

# LEAP

**2023-2024  
Information  
Packet**



*Launching  
Empowered  
Athletes  
&  
People*



## L.E.A.P. Program

Thank you for your interest in the Dance Athletics Denver LEAP (Launching Empowered Athletes & People) Program!

This is an innovative & individualized program that will provide high-school aged athletes (9th-12th grade) with the knowledge, resources, and skills to take their future into their own hands. Our hope is to create young adults who are driven and prepared to achieve whatever their future goals are! We are excited to begin this program, appreciate your interest, and cannot wait to help you LEAP into your future.

**Our first classes will be on October 21st, 2023, 1:00-3:00pm.  
More dates to follow!**

Questions? Hailey Black [Hailey@DanceAthletics.net](mailto:Hailey@DanceAthletics.net)

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## curriculum

This program will consist of two options, a "Create your own"/a la carte option or an All Inclusive option!

### CREATE YOUR OWN PACKAGE:

- "Create-your-own" option to choose which sessions you want to attend - dance, lecture, or both!
- Two sessions per month (2 hours, once a month)
  - 1 hour dance session
  - 1 hour lecture session
- Mock tryout/interview offered every other month (3 hours)

### ALL INCLUSIVE PACKAGE:

- All lecture and dance sessions (2 hours, once a month)
- All mock tryout/interviews (3 hours, offered every other month)
- Parent Pamphlets (sent monthly)
- Access to private BAND group
- Access to professional photographer/videographer for help with headshots, tryout videos, etc., as well as access to the studios at Dance Athletics for filming
- Individual, customized support to navigate this new and challenging phase of your life with various professionals!





## DANCE SESSIONS:

- Pro and college-style dancing (including band dances, third quarter routines, halftimes, etc.)
- Sidelines
- Crafting your tryout solo
- How to stand out in class/at clinics
- Improving your improv/across the floor
- Filming for your dance  
Instagram/Youtube to market yourself



## LECTURE SESSIONS:

- Refining your resume
- Interviewing with ease
- Setting yourself up NOW for achieving goals LATER
- Professional correspondence
- Creating your "Dance Image" with social media
- Choosing who to ask for letters of recommendation
- Writing your entrance essays and making them stand out (& optional review of them!)
- Healthy communication/conflict resolution
- Researching/planning your future

Factors to consider:

Location, cost, division, other school activities, areas of study, etc.

How to track your thoughts/decisions & staying on top of deadlines:

Staying organized

- Zoom panels with professionals in the dance world and current/former dancers (college, company/concert, professional, semi-professional)





## PARENT PAMPHLETS:

- Parents who have gone through the recruiting process testimonials
- An explanation of what the dancers covered in that month's session and how to complement that as a parent
- How to support your dancer in their future endeavors

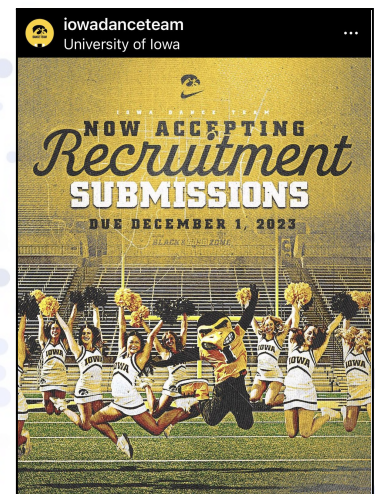
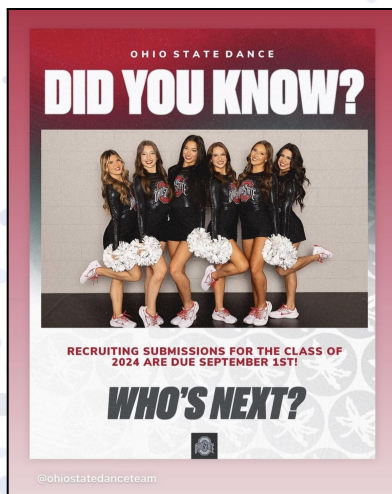
## MOCK TRYOUTS/INTERVIEWS (\*open to 7th-12th graders):

- Various interview styles (individual, Zoom, panel, etc.)
- Various interviewers (dance professionals, HR professionals, recruiting specialists, current cheer/dance coaches, etc.)
- Arrive fully dressed and ready to receive feedback regarding hair, makeup, outfits, etc.
- Complete across-the-floor/improv/solos
- Learn mini-routines
- Receive immediate feedback



## DIGITAL SUPPORT GROUP:

- Access to a constantly updated BAND channel posting about clinics, combines, tryouts, and everything in between! This will be tailored to specific schools requested by athletes in the program.



# Financial commitment

## **Drop-In Class Fee: \$20**

This cost is for either the dance portion or lecture portion of the session ONLY. It includes 1 hour of instruction.

## **Drop-In Dual Class Fee: \$35**

This cost includes 2 hours of instruction, both the dance and lecture portion of the session.

## **Drop-In Mock Tryout/Interview Fee: \$40**

This cost includes the full 3 hour mock tryout, interview, and feedback.

## **All-Inclusive Fee: \$400**

\*The pay-in-full option includes all sessions and mock tryouts/interviews for a discounted rate, and offers exclusive, individualized, monthly one-on-one meetings with the coach of your choosing. These 30 minute sessions can be used however you want to plan, research, and prepare for your future goals!\*

# registration

Ready to join us for an amazing season? Scan the QR Code below to register for **our first session on October 21st, 2023, 1:00-3:00pm!** More dates to follow.



**Having Trouble Scanning the QR Code? Here is the Link To Register:**

<https://app.iclasspro.com/portal/cheerathleticsdenver/camp-details/861?typeId=5&filters=%7B%7D>



# Lead coaches



## **Hailey Black**

Hailey graduated from Colorado State University in 2019 with her dual degrees in social work and human development. While in college Hailey was able to continue dancing with the Golden Poms dance team and be a member of the Kappa Kappa Gamma sorority. Hailey worked in various child specialist roles in Fort Collins while also interning in 4th and 5th grade classrooms. However, upon finishing an internship in the Public Defender's Office, she decided to change her path and attend law school. Hailey graduated from the University of Denver Sturm College of Law in 2022, and was sworn in to the Colorado and New Mexico Bars. Hailey spent the past 3 years working with a firm specializing in the representation of victims of nursing home abuse and neglect. She now works as an independent legal contractor, while spending her free time coaching all ages of dance at Dance Athletics Denver! Hailey's passion lies in mentorship and positive leadership. She wants this program to foster a supportive environment where athletes can gain knowledge and confidence in their own advocacy. Her goal is to give athletes the resources and tools they need to feel empowered to make their future dreams into

reality. She hopes to utilize her experience in interviewing, human development, advocacy, and professionalism to provide athletes with long-lasting skills.



## **"KE" Kristin Brooks**

KE found her home on a competitive cheer team in middle and high school eventually making the switch to collegiate dance at the University of Northern Colorado. KE graduated with a BS in Business Administration and a certificate in International Business from Colorado State University. She went on to dance at Walt Disney World in various live productions. KE spent five years dancing for the Denver Nuggets Dancers (NBA), serving as captain for 3 years and then went on to serve as the Assistant Director for two years. KE served as Dance Director for the Arena Football League's, Colorado Crush Cheerleaders, for three seasons before leaving to start her dance production company with notable clients such as Hard Rock Cafe and the Denver Center for Performing Arts. KE has been privileged to dance for/with Everlast Boxing, Destiny's Child, Ciara, Kelly Clarkson, Big and Rich, Taylor Dane, Rob Base & DJ EZ Rock, Chubby Checker, and the Temptations. She has worked as a dance director, choreographer, and performer in various countries, including Mexico, Germany, Italy, Bosnia, Turkey, and England. KE served as Marketing Director for Fluid Dance Conventions for three national tours. Currently, KE has found Dance Athletics (formally Peak Athletics) to be her coaching and teaching home. She has coached All Star dance and had the honor of directing the

Peak Performance Company for several years and working with young dancers on their competitive pieces. Dance Athletics is the playground where KE has found a space to learn, grow, and stretch herself alongside incredible coaching peers and a world-class leadership team. KE has been a Board Member of the Colorado Spirit Coaches Association (CSCA) for over 12 years, focusing on mentorship, development, and education. KE is excited to be part of the LEAP program to encourage young athletes to maximize their potential as they look to the next chapter. She will tap into her pro-dance and dance convention industry experience to serve our young athletes.



### **Rebecca Kaze**

Rebecca graduated from the University of South Carolina in 2018 with a degree in Public Health and Leadership Studies. Throughout college, Rebecca served in leadership roles in several positions and extracurricular activities, including Information Center Manager at the Russell House University Union, Team Leader in the Office of New Student Orientation, and President of Carolina Productions, the student programming board. Rebecca's passion for the development of college students led her to starting her professional career in University Relations for Bohler, an east coast leading land development consulting firm. She has spent four years overseeing the campus recruiting program for the firm, specializing in understanding the college experience and equipping students with skills to succeed in interviews and in their career. She now works on Bohler's strategy team, focusing on project and stakeholder management of firm initiatives. Rebecca grew up in the Dance Athletics (Peak) program, and after moving back to Colorado in 2021, she returned to DA as a coach for *Dance Stars*, DA's team for exceptional athletes, as well as DA Elite teams. Rebecca is passionate about

developing our athletes to be well-rounded people, prepared for any challenge they may encounter. She is looking forward to being part of this program, empowering athletes to identify their passions and pursue them relentlessly. Rebecca is excited to be able to utilize her experience in student affairs, recruiting, and professional development to elevate our athletes' preparedness heading into college and eventually their careers.



### **Lindsay Barlow**

Lindsay grew up as a competitive studio dancer in tap, ballet, jazz, hip hop and contemporary/lyrical. She went on to be a UDA Staff Instructor in college and judged High School State competitions nationally. Lindsay graduated from the University of Iowa in 2002 with a degree in Film, Television/Radio Production; and Minor degrees in Dance and Photography. She began her career in media as a Video Journalist with CNN headquarters in Atlanta, GA and landing as a Studio/On-Air Live News Director with CNN International in their London Bureau, where she met her husband at work! She designed studio sets, created on-air graphics, ran studio cameras, mixed audio and directed anchors during live newscasts. During her time with CNN, Lindsay was the recipient of three Excellence in Broadcast Journalism awards for her contributions during major events: a "National Headliner" Award in 2004 for the coverage of the capture of Saddam Hussein, a "Dupont" Award in 2005 for the coverage of the Tsunami in South Asia, and a "Peabody" Award in 2005 for the coverage of Hurricane Katrina and its aftermath. After four years in

London, Lindsay moved to New Zealand to freelance in Film and started a professional photography business. Returning to the US in 2013, Lindsay worked with NBC Universal and STARZ Entertainment managing teams of quality control operators and launching cable and digital TV channels internationally. During her 20-year career in media, she mentored other colleagues and created three in-depth training programs for new employees. Lindsay regained her love of creativity by teaching Art at the elementary level, becoming a published children's book author and continuing as a professional photographer. She found her way back to dance with DA in 2002 and LOVES spending her time coaching, managing DA's social media platforms with photography, videography, writing and graphic design. Lindsay is excited to share her knowledge and experience from the corporate world, as well as being a self-starter, entrepreneur and most of all having the passion to create opportunities. Lindsay is passionate in mentoring and helping young athletes to believe in themselves and their abilities, to not be afraid to be vulnerable by asking questions and trying new things...but most of all to show them she is living proof that you don't have to just chase your dreams, you can actually achieve them.