

Mission Statement

Our Mission is to **Promote Self-Esteem** and Recognition to All Talents with **Equal Opportunity** and without any Discrimination



Our Mandate is to treat all Talents of all ages, gender, level of ability and expertise equally

PROMOTING SELF-ESTEEM







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My dream is to become a professional dancer/ overcome stage anxiety as I can sometimes lose dance teacher or anything that's involved with focus when I am performing. Dance especially flexibility and strength as they are something I and I'll alwaystruggle with the most. My biggest challenge is to my dreams.

dancing. My main goals for dance is to train my ballet has always contributed so much to my life and I'll always be working hard to try and achieve

Viaa Li









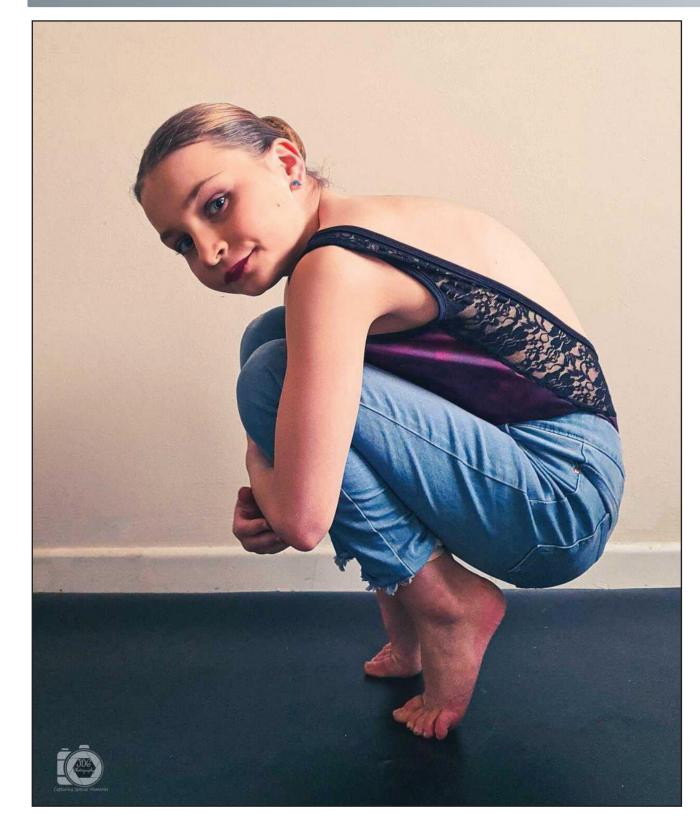






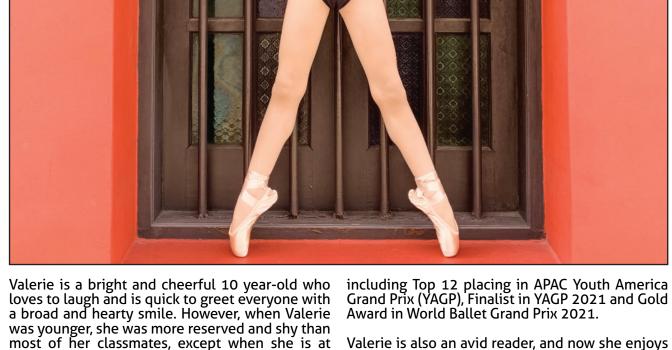
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Abi Buchanan





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home playing with her little sister Josie.

Valerie's parents subsequently enrolled her in a dance school nearby for ballet lessons, which sparked her passion for dance, and transformed her into a bubbly, cheery kid. With guidance, support and love from her teacher and family, Valerie had participated in many dance competitions since she was 6 years old, culminating in many top awards,

including Top 12 placing in APAC Youth America Grand Prix (YAGP), Finalist in YAGP 2021 and Gold Award in World Ballet Grand Prix 2021.

going to school everyday to learn new things and play with her friends. Many around her call her a happy-go-lucky little girl, and she herself hopes she will always have an optimistic spirit



School of Dance, The Company N.I and High Pointes Youth Ballet.

The genres I train in are Ballet, Contemporary, Tap, Acro and Jazz. My favourite style is Ballet and Contemporary. In 2018 I was Northern Irelands professional dancer

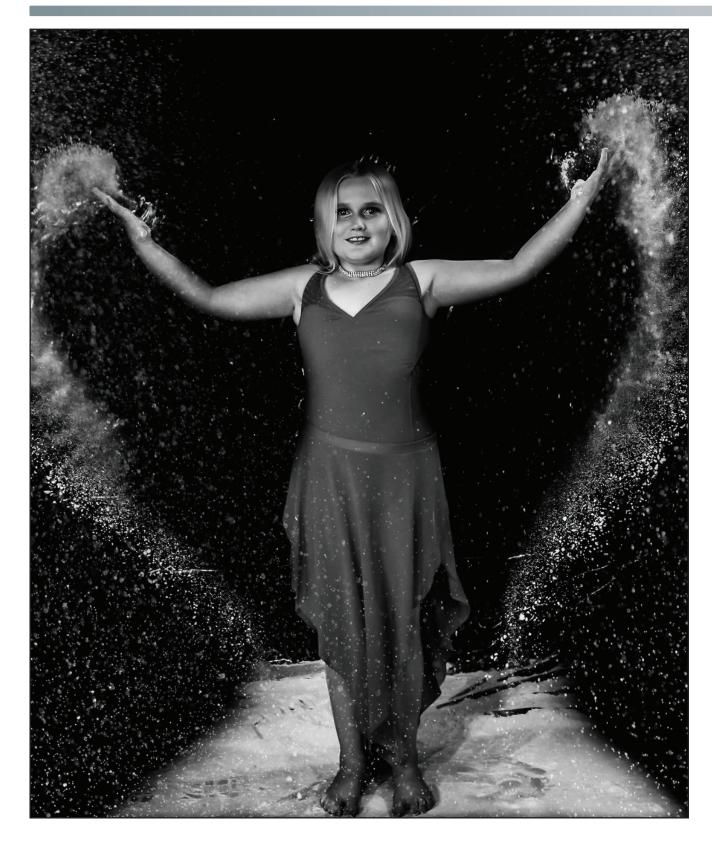
My Name is Abi, I am 11 years old. I have been dancing since I was 2.5. I attend The McKillen was an amazing experience.

My goals for the future is to work even harder on my pointe work and sit my next exams. My dream would be to get into a Contemporary/ Ballet dance school and train to become a





Adrianna Wallace





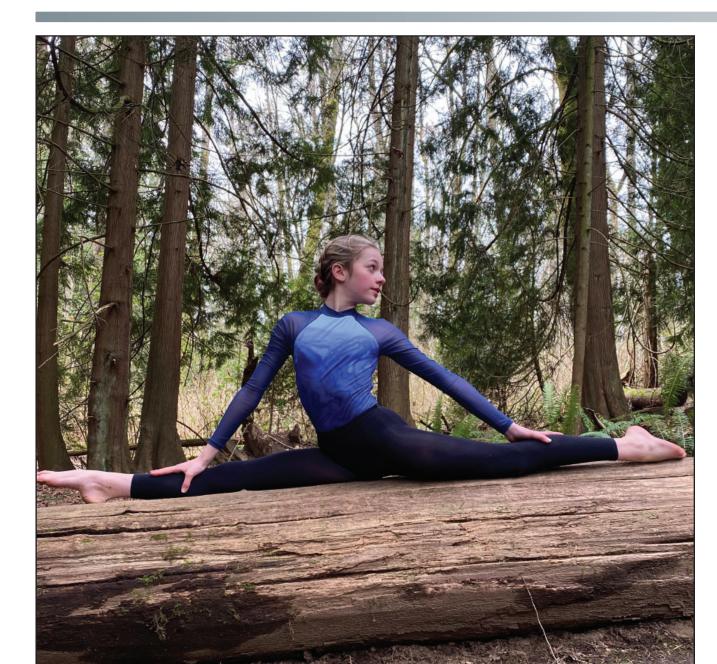
Satisfied with all the rigorous practices I had done, it was only five seconds before stepping on stage that my hands started to tremble. I was nervous but so excited for my first solo dance performance as a 7-year-old! The awe-stricken eyes of the audience along with the appreciation and joy on the people's faces is something I still remember. That was the first time that I discovered my love for dancing. Even today, a rush of ecstasy runs down my spine when I go on stage. It reminds me of the first performance but now I experience the true pleasure of performing, i.e. pure, unadulterated joy of dancing. Enjoying the beat and the rhythm of music, living the story in the song, sheer bliss! And then comes the applause. Even today, Dancing is my passion. Learning, teaching and performing spurs me on; be it Indian Classical, Bollywood or Talent and I conducted workshops for the Impact Festival, Vancouver and Fringe Festival, Kelowna. With so many blessings bestowed upon me by my community, I always aim to give back in a creative way.

Priyaali Kanti





I have been dancing since I was 3 years old. I started dancing on a competition team in 2018. I have placed in top 10 and top 5 overalls with at least one routine each time I complete. I dance in every style and plan to begin pointe in the future. I have been a Junior Kansas City Chiefs Cheerleader for 2 years. One of my challenges is that I'm not the picture perfect size most dancers are. I have to work extra hard to master my skills and I have proved so many of my bullies wrong and I have proved so many of my bullies wrong with how much I can do. My studio director is Photographers Credits: JR Chaney Photography



passionate about her dance and has big goals for when she is older. back in September of 2020 dance comp. She has one first in the top ten at synergy, she later found out that she couldn't go Amelias dance studio closed down forever. her to provincials because it was her first solo. she has and her friends there were extremely sad, when January came around she was told that they were starting back again which was very exciting, she now dances happily with her best friends at her

Amelia has been dancing since she was 4, Her studio. Amelia does lots of competitive dances favourite styles are acro and ballet. She is very and solos. her goal is to win provincials at a



Hi my name is Princess Lewis and I have strong people express themselves through movement/ passion for dancing. I began dancing when I was 3 years old. I've been doing competitive dance form of art. same studio but as of a few years ago it changed its studio name and location.

I love all styles of dance and love to perform on stage and just for big crowds. It shows my personality and what I love to do best. Performing makes me feel alive and free. I really love jazz and tap but I also found a love for hip hop as well. When dancing I love to use up beat songs and showing my sass. Those styles really bring out my personality and sassiness in me.

My dream is to be a Dance Movement Therapist. Also a dance teacher so then I am able to help

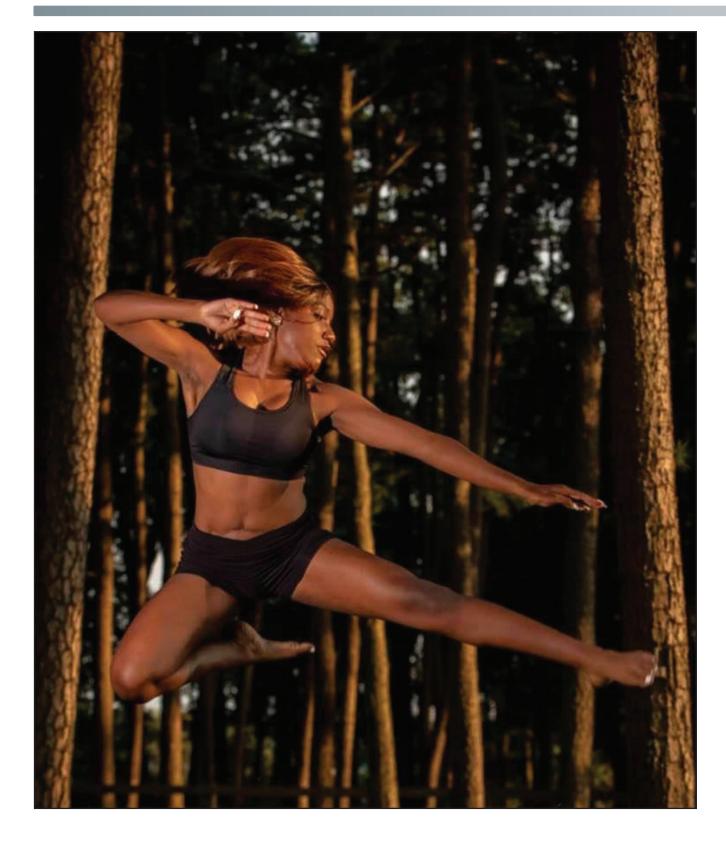
dance without even using their words. Dance is a form of art and I would love to teach people this

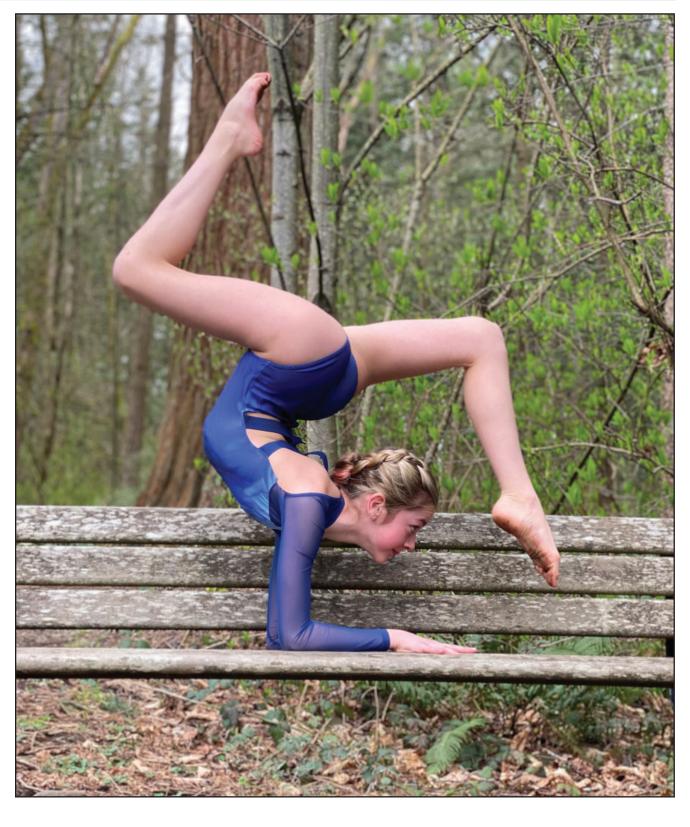
Four years ago a challenge for me was I had scoliosis growing up as a child and in 2017 it got really bad and resulted me having surgery that year. I was out for the whole dance season. I didn't think I was going to be able to dance again but my doctor said I was that 2018-2019 dance season. I am now dancing stronger and better then ever. I give off all good and positive energy to myself and to everyone around me.

Photographers Credits: Beyond The Stars Dance Competition, Adam Redding Photography



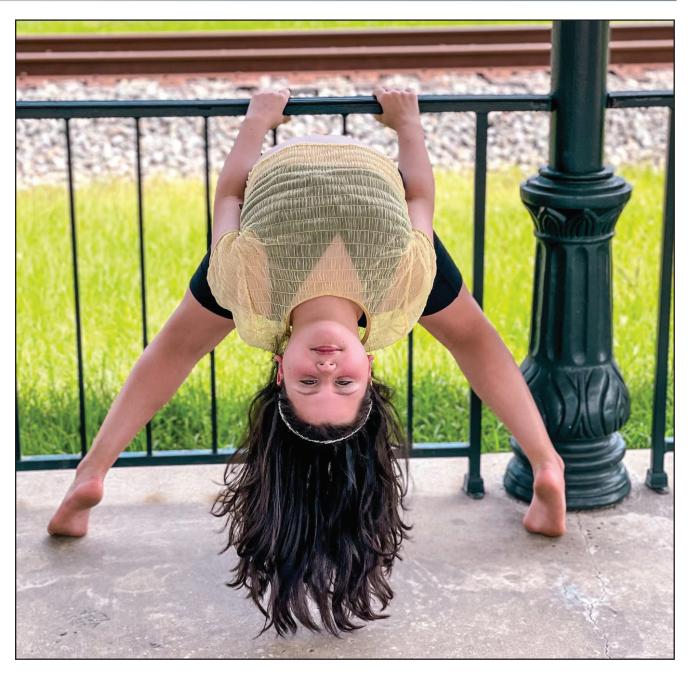
Princess Lewis





Andrea Garcia

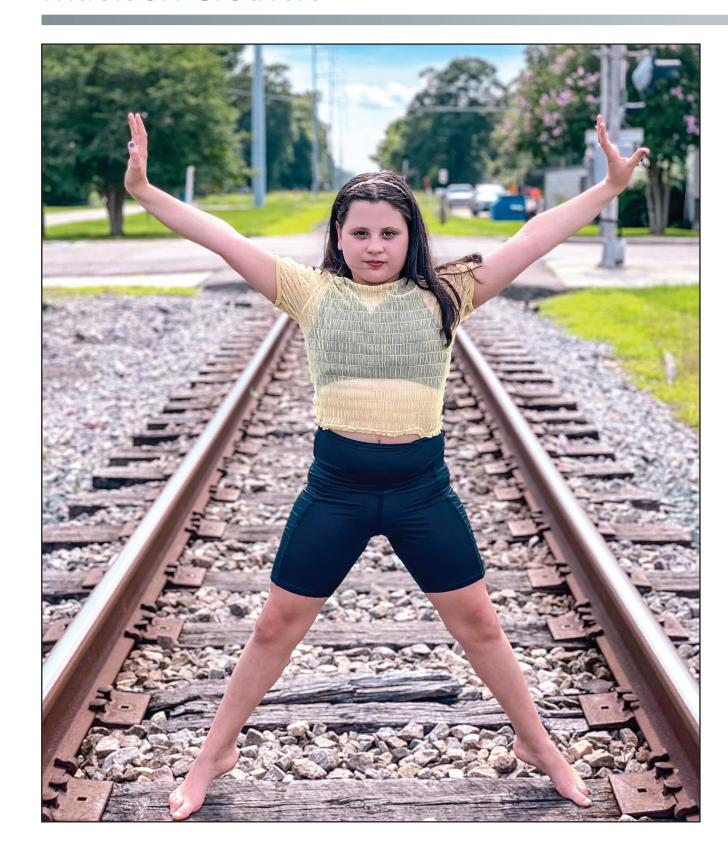




Hi, I'm Madison! I am an energetic 11 year old dancer from Louisiana. My love for dance began before I took my first steps; since then my passion has grown stronger. I've recently had the opportunity to broaden my horizons by acting and modeling. With this sometimes comes disappointment from possible rejection. Learning to navigate this can be difficult. My goal in life is to



Madison Crothers



- "Follow your own star"
- "The best way to get started is to quit talking and begin doing" Walt Disney
- "Dance music is an emotional journey. It's how well you can make people feel something that they haven't felt" Steve Aoki
- "Forget your troubles, just dance."
- "Take more chances. Dance more dances."
- "Don't practice until you get it right; practice until you can't get it wrong."
- "Dancers don't need wings to fly."



Apryl Barnes

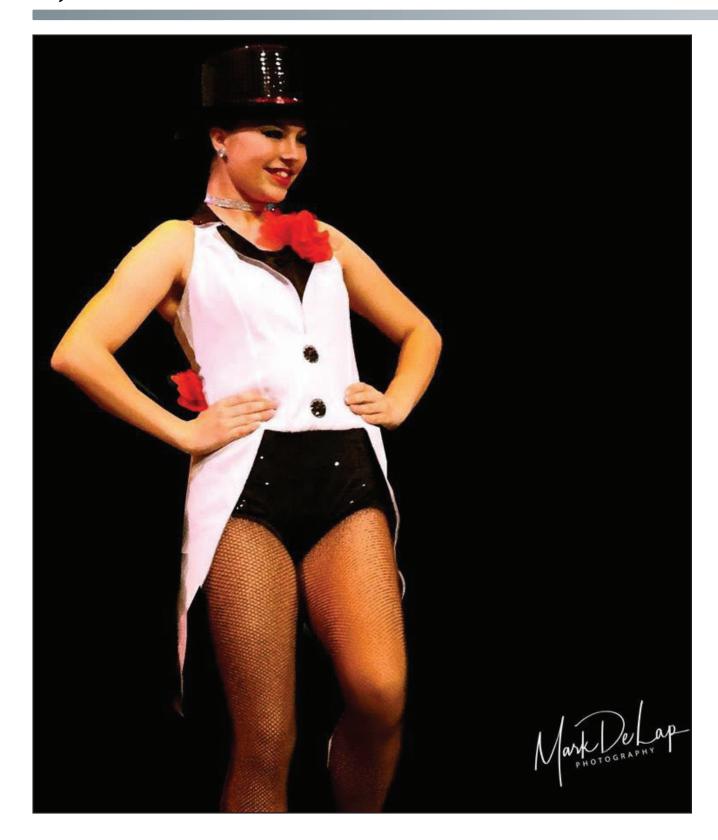


I danced at Creative Dance Studio for 16 years. I have been dancing there since I was two years old and I have done all different types of styles of dance. My favorite is jazz or contemporary. I just had my last recital and I am very upset that it was lot of energy when I dance. I never have gave up my last one. Dance has always been my favorite thing to do and I have always looked forward to the dance recitals! I have been a student assistant to of chergy when I dance. Thever have gave up and I will continue to show what I am the most passionate about, hoping to minor in dance in college!



Lylli has been dancing since she was 6 years old. Dancing is her love, she dances as if you can feel her soul on the dance floor. She never complains about the practice, how long or early or hard it is. She pushes herself and she is a magnet to watch in her dances. She has a heart of gold. She has a mind full of creativity and art and this is her gift.

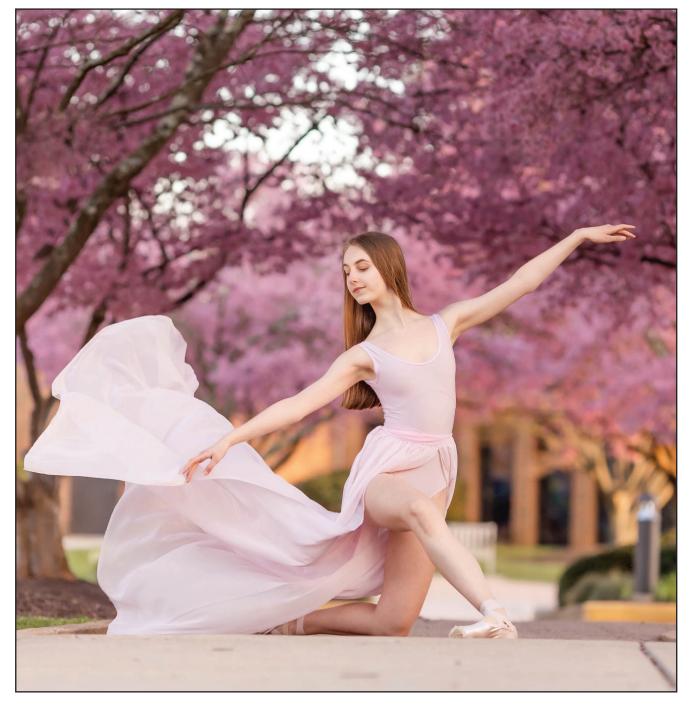
Lylli Hakola





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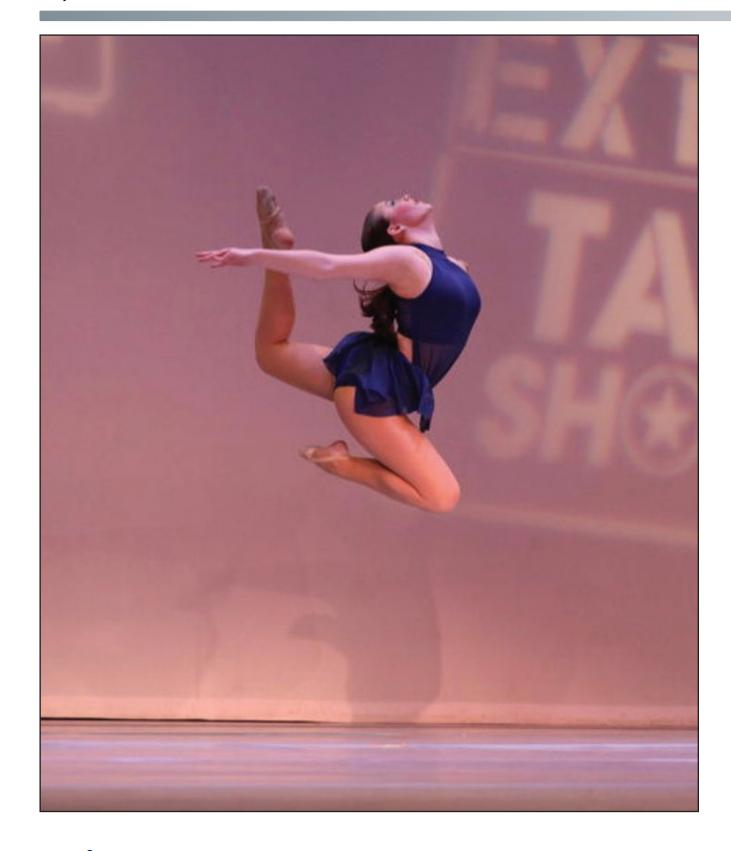
My dream is to be a professional dancer one day. My goal is to be the best version of myself. One of my challenges is comparing myself to others sometimes, but I realize we are all unique. We all have a special gift to offer. One of my greatest achievements so far is believing in myself and

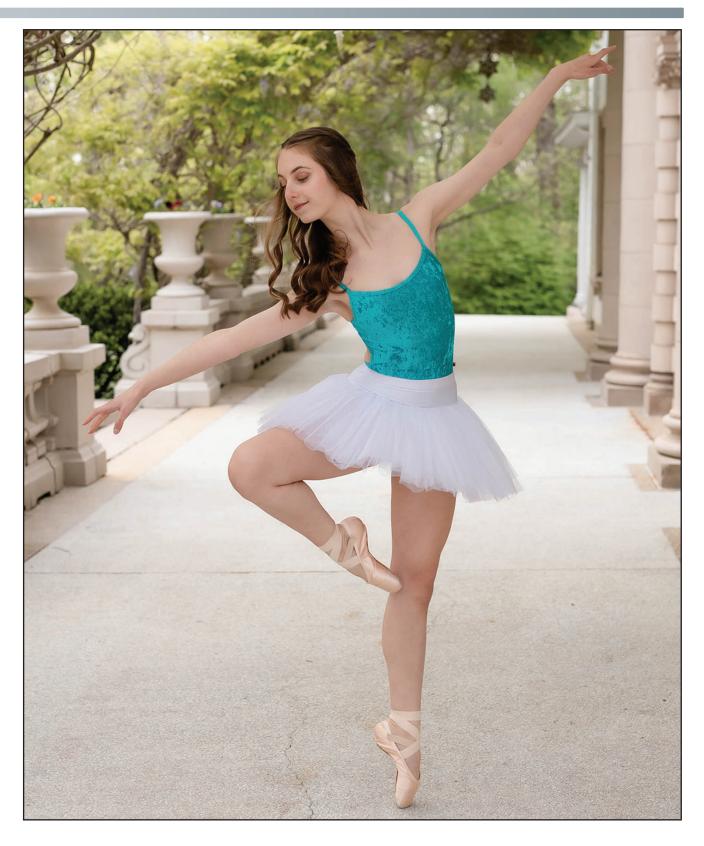




Lylah is a hard worker, she has danced with much older kids for 4 years. Lylah began dancing on a non comp team. She has been dancing on the competition team for 5 seasons, she picks up on dance very quickly and strives to impress all who

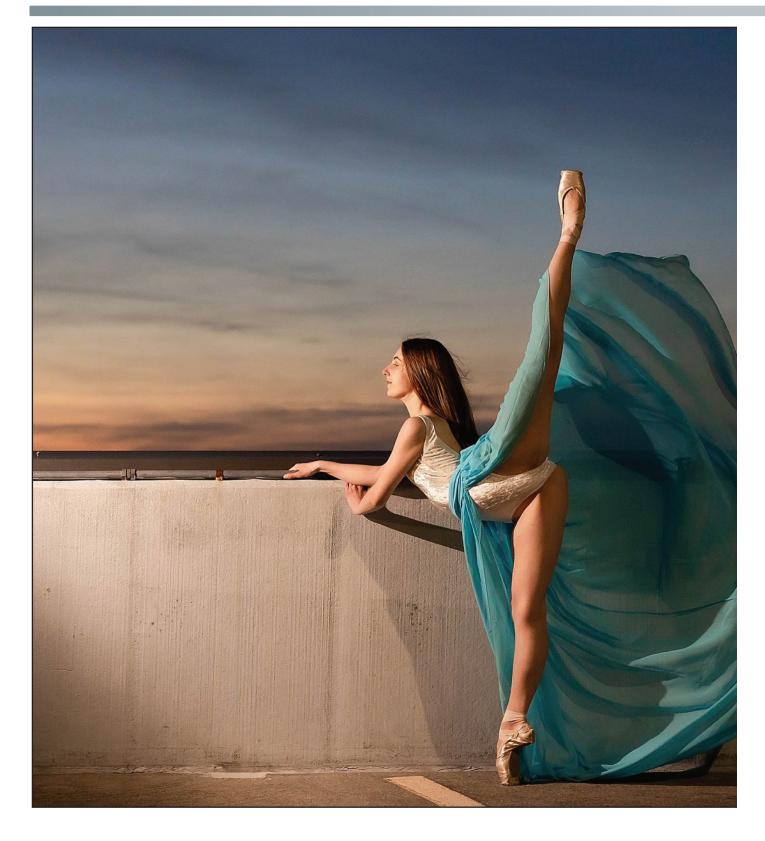
Lylah Lane

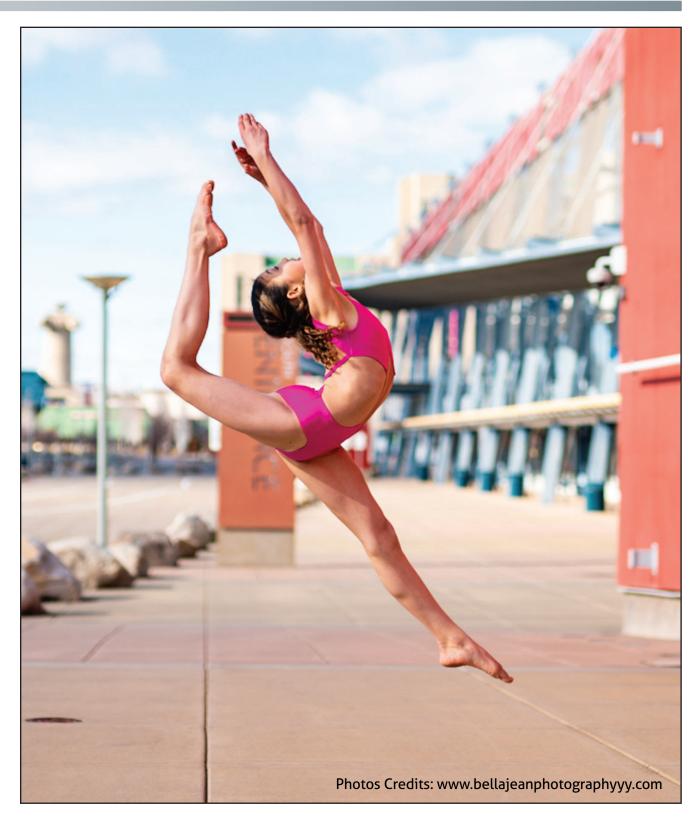




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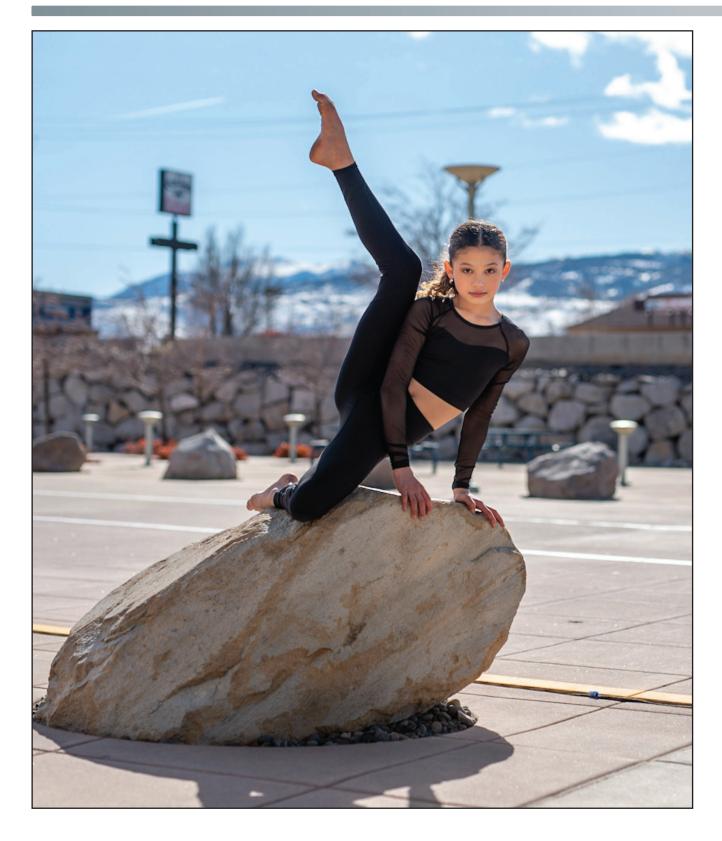
Ava Yeash





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Lena Chiem







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Brooklynn Leahy



made me realize what I wanted to do with my life. I hope to help people reach there health goals though exercise and healthy foods. This year for a school project I even wrote and self-published my own book entitled Dancing for Healthy Living, which is available on Amazon! In my book I talk about all my passions; dance, fitness, self-love, and nutrition. My main goal with Dancing for Healthy Living was to show and help people create a healthy life that they can maintain

I really hope to make an impact in peoples life's in the future and help people live a wholesome and vibrant life. And while each of us will have very different journeys in finding the healthiest version of ourselves, I can guarantee that the destination will be the same for everyone, that will leave you feeling empowered, confident, and of course, healthy!







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My Mom signed me up for dance lessons when I was only three years old. When she signed me up for classes, she wanted me to have the opportunity to get to know some other kids close to my age and work on my social skills. As far as the dancing part, my Mom didn't know if this would be something that I would love or hate. She was a little concerned when I first began classes. The other students were a few years older than me, and she was worried that I wouldn't keep up with them. Eventually, my Mom and my dance teacher both noticed that I had a true talent for dance. Despite my age, I could quickly catch onto choreography and fit right in with the more senior students.

Ever since then, dancing has been one of my favorite things to do. If I'm sad, I'll dance. If I'm happy, I'll dance. Dancing makes me who I am. As the years went by, my dance teachers were noticing the talent I had. When I was just eleven years old, I moved into the advanced dance classes, where I danced with high school students (I was very proud of that). of that.) Even in classes with juniors and seniors in high school, I was always placed right in the front with them. They were all very kind and never treated me like I didn't belong. Over these past fourteen years of being a dancer, I have taken various classes and workshops that focus on different dance genres. I have studied ballet, tap, jazz, hiphon contemporary and musical theatre hop, contemporary and musical theatre.

When I was 12 I was faced with a knee injury that made me worry that my life as a dancer would never be the same again. To make a long story short, my doctor advised make a long story short, my doctor advised me to begin to incorporate daily exercise into my life to help strengthen the muscles surrounding my knee. When I first began working I didn't really like it much at all, but as time went on I began to love to workout. From then on my love for healthy eating kicked in as well. I even created an Instagram account dedicated to healthy eating. My Instagram handle is @wholesomelivingbylauren. I have over 4,000 followers. I share tons of healthy recipes, favorite products, and nutrition tips with the hope to inspire people to live their healthiest life. As terrible as my knee injury was, it was a turning point that

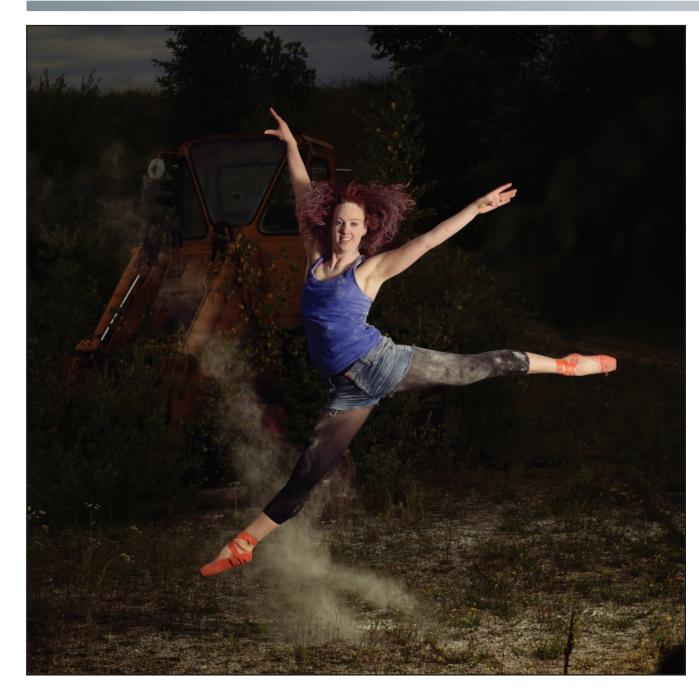


I was adopted from China in the summer of 2011. That September, my mom started me in dance classes at APAC Dance RI (my mom's studio) and I was hooked! Although I have had over 15 surgeries since coming home, nothing stops me! I was born I love competing and am currently Teen Ms. Power with a congenital heart condition called Tetrology also profoundly hard of hearing. I wear a hearing easily. I am truly myself when I dance. aid in my right ear and my left ear is completely deaf. This makes dancing more challenging for me, Photographers Credits: Anna Kay Photography

but I never stop working. I hope to be a professional dancer when I grow up.

I love competing and am currently Teen Ms. Power of Dance and Teen Ms. All Out Dance for our region. of Fallot and have had 3 open heart surgeries. I am Being on stage allows me to express myself more

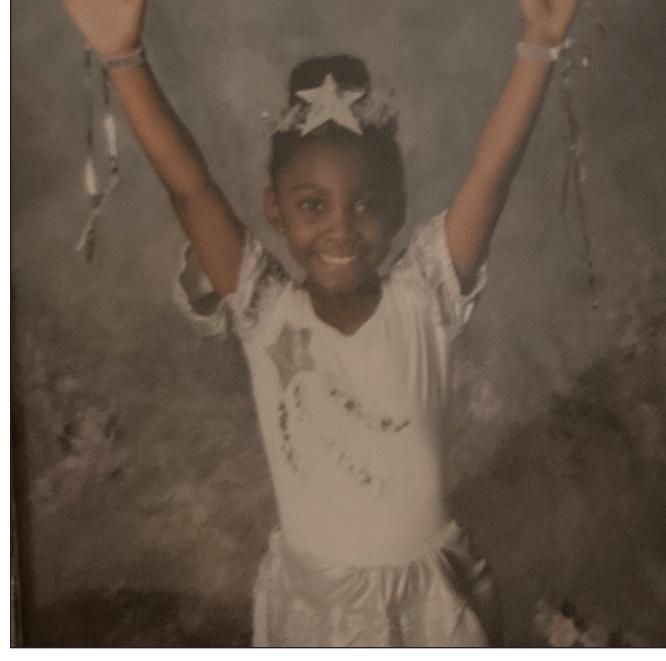
Carina Schäfer



Dancing with a lot of love, passion, the necessary discipline and ease has always been my vision. I am Carina Schäfer professional dancer, dance dance trainer to set up the successful Easy Dance teacher, choreographer and the founder of Easy Dance Techniques.

dancers from different levels of experience. I use my many years of experience as a dancer and Techniques concept and to continuously develop

Dancing has accompanied me for over 25 years. During my career as a dancer, I have often Since 2007 I have been working closely with experienced the physical and psychological



My name is Lalah Dixon and I am 11 years old hoping to become a professional dancer or ballet dancer. Some of my favorite ballets are Firebird and Swanlake. I started dancing when I was around 5 years old. I first did just ballet then we switched studios and I did ballet, modern, jazz, and tap. Then I switched studios and now I'm here

Lalah Dixon



Easy Dance Techniques is my online platform for dancers of all skill levels. Here you can find out the secrets of ballet technique including over 100 key exercises on over 12 different topics and

effects of hard daily training. I knew early on that you can achieve the same training results with simpler techniques.

courses lasting several days. You can easily take your dance and ballet technique to the next level. You can find everything at: www.easydancetech. de

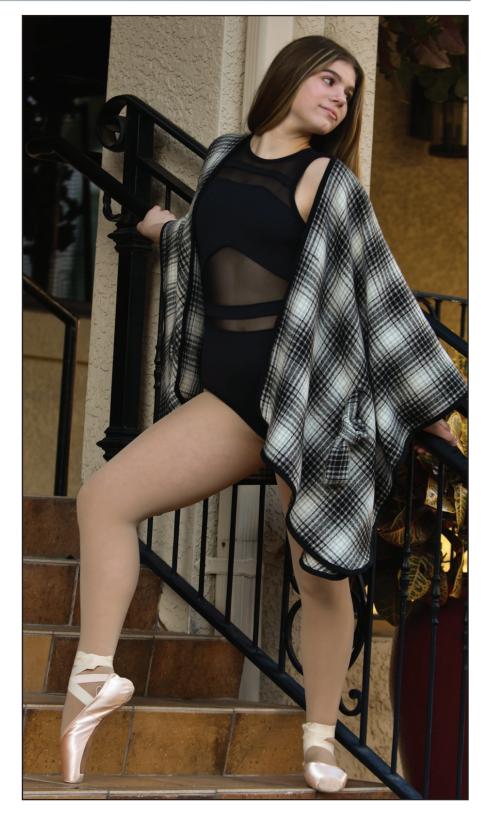


Crystal Rose



virtual event and enjoyed dancing with her teammates taking classes from amazing Choreographers! Tremaine Orlando 2020, Katie competed her solo and it was her first time ever competing in the senior category ever!! She also competed group dances, which all qualified for nationals and they will compete at nationals this summer! Starquest 2021, Katie received the super sassy award for her solo "woman up"! Her duo with a fellow teammate, placed second overall in their category!! After Starquest came In10sity! The studios' latin jazz production placed 4th overall along with the teen "precise precision" award and her senior jazz production received 2nd overall! Her teams lyrical overall! Her teams lyrical placed 9th overall out of all senior large groups!! Then came masquerade in April 2021. Stage door studios was awarded the Top studio award out of all the studios that competed at this competition! Now the season is coming to an end! Picture day for the 2020-2021 season has happened. And now we prepare for the 2021 annual recital! For the past 3 years, Katie has been assisting with the young dancers at her studio! It's been such an amazing year given the circumstances and overall! Her teams lyrical given the circumstances and we can't want to see what next season will look like her for Katie and her teammates!

Photos Credits: Anchor photography In10sity photos Tremaine photography team



Katie Soshnikova





Ever since the age of 6, Katie has been in love with dance! She dances at an amazing studio in Sarasota, Florida called Stage Door studios, where she is a competitive dancer. In just 8 short years, Katie made it through all 8 levels and is now in the most advanced competitive team level dancing with seniors!
July 2019, Katie attended Tremaine dance convention nationals for the first time! It was such a great expirnece and she loves coming back to Tremaine. For the past 2 years now, she has been doing pointe! At Starquest Orlando 2020, Katie placed first in her category for her jazz solo! Due to Covid-19, her competition season was cut short but that didn't stop her! She attended all of her regular zoom classes for dance but also took master classes on zoom with master teachers such as Tiffany Maher, Derrick Schrader, Mark Meismer etc. July 2020, Katie attended the Tremaine



Dance has been one of the biggest blessings in my life. My first dance experience was ballet class at age four. Now at age nineteen, I am a Dance Instructor and a Pro Cheerleader for The Hunnies in North Carolina. Everyone who has a remarkable story of success has also faced remarkable challenges and experiences. I was not able to take dance classes for many years while growing up because my grandmother was diagnosed with a terminal illness called Lewy Body Disease. In highschool I was able to resume dance classes at The Dance Attic Studio and received "Most Improved Dancer Of The Year" from my favorite teacher Mrs. Barton. I also began cheerleading in highschool and was honored to have been Cheer Captain for my last two years shine through. Take a moment to look in the mirror on the team. In 2018 I attended a dance intensive and think "wow, this dream could be a reality!" with The Radio City Rockettes, learned tap, jazz and precision style & met my idol, Jacie Scott. Last Photos Credits: Hunnies Cheerleaders month I traveled to attend my second intensive

with The Dallas Cowboys Cheerleaders in Frisco, Texas. It was a magical experience to learn the choreography, meet the current cheerleaders and attend the DCC 101 Seminar with Kelli Finglass. Now headed into summer of 2021, I am back in North Carolina and preparing to dance at my first Arena League Football Game with The Hunnies Cheerleaders. Our first game will be a Cancer Awareness night with bright pink pom-poms. I will be dancing in honor of Bella Muntean, my childhood friend who lost her battle to Osteosarcoma Cancer in 2018. If you take anything away from my story let it be that resilience will always shine through.





Meet Danielle "Dani" Mattox, an adult dancer from Delaware that is determined to succeed in her passion for dance. This is her second appearance in our magazine and if anyone has an inspiring dance story to tell, it's her! Her journey began around age 4 when she first started dancing in a home studio learning ballet and tap. She was there for about 4 years then stopped due to the studio closing and lack of interest at the time.

Her inspiration came from her Mother since she was also a dancer and dance instructor before Danielle was born. Unfortunately, her Mother passed away when Danielle was 15, and that in turn resulted in an immense struggle with mental and physical health. But that changed when she started to remember her dancing days, watched others dance, and decided to try it again at age 18. This was one of the best decisions she ever made. She found her layer for dancing again after taking a her love for dancing again after taking a summer intensive at a new studio, Encore Dance Academy. (Newark, Delaware) She worked various jobs to be able to afford tuition and costume payments on her own and succeeded doing so. Finding moral and emotional support was a challenge for her, but she prevailed.

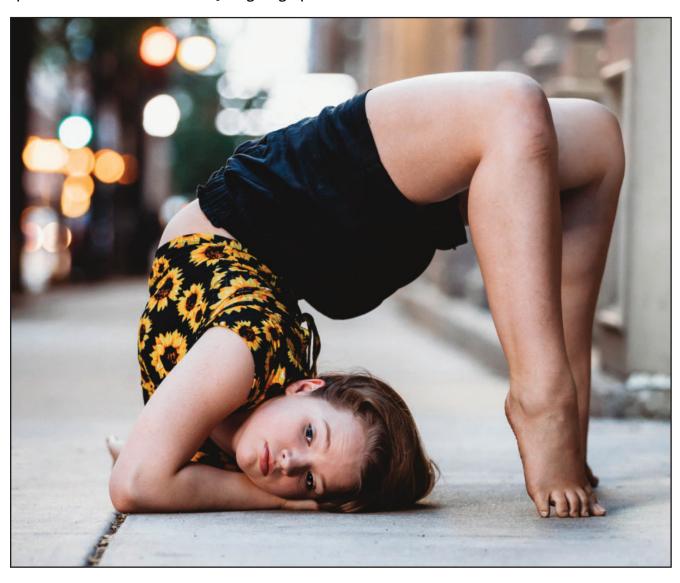
The rest takes off! Danielle has been trained in lyrical/contemporary, jazz, musical theater, ballet, and tap since then! She has been in multiple recitals, competes at local competitions as an independent entry, and still attends dance classes/programs when she can. Danielle is grateful and has earned many awards and opportunities at dance related events. Next to dancing, she enjoys acting and modeling! She says her age has been her biggest obstacle, but also battles a medical condition that can hinder her dancing. But she refuses to let either of those stop her and will continue shine like the star she is!

Support and view her continued journey on Instagram @danielle_julienne.

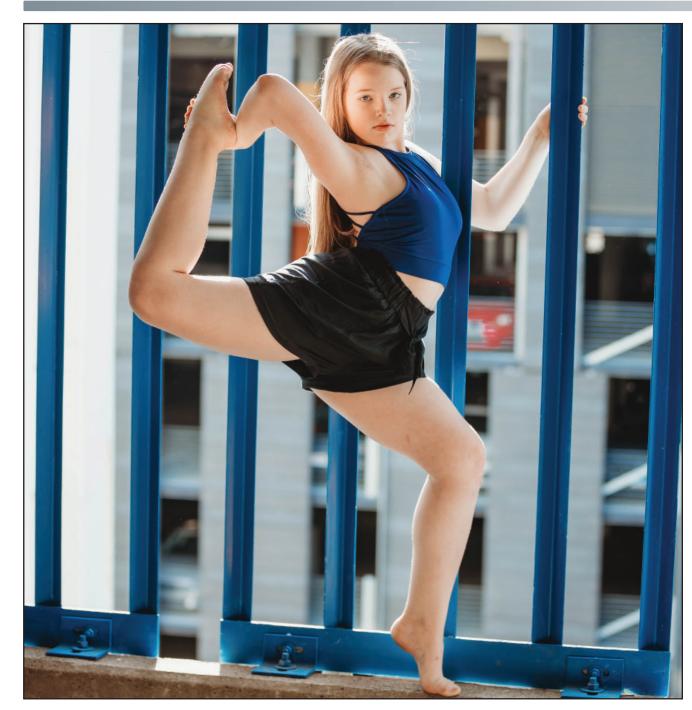
Photos Credits: Mirage Fotography

but none of those made me say, "this is it!". Then, the day came where I was sent to a dance studio to learn basic skills of dance and from there, it changed everything. Over time, I learned to master movements and move up in skill at a fast pace. As I watched other dancers, it made me want to work harder to do the things they could do. I knew I was up against a challenge and that was many of the dancers that I will be up against had been dancing for years and had lots of practice therefore, to be competitive, I had to work harder in-between Photographers Credits: Lance & Lola, Elisabeth routines and lessons. Many times, I wanted to give Wiseman up but if I did, I knew I wasn't just giving up on

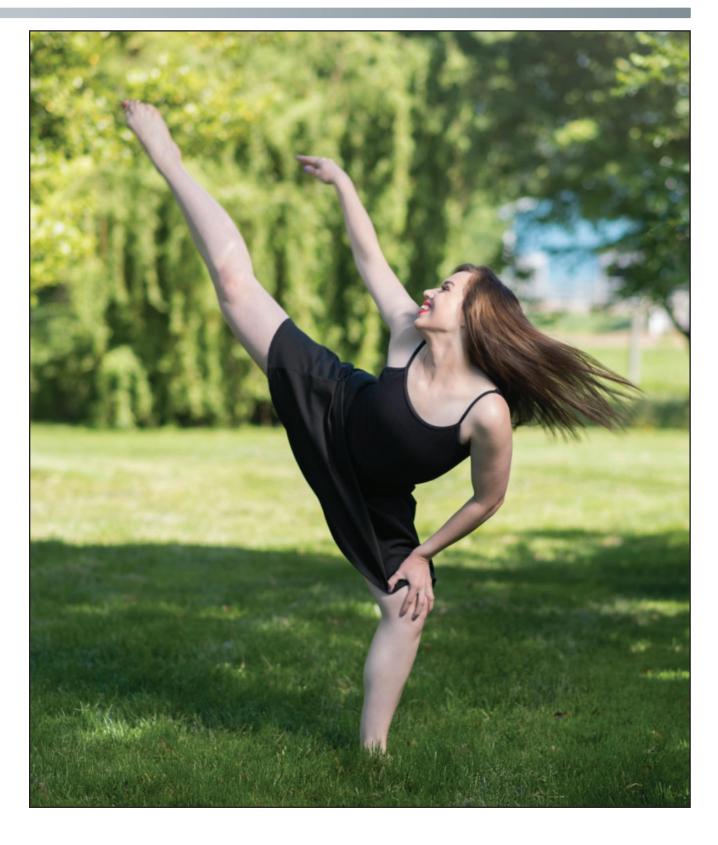
sports like, cheerleading, tennis, lacrosse, and volleyball. Was even on the school dance team the punches from failure but soon realized, failure pushed me to conquering! I was not going to be defeated, eternally, and by facing my challenges it turned into my achievements. I quickly climbed the skill level chart and adapted flexibility into my routines. From there, my teacher and I focused on my abilities and my personality and created some unique dance routines, outside the box. My motto is, "Target the objective, face the challenge, live the dream!



Kassidy Eads

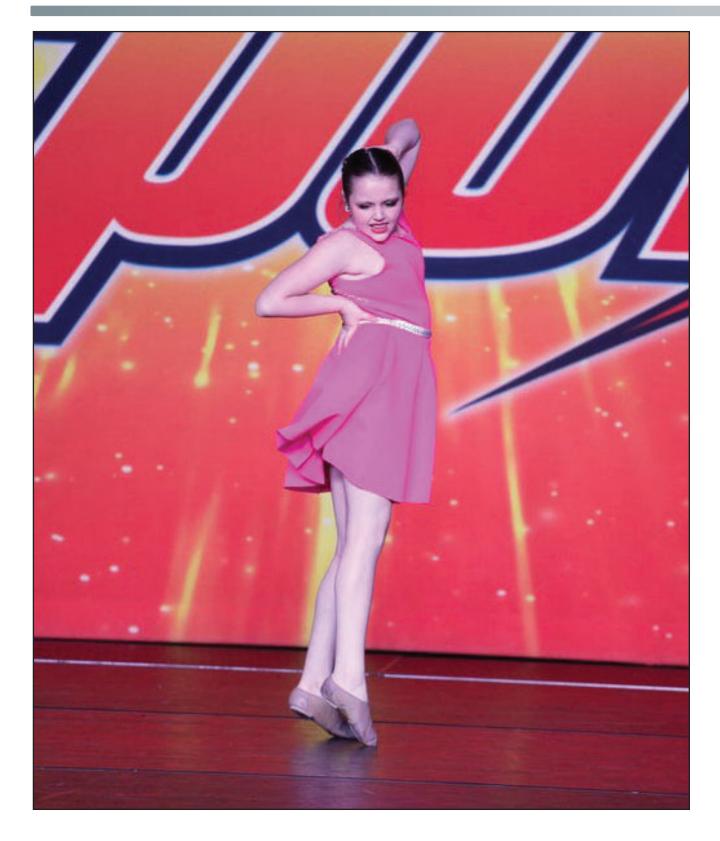


My dreams revolve around art and animals. I have a passion for designing artwork with the use of resin and one day I would like to see my creation displayed in an art gallery. I also have a soft spot for all animals which leads me to one of my goals. I want to become a veterinarian and hope, one day, get accepted into one of the top veterinarian discover what I had a passion for. I tried different





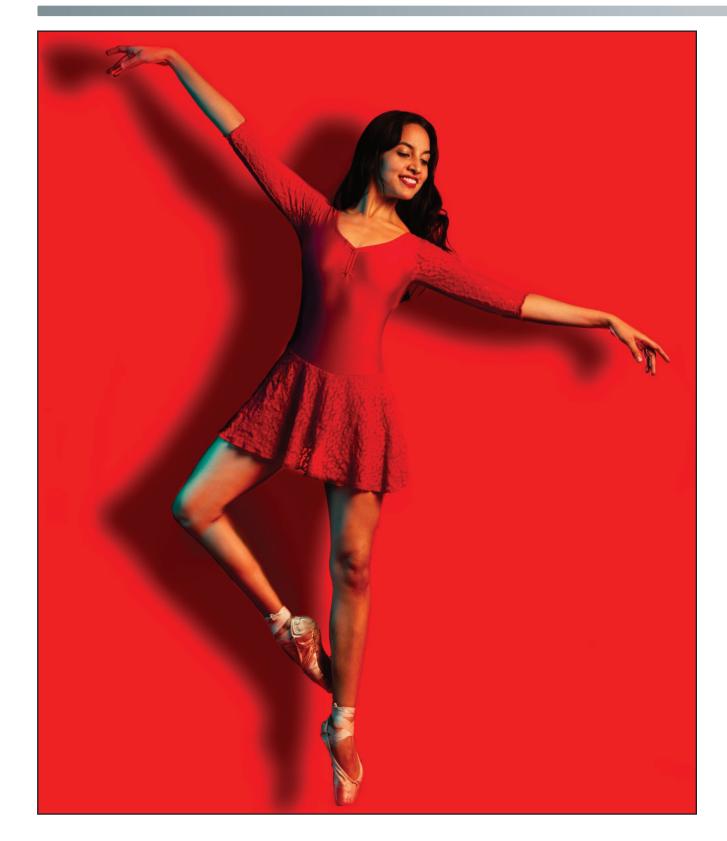
Ellee Storer





Love reading, being the best version of me, im drunk of the relative life. The only dream that i have is to be consciousness, aware. Coherency about what i think, i do, and i want. If i feel love i can dance it, if i feel anger i can dance it, if i feel sad i can dance it. That's the only thing, To share this religion with others, thus if you're flexible

Karen Hergo



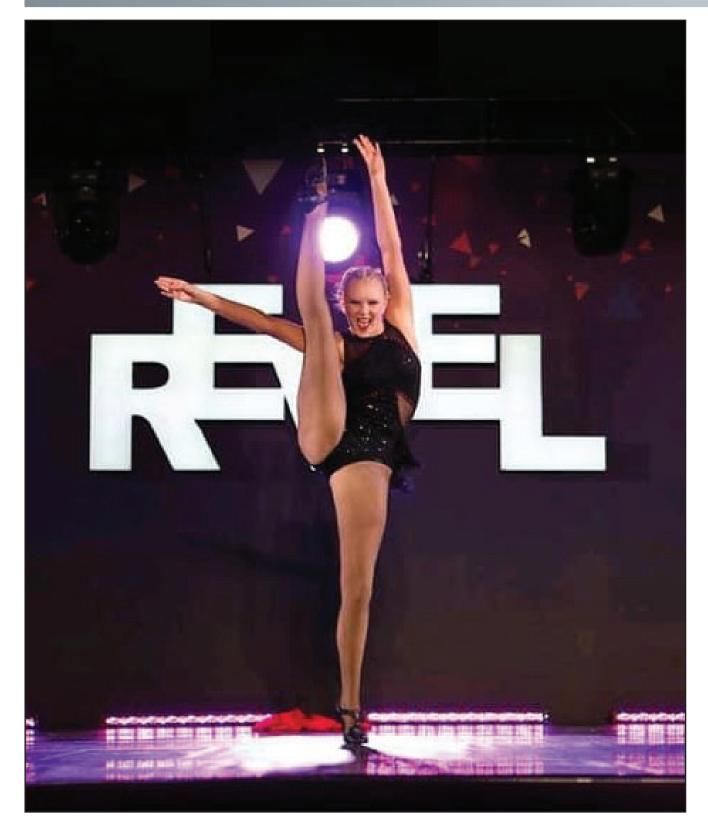


Ellee is a 5th year dancer. Four years at Germantown DEAP and now she is with Studio J Dance Co. Jamie Hodge has been her teacher now for five years. She has blossomed under Miss Jamie. She has competed in several competitions in her "My



Isabella Behl (age 15) lives and breaths for dance and being apart of her dance studio. She began dancing at local studios at the age of 5 and found her dance home at Studio M Dance Centre in Chatham Illinois at age 10 quickly deciding she would do it all, including auditioning for the Company Team and the Competition Team. She has traveled to New York to compete in the World Dance Championship as well as attend a full dance experience in the heart of NYC. Her favorite style of dance is jazz, although she loves performing small group lyrical routines with her teammates. As her passion for dance has developed, her goals

Isabella Behl







Evie Rasco is a dancer in the senior company of Atlanta Rising Talent at Atlanta Dance Central in Roswell, GA. She excels in multiple styles of dance including ballet, jazz, contemporary, tap and hip hop. She has been a soloist and featured dancer in all styles. She has performed alongside SIDEWAYS professional dance company in one of the lead roles in their Christmas production for multiple years. Along with dance, Evie is currently training in voice and acting lessons and hopes to have a career performing on stage one day. Evie is also passionate about teaching younger students to fall in love with dance and is an

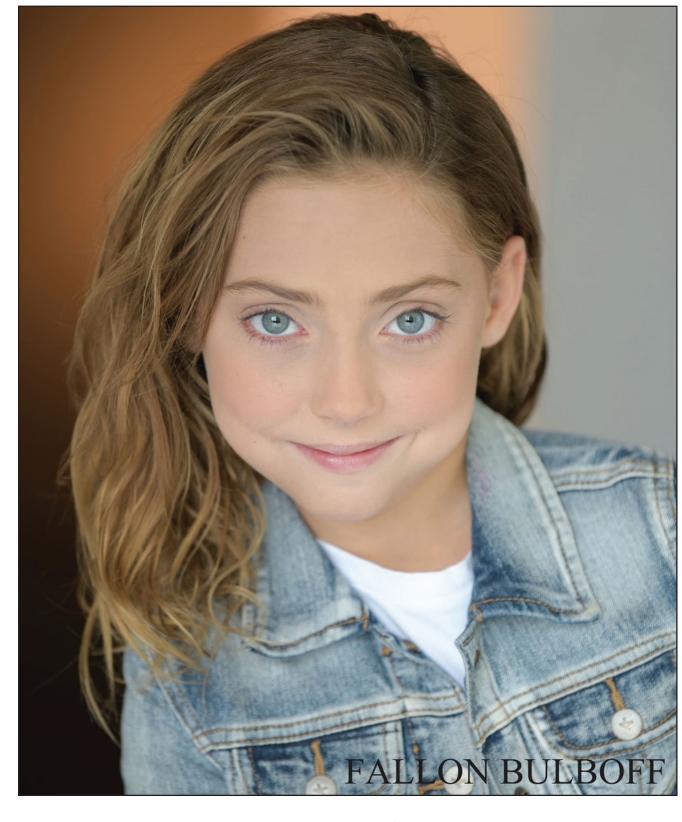
Fallon Bulboff





Gracie McDonald





Gabriella Behl





Gabriella Behl (age 14) is an amazing dancer who puts in the long hours and dedication to pursue her passion of dance. In addition to her kind heart and gorgeous red hair, she also has the most beautiful long legs that every dancer dreams of having. She began as a tumbler, which lead to an opportunity to take dance lessons along side her older sister. Gabby has been a member of the Company and Competition Teams at Studio M Dance Centre for several years and absolutely loves her dance family. Her favorite style of dance is lyrical and family. Her favorite style of dance is lyrical and holds for this young lady. she has competed lyrical trio routines for two years at the regional and national levels. She has Photographers Credits: Groove; NexStar

