

City of El Cajon Parks & Recreation Department's

TNT Performing Company!

They're TALENTED 'n TERRIFIC!

TNT offers a unique opportunity for students to expand their dance and tumbling experience by developing performance skills and refining their technique in a teamwork setting. Our goal is to foster youth development through positive interaction and role-modeling, instilling self-esteem, confidence, self discipline, and social skills. In the TNT Performing Company, you will have many opportunities to perform routines in the community, meet new people, make new friends, and most important, represent and promote the City of El Cajon Parks and Recreation Department's dance and tumbling programs!

Where does TNT perform?

Some places TNT has performed in the past include elementary schools, summer camps, America on Main Street, The Del Mar Fair, Haunfest, Parkway Plaza Mall, and many more!



Want to join our team? Here's what you need to know!

TNT is divided into sections each with specific requirements listed below:

**** Enrollment for both dance and tumbling are not required****

TNT Track Dance/Tumbling

TNT Track is the fastest way to gain proficiency into TNT Dance/Tumbling! Participants will learn performance and showmanship skills as well as learn intermediate routines to perform at various functions throughout the San Diego area.

Class Requirements

Track Dance - students must be enrolled in at least one additional City of El Cajon Parks & Recreation core dance class (jazz or ballet): level 3 or higher.

Track Tumbling - students must be enrolled in at least one additional City of El Cajon Parks & Recreation tumbling class: level 4 or higher. Although gymnastics is an excellent class for additional practice, a tumbling class is required.

TNT Dance/Tumbling

TNT Dance/Tumbling is for those who are ready to enhance their performance and showmanship skills as well as learn advanced progressions and perform multiple routines at our seasonal shows.

Class Requirements

TNT Dance - students must be enrolled in at least two additional City of El Cajon Parks & Recreation dance classes. Enrollment must be in one core class (jazz or ballet: level 5 or higher) and another dance genre of your choice.

TNT Tumbling - students must be enrolled in at least one additional City of El Cajon Parks & Recreation tumbling class: level 5 or higher. Although gymnastics is an excellent class for additional practice, a tumbling class is required.

TNT instructor's written recommendation required



What skills should I already have before joining TNT Track?

Take a look at the chart below to see some of the skills we look for!

Dance	Tumbling (w/o spot)
<ul style="list-style-type: none">○ Completion of all skills in levels 1-3○ Turns (chaines, pirouettes, piques, etc.)○ Leaps (forward, surprise, center, etc.)○ Kicks (battement, fan kick, illusion etc.)○ Proper technique/alignment (applying flexibility, pointed toes, straight legs, etc.)○ Good sense for the beat/tempo of music○ Familiar with syncopated movements	<ul style="list-style-type: none">○ Completion of all skills in levels 1-4○ Front/back walkover○ Roundoff○ One or more of the following skills → front handspring, back handspring, or aerial○ Proper technique/alignment (applying flexibility, pointed toes, straight legs, proper rebound, proper shoulder block, etc.)○ Good sense for the beat/tempo of music

TNT instructor's written recommendation required

As in any performing group, your positive attitude is the main ingredient for a successful team!

"We expect all TNT members to perform and behave in a professional manner. It is all about TEAMWORK... and of course a big SMILE."

I think I'm ready! How do I get evaluated?

Ask your instructor to set up an evaluation with one of the TNT instructors or give us a call at (619)441-1516.

TNT instructor's written recommendation and concurrent enrollment in the required classes are needed to register for TNT Track Dance/Tumbling and TNT Dance/Tumbling.

