

COMPETE with ADCS

Competition Training & Fee Structure

So your Dreamer wants to compete?! 🤪

We are SO excited to see your child keen to take on the challenge of competition. Competing is an incredible growth journey, and we absolutely love watching our students develop not just as aerialists, but as people.

But... consider yourself warned! 😄 Once they start, they may never want to stop!

Competition is a high-demand commitment, and we want families to understand what is involved before jumping in.

APPROXIMATE COMPETITION COSTS

Please note that these are **approximate costs** and may vary depending on the competition, category and individual student requirements.

Competition Requirement	Approx. Cost
Competition Entry Fee	\$200
Recording & Application Fee	\$50
Compulsory Competition Training Class	\$288 per term
Private Lesson – Routine Construction	\$99 per private

Private Lessons

A private lesson is required for **routine construction**.

Our aim is to create a routine within a couple of private lessons where possible, however, this will depend entirely on the individual student.

Every student learns differently. Some students will pick up choreography quickly, while others may require additional time to build confidence, clean choreography, develop transitions or work on specific skills.

Additional privates may therefore be required depending on the student.

Privates are charged at **\$99 per lesson**.



COMPULSORY WEEKLY CLASS

All competition students are required to **continue attending a regular weekly aerial class** alongside their competition training.

Competition training is not designed to replace regular skill development.

Students need to continue learning, strengthening their bodies, developing new skills and building their aerial foundations while they work on their competition routine.

We want our competitors to become **well-rounded aerialists**, not simply learn one routine for one competition.



COMPETITION IS A COMMITMENT

Competition training requires a high level of commitment from both the student **and their family**.

There will be additional training, choreography, cleaning, conditioning, preparation and competition commitments throughout the season.

For this reason, we ask families to seriously consider whether they are able to commit to the process before enrolling.

We don't expect perfection — but we **do expect commitment, effort, respect and persistence**.



WHAT WE ARE REALLY TRAINING

Yes, we are training aerial skills.

But we are also training **grit**.

We want our competitors to learn how to:

- ✨ Persist when something feels hard
- ✨ Keep going when they don't get it straight away
- ✨ Take feedback and apply it
- ✨ Take responsibility for their training
- ✨ Develop discipline and consistency
- ✨ Grow in confidence
- ✨ Show respect for coaches, teammates and competitors

- ✨ Handle nerves and pressure
- ✨ Celebrate others
- ✨ Win with grace
- ✨ Lose with grace
- ✨ Learn from mistakes
- ✨ Get back up and try again

Because ultimately, the medal is only one small part of the journey.

The person they become through the process matters so much more.

❤️ **THE COMPETITION JOURNEY is extraordinary with Aerial Dreaming!**

We are incredibly proud of every student who puts their hand up to compete.

It takes courage to step onto a competition floor and put yourself out there.

There will be amazing days, frustrating days, breakthrough moments, tears, nerves, celebrations and probably a few *"I CAN'T DO THIS!"* moments along the way 😂

And we'll be there through all of it.

Our goal is to create competitors who are technically strong, physically prepared, mentally resilient and kind humans who know how to back themselves.

Let's see what you're capable of. ✨

Believe. Become. Belong.