOW DANCERS SELECTED PERFORM, SCHOLARSHIP PRESENTATION FOR JUNIORS, INTERMEDIATES, TEENS AND SENIORS MINI SCHOLARSHIPS WILL TAKE PLACE IN THEIR BALLROOM IMMEDIATELY FOLLOWING CLASSES. | | | | |