

**NAC** stands for the **National Acrobat Competition**. NAC comprises a local tumbling competition in which students from MelRoe's and other area dance and tumbling studios attend. During class, students work on a tumbling routine that is comparable to their level in tumbling. There are 10 levels in NAC – beginners through advanced tumbling. NAC routines consist of approximately 15 skills. Students may also compete in one of 5 levels on the Mini Trampoline.

MelRoe's NAC classes focus on students working to perfect the skills in their routine and the Mini Tramp. Students compete this routine against students from different dance and tumbling studios in the greater Kansas City Metropolitan Area. Each student is then awarded a place for their performance. The competitions are usually between 1 to 3 hours in length.

- NAC classes meet once a week for an hour and follow the regular Miss Maria's tuition Schedule.
- Students will practice their routines in their tumbling class during the week and once a month on a Friday or Saturday.
- Students compete in 3 local competitions which are held at various locations locally. Competitions are held in January, early February, and early March.
- Students are required to purchase the MelRoe's Team Jacket and competition Leotard.

#### **Costs Involved**

Leotard approx. \$85.00

Team Jacket approx. \$35.00-\$60.00

Meet entry \$22.00 – \$36 per meet