



2023 Competitions

Pre Comp - **EVERYONE**

February 11, 2023 @ Leadership Learning Academy 100 W 2675 N, Layton
February 13, 2023 @ Jefferson Academy 1425 S Angel Street, Kaysville
See your email for your exact time and day.

Hollywood Dance Jamz (HDJ) Convention –

**Optional convention - everyone encouraged to attend.
Convention classes for everyone, solos, NO TEAM COMPETITION**

March 9-11, 2023 Ogden

Amplify – **(except Mini Xpress, Xcite & Jr Xpress)**

---Mini Xpress Mini Xcite and Jr Xpress will NOT be attending this competition.

March 17-18, 2023 (KEEP BOTH DAYS OPEN!)

Brighton High School, Cottonwood Heights

Aspire – **EVERYONE**

April 14-15, 2023 (KEEP BOTH DAYS OPEN! Teams compete both Friday & Saturday)
Granger High, SLC

Arise – **EVERYONE** **(except Mini Xpress)**

---Mini Xpress will NOT be attending this competition.

April 27-29, 2023 (KEEP ALL DAYS OPEN! Teams compete both Friday and Saturday.)

Granger High, SLC

NRG Convention – select teams only

Sr. Xtreme, Teen Xpo, Teen Xtreme, Teen Xcel & Mini Xpo attending competition & convention

Teen Xcite & Jr. Xtreme encouraged to attend the convention, everyone welcome to classes
May 4-6, 2023 Layton Conference Center

ASPIRE DANCE PRO NATIONALS - **EVERYONE**

May 12-13, 2023 (KEEP BOTH DAYS OPEN! Teams compete both Friday & Saturday)
Granger High, SLC

KEEP ALL DATES LISTED OPEN!!!!