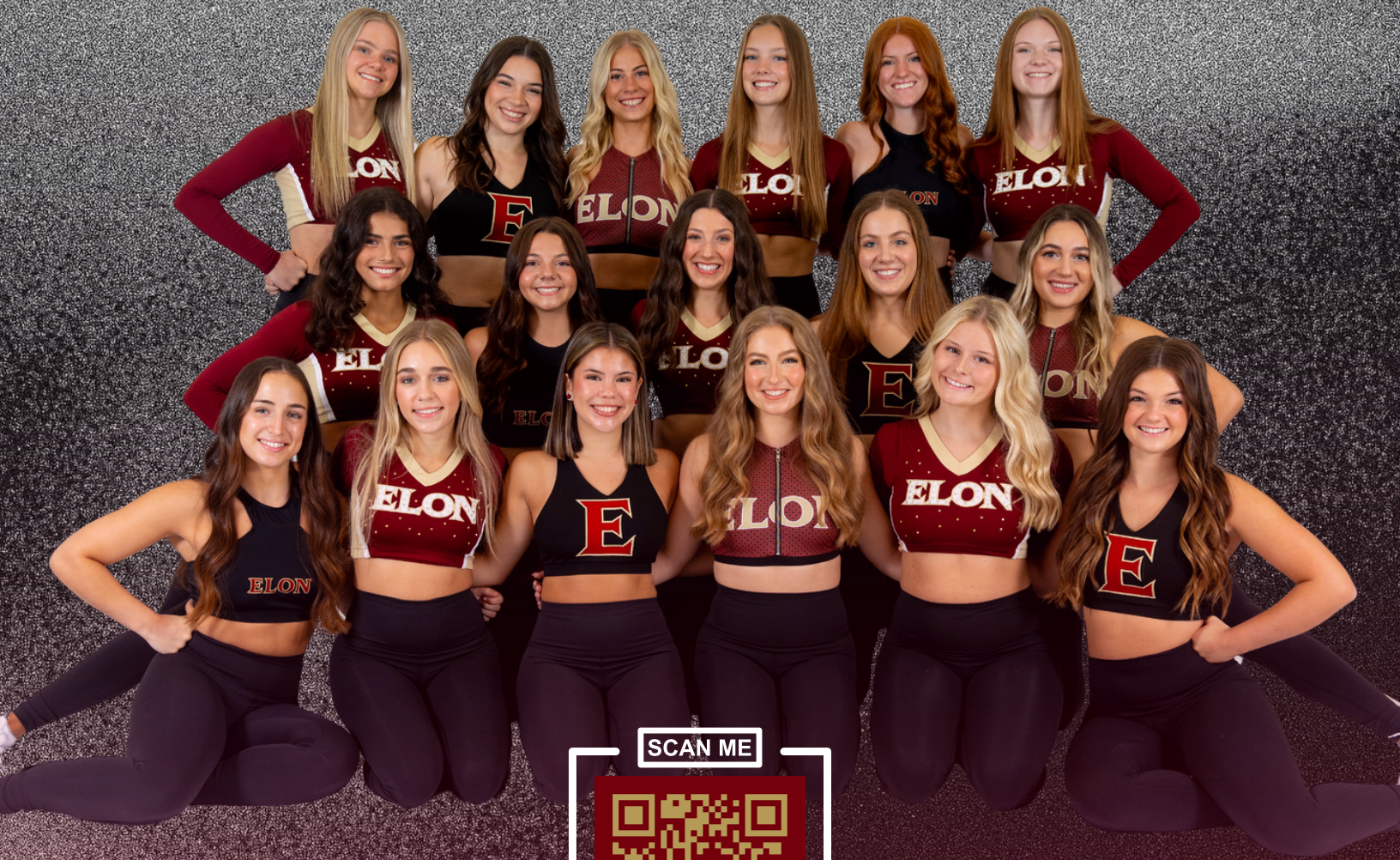




The Flames



SCAN ME



#RiseUp

GENERAL INFO

The responsibilities of EUDT involve supporting the Phoenix at all home football and women's/men's basketball games. During these games, we perform on the sidelines with short repeating dances and cheers. In addition, we perform a routine at football games - whether that be during the quarter change and/or during halftime with the band.

When performing in the halftime show, the dance is mainly pom technique. For football quarter changes and basketball games, we do more of a variety of styles (hip hop, pom, or jazz). Dancers will perform at ALL home football games. A rotating schedule is implemented during basketball season to help alleviate time commitment.

In regards to practices/time commitment, we practice 3 times a week in addition to games. The practices are 2.5-3 hours in length. Each practice starts with conditioning, and then we work on routines, sidelines, and technique.



OUR YEAR

SUMMER

Summer Conditioning
Summer Assignments
Preseason (Aug.)
NDA Camp (Aug.)

FALL

Football Games
Soccer Games (1 M's, 1 W's)
Volleyball Games
Community Events

WINTER

Men's & Women's Basketball
NDA Nationals Choreography (Dec.)
CAA Basketball Tournament (Mar.)
Community Events

SPRING

NDA Nationals (Apr.)
Next Season Tryouts
(Late Apr./Early May)



NATIONALS

In addition to covering home sports games, EUDT travels to NDA Nationals each year. We typically begin learning our routine(s) in December/early January to prepare for the competition in the beginning of April. Being on the competition team includes additional fees and practice times, therefore each EUDT member has the choice to tryout for the competition team. We usually take 2 routines each year. Styles of the routines are decided each year based on the team's strengths. The last several years, we have competed in hip hop and pom.

2021

NDA D1 HIP-HOP NATIONAL CHAMPIONS
NDA D1 POM 3RD PLACES

2022

NDA D1 HIP-HOP SECOND PLACE
NDA D1 POM THIRD PLACE





HEAD COACH

ELLY DIRKS

Elly Dirks, a native of Summerfield, N.C., is a 2019 graduate of Elon University, where she spent all four years as a student-athlete on the dance team. She served as captain of the team for three years, is a three-time NDA All-American team member, two-time MVP award winner, and a two-time Coach's Award recipient.

Dirks was announced as head coach of the Elon University Dance Team in 2019, shortly after graduating from the University in May of the same year. The impact she has made on the team since her hiring is evident, as she has led the team to make program history on multiple accounts – a few including the team receiving its first Gold Paid Bid to NDA Nationals (2021, 2022), receiving first place in the Game Day routine competition at NDA camp (2021), and receiving third place in Division I Pom at the 2022 NDA Collegiate National Championship, as the team made their debut to the pom category. Most notably, in just her third year coaching, Dirks led the Elon Dance Team to clinch the program's first national title, as they were crowned Division I Hip Hop National Champions at the 2022 NDA Collegiate National Championship.

Along with her involvement with Elon's dance team, Dirks traveled the nation from 2018-21 as an instructor with the National Dance Alliance (NDA). Through NDA, she traveled to more than 14 states to train both high school and collegiate dance teams in hip hop, pom, jazz, kick, as well as technical skills. She also received a Rookie of the Year nomination her first year with the company, as well as Veteran of the Year nomination her second year.

Since leaving NDA in 2021, Dirks has enjoyed traveling the country as an independent choreographer for both national and regional level competitions, as well as working with local studios and teams when able.

In addition to being the head dance coach, Dirks works full time in Elon Athletics administration as the Executive Assistant to the Director of Athletics.

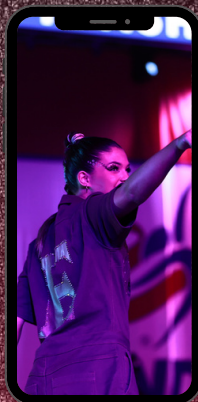
**CONTACT
COACH DIRKS:**

EDIRKS@ELON.EDU | 336-278-6719

*"No matter what happens,
I know the team will have
my back and
will provide me with the
most support and love"*

*"Whenever I walk into
practice or meet up with
the girls my mood
instantly changes."*

*"It's truly been a privilege to
be apart of a program that
has been built on a constant
reach for excellence."*



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@eudanceteam



Elon University Dance Team



Elon University Dance Team