



Competitive Showcase 2025

Chief Sepass Theatre
Friday, January 31st
Saturday, February 1st
General Admission



FRIDAY, JANUARY 31ST

SESSION 1

Pointe Solos Ages 14-15

5:30pm - Sabrina "Odalisque Variation" Choreo: Ms. Tamara

5:33pm - Sophia C "Giselle Variation" Choreo: Ms. Krystal

Ballet Groups

5:36pm - Buds Ballet "On the Wing" Choreo: Ms. Tamara

5:40pm - Seedlings Ballet "The Hundred Acre Wood" Choreo: Ms. Ashley

5:43pm - Roots/Sprouts Ballet "Beach Day" Choreo: Ms. Ashley

Ballet Solos Ages 10-11

5:47pm - Isla "Amas Veritas" Choreo: Ms. Tamara

5:50pm - Jean-Paul "The Privateer" Choreo: Ms. Tamara

Lyrical Groups

5:53pm - Sprouts Lyrical "Smallest Light" Choreo: Ms. Natalie

5:58pm - Bloom Lyrical "Love the Hell out of you" Choreo: Ms Krystal + Ms. Natalie

6:02pm - Buds Lyrical "Bad Thoughts" Choreo: Ms. Krystal

6:06pm - Roots Lyrical "Start a Wave" Choreo: Ms. Krystal

Lyrical Duos

6:11pm - Callia & Sadie "Girls" Choreo: Ms. Caylea

6:14pm - Sophia & Tamara "What the World Needs" Choreo: Ms. Natalie

Lyrical Solos Ages 12

6:17pm - Ellie "I lived" Choreo: Ms. Krystal

6:20pm - Elize "What About Us" Choreo: Ms. Krystal

Lyrical Solos Ages 14+

6:23pm - Lilli "End of an Era" Choreo: Ms. Milaina

6:26pm - Caitlyn "If it Kills Me" Choreo: Ms. Natalie

6:29pm - Sabrina "Ghosting Myself" Choreo: Ms. Krystal

6:32pm - Alex "I Know" Choreo: Ms. Krystal

6:35pm - Sophia C "Vienna" Choreo: Ms. Natalie

Adult Lyrical Solo

6:38pm - Hayley "Goodbye Yellow Brick Road" Choreo: Ms. Juilia

6:45-7:05pm ALL BALLET & LYRICAL STUDENTS ON STAGE

SESSION 2

Silks Solos

7:25pm - Lexxi "Rowboat" Choreo: Ms. Emily

7:30pm - Tamara "Believer" Choreo Ms. Emily

Hip Hop Groups

7:35pm - Sprouts Hip Hop "Run it Up" Choreo: Ms. Melissa

7:38pm - Buds Hip Hop "Reverse It" Choreo: Mr. Josh

7:42pm - Bloom Hip Hop "Where They From" Choreo: Ms. Kelly

Hip Hop Solos Ages 8-10

7:50pm - Ronan "Same Squad" Choreo: Ms. Melissa

7:53pm - Skye "Lean With It" Choreo: Ms. Melissa

7:56pm - Aria "Fly Girl" Choreo: Ms. Melissa

Hip Hop Solos Ages 12-14

7:59pm - Ellie "Everybody" Choreo: Ms. Melissa

8:02pm - Tori "Be Humble" Choreo: Mr. Josh

Hip Hop Solos Ages 15+

8:05pm - Katea "One Minute Man" Choreo: Ms. Kelly

8:08pm - Nicola "Who's That Girl" Choreo: Ms. Kelly

8:11pm - Lexxi "Treat Me" Choreo: Mr. Josh

8:14pm - Tia "Temperature" Choreo: Ms. Kelly

Hip Hop Duos

8:17pm - Quin & Aria "Sweet and Salty" Choreo: Ms. Melissa

8:20pm - Frankie & Chloe "From the Block" Choreo: Ms. Kelly

8:30pm-8:50pm ALL HIP HOP & SILKS STUDENTS ON STAGE





SATURDAY, FEBRUARY 1st

SESSION 3

Jazz Groups

11:30am - Roots Jazz "Supergirls!" Choreo: Ms. Natalie
11:34am - Buds Jazz "Like Woah" Choreo: Ms. Milaina
11:38am - Sprouts Jazz "Like a Girl" Choreo: Ms. Natalie
11:42am - Bloom Jazz "LADIES" Choreo: Ms. Milaina
11:46am - Adult Jazz "Loveshack" Choreo: Ms. Juilia

Jazz Duos

11:50am - Reese & Parker "Shades" Choreo: Ms. Milaina
11:53am - Baylee & Elize "A little Party" Choreo: Ms. Julia

Jazz Solos Ages 9-10

11:56am - Brie "Queen B" Choreo: Ms. Milaina
11:59am - Samaya "Destination Unknown" Choreo: Ms. Natalie
12:03pm - Kyla "Fabulous" Choreo: Ms. Hannah

Adult Jazz Solo

12:06pm - Daneeka "Lost" Choreo: Ms. Juilia

Jazz Solos Ages 12

12:09pm - Sophia B "Whistle While you Work It" Choreo: Ms. Milaina
12:12pm - Ellie "Hey Kids" Choreo: Ms. Natalie

Jazz Solo Age 15-16

12:15pm - Catherine "Yes I Can" Choreo: Ms. Milaina
12:18pm - Tamara "Got Your Number" Choreo: Ms. Milaina

Tap Groups

12:22pm - Roots Tap "5678" Choreo: Ms. Suzanne
12:25pm - Buds Tap "Jump Shout Boogie" Choreo: Ms. Suzanne
12:29pm - Seedlings Tap "Goodship Lollipop" Choreo: Ms. Suzanne
12:32pm - Adult Tap "Carwash" Choreo: Ms. Suzanne

Tap Solos

12:36pm - Aaliyah "Trickle Trickle" Choreo: Ms. Suzanne
12:39pm - Baylee "I Love Me" Choreo: Ms. Suzanne
12:42pm - Gabby "Got Your Number" Choreo: Ms. Suzanne

12:50pm-1:10pm ALL TAP & JAZZ STUDENTS ON STAGE

SESSION 4

Acro Groups

2:00pm - Acro Large Grp "Cerberus" Choreo: Ms. Caylea, Ms. Krystal
2:05pm - Roots Acro "IncrediGIRLS" Choreo: Ms. Caylea
2:09pm - Seedlings Acro "Mermaid Party" Choreo: Ms. Hannah

Adult Lyrical Group

2:13pm - Adult Lyrical "Sound Of Silence" Choreo: Ms. Juilia

Acro Solos Ages 9-11

2:18pm - Lennon "Toy Box" Choreo: Ms. Caylea
2:21pm - Jayda "A Snake" Choreo: Ms. Caylea
2:24pm - Chloe O "Love is a Compass" Choreo: Ms. Hannah
2:27pm - Cypress "Catch em' Choreo: Ms. Hannah
2:30pm - Chloe D "Pink Panther" Choreo: Ms. Caylea
2:33pm - Anna "Upon a Dream" Choreo: Ms. Caylea

Acro Solos Ages 14+

2:36pm - Tamara "Slip" Choreo: Ms. Caylea
2:39pm - River "You Hide" Choreo: Ms. Caylea

Acro Solos Ages 7-8

2:42pm - Emery "I See the Light" Choreo: Ms. Caylea
2:45pm - Milah "Out of the Shadows" Choreo: Ms. Krystal
2:48pm - Reagan "Pure Imagination" Choreo: Ms. Caylea
2:51pm - Kensie "I Wanna Be Like You" Choreo: Ms. Caylea

Adult Hip Hop Group

2:54pm - Adult Hip Hop "Yeah!" Choreo: Ms. Kelly

Acro Duos

2:59pm - Lennon & Jayda "Transform" Choreo: Ms. Caylea
3:02pm - Kyla & Chloe "Wonderland" Choreo: Ms. Hannah

Acro Small Group

3:05pm - Accelerated Acro "Poisonous" Choreo: Ms. Caylea

3:15pm-3:35pm ALL ACRO STUDENTS ON STAGE

SESSION 5

Musical Theatre Groups

5:00pm - Lrg Musical Theatre Grp "Newsies" Choreo: Ms. Juilia, Ms. Natalie, Ms. Anika
5:05pm - Roots Musical Theatre "Cabin Fever" Choreo: Ms. Juilia
5:10pm - Adult Musical Theatre "Mama Mia" Choreo: Ms. Juilia

Musical Theatre Solos

5:14pm - Lilli "The Smell of Rebellion" Choreo: Ms. Natalie
5:17pm - Dani "Fabulous" Choreo: Ms. Ashley
5:20pm - Lucy "You're Welcome" Choreo: Ms. Anika
5:23pm - Brielle "Girl Scout" Choreo: Ms. Courtney
5:26pm - Jean-Paul "ADHD Needs a New Name" Choreo: Ms. Tamara
5:29pm - Maddie "Morning Person" Choreo: Ms. Juilia

Musical Theatre Duos

5:32pm - Katea & Elena "Gaston" Choreo: Ms. Anika

Contemporary Groups

5:36pm - Buds Contemporary "People Are Strange" Choreo: Ms. Caylea
5:40pm - Bloom Contemporary "The Conductor" Choreo: Ms. Krystal

- 10 min intermission -

Contemporary Solos Ages 16+

5:55pm - Jada "One Last Time" Choreo: Ms. Milaina
5:58pm - Alex "Time" Choreo: Ms. Natalie
6:01pm - Tamara "No Sunshine" Choreo: Ms. Krystal
6:04pm - Caitlyn "Hurt" Choreo: Ms. Krystal

Contemporary Solos Age 12

6:07pm - Ellie "Burn" Choreo: Ms. Krystal
6:10pm - Sophia B "Darkest Hour" Choreo: Ms. Ashley

Contemporary Duo

6:13pm - Brie & Anna "Glitch" Choreo: Ms. Natalie

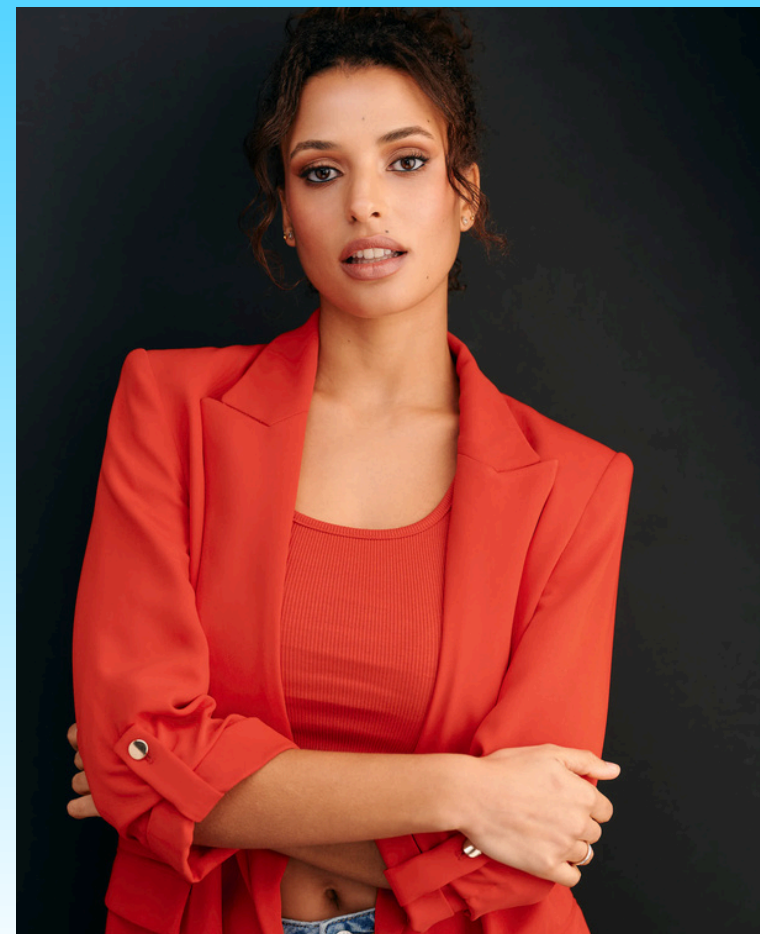
Modern Group

6:18pm - Accelerated Modern "The Grotto" Choreo: Ms. Natalie

6:30pm-6:50pm ALL MUSICAL THEATRE & CONTEMPORARY STUDENTS ON STAGE

ADJUDICATORS

Serena Crouse is a passionate and hardworking dancer who has trained vigorously in all styles of dance throughout Canada and the US. All around her competitive years, she was known for her breathtaking presence and was often described as a “performer beyond her years”. She made a name for herself across the border at conventions with some of the biggest names in dance, leading her to her first professional credit at age 13, and continues to work regularly in film and television. Favourite credits include, Descendants 3 (Disney), Monster High (Paramount+) Snow Day (Nickelodeon), Schmigadoon (AppleTV+), Zoey’s Extraordinary Playlist (NBC), Christmas Chronicles: Part Two (Netflix), and Once Upon A Time (ABC).



Mikaela Gray is a highly skilled and dedicated dancer and instructor based in Vancouver and Toronto. With a dance career that began at the age of 4 at Mellado Dance Elite, she has extensively trained in a wide range of styles, including Jazz, Lyrical, Contemporary, Tap, Acro, Hip-Hop, and various Street Styles. Mikaela currently performs with Culturally Defined and has previously been involved in hip-hop and street jazz performance groups such as Honey and Illustrative Society. In addition to her performance career, Mikaela has over seven years of experience teaching dance to students of all ages, ranging from recreational to competitive levels. Her teaching expertise spans across multiple styles, including Hip-Hop, Jazz, Lyrical, Contemporary, and Ballet.

Nathan Fadear is a professional dancer, choreographer, yoga instructor, and educator from BC with over a decade of experience in the dance and entertainment industry. His career spans international performances, including Princess Cruise Lines, Sweden’s International Diabetic Conference, and Reno’s Santa’s Christmas Wonderland. With extensive film and TV credits, Nathan has worked on productions for Disney, HBO Max, Netflix, Paramount Plus, and more, including Zoey’s Extraordinary Playlist, Riverdale, The Flash, Freaky Friday, and Grease: Rise of the Pink Ladies. His choreography for Dear Rouge’s “Fake Fame” topped Canadian music charts, and he has collaborated with artists like Matt Webb and Fionn. Currently, Nathan focuses on film and TV choreography, working internationally on projects for HOMETOOLS, Lenovo, Mattel, and Netflix’s Barbie movies, including Barbie Mermaid Power and Barbie and Teresa, Recipe for Friendship. Passionate about mentoring, he inspires young dancers to achieve their goals.



Sabra Lind (She/Her) is a performer, teacher, and choreographer based in Vancouver, BC. She is known for her versatility and has been lucky enough to work as a dancer and choreographer for over 10 years on stage and film. Sabra began her professional career working with companies such as Patrick Roberge Productions (Pacific National Exhibition) and The Lovers Cabaret. Her credits since include TELUS (Fuze Entertainment), Fuselage Film Festival, Disney, Dances For A Small Stage, and several recording artists including Dear Rouge, Fionn, and Star Captains. As an educator, Sabra strives for boldness and excellence in dance while helping young artists to foster a relationship with movement that is both mentally and physically sustainable.

NOTES + THANKS

Thank you's

IT TAKES A TEAM TO BRING THESE PIECES TO LIFE ON STAGE!

BIG THANKS TO OUR CHOREOGRAPHERS WHO CHALLENGE THEMSELVES CREATIVELY AND WORK WITH OUR STUDENTS TO BRING OUT THEIR BEST.

***SPECIAL THANKS** TO MISS CAYLEA, OUR COMPETITIVE TEAM COORDINATOR AND GENERAL MANAGER, WHOM WE COULDN'T LIVE WITHOUT!

MORE THANKS TO:

OUR ADMINISTRATIVE STAFF: KATE COGLAN, CAYLEA DAVIDSON, KATH LAROSE

THRIVE DANCE SOCIETY BOARD OF DIRECTORS

TMMEDIA

CHIEF SEPASS THEATRE TECH

We respectfully acknowledge that we rehearse and perform on the ancestral lands of the KWANTLEN, KATZIE, SEMIAHMOO, AND MATSQUI FIRST NATIONS

The "Why"

Thrive Dance Studio's competitive program is one like no other. We see potential in all of our students and not just innate abilities or 'talent'. We believe in nurturing our students inside and out of our studio walls-Helping them to see the power that lies within them. A dancer who believes in themselves will rise to their true potential as a dancer and person in society.

We are dedicated to providing exceptional dance training that has a strong technical focus in all styles. We pride ourselves in having a faculty that ensures each piece is crafted specifically to each dancer's/group's abilities, maturity, personality, and strengths. You might notice that Thrive pieces have a certain "flavour" to them. We are often recognized with Choreographic and Performance awards for "age appropriateness", "impactful storytelling", "genuine emotion", and "skilled use of stage/props".

Backstage before competitions you would see us gathering together in support of each other. Mostly, we are focused inwards so as to bring each dancer's best self on to the stage. Thrive has an impeccable track record of being a positive force behind the scenes-even with other studios.

We believe the skills acquired through our competitive program promote self- confidence, self-esteem, dedication, commitment, teamwork, creativity and a love for the arts in a professional, competitive and performance oriented environment.



2024 ACCOMPLISHMENTS

*We are so proud of last Season's Team Accomplishments!
We broke Thrive records with high studio ranking averages, placements, scholarships, and special awards!
Here are a select few accomplishments of note from last season:*

Overall Placements:

- Total 1st Place Finishes: 64
- Total 2nd Place Finishes: 34
- Total 3rd Place Finishes: 26

Total Scholarships and Monetary Awards: 10

- \$100 Stand Out Award: Ellie Sigoun
- \$500 Hollywood Scholarships: Brie Biro, Liberty Mehlhart
- \$1,000 Lightning Elite Scholarships: Aliyah Albano, Isla Coghlan, Anna Silden, Caitlyn Kirk
- SDF Dance Tour Scholarship invitations: Ellie Sigoun, Alex Stewart, Anna Silden, Brie Biro, Liberty Mehlhart

Total Monetary Amount from Scholarships: \$3,600

Total Special Awards: 37

Includes categories such as Dancer of the Year:

- 3 for 12 and under (Brielle, Aarayah, Ellie)
 - 2 for 13 and up (Liberty, Tamara)
- Dance down Winner Routine: Hands \$250
- High score of competition: 3 routines

Total Top 10 Placements: 43

Total Dance World Cup Qualifiers: 21 routines

Provincial Qualifiers:

Skye Hip Hop
Jada Contemporary
Liberty Lyrical
Anna/Caitlyn MT
Bloom Pointe
Acc Modern
Bloom Contemporary
Rhys (Student Choreo)
Aaliyah Tap
Kyla/Callia Lyrical
Anna/Brie Contemporary
Sprouts Ballet
Hairspray!
Roots Tap
Sprouts Acro
Bloom Lyrical
Sprouts Jazz





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