




























DANCE TEAM UNION


























DENVER REGIONAL PAST CHAMPIONS

VARSITY JAZZ						
Year	Champion		2nd		3rd	
2024 /EMBER LARGE		Mountain Vista		Rock Canyon		Cherry Creek
2024 /EMBER SMALL		Chaparral		Columbine		Ponderosa
2023 /EMBER LARGE		Cherokee Trail		Mountain Vista		Cherry Creek
2023 /EMBER SMALL		Rock Canyon		Ponderosa		Douglas County
2023 JANUARY		Ponderosa		Castle View		Heritage
2022 NOVEMBER		Mountain Vista		Ponderosa		Ralston Valley
2022 JANUARY		Ponderosa		Grandview		Riverdale Ridge
2021		Mountain Vista		Cherokee Trail		Rock Canyon
2020		Grandview		Douglas County		Standley Lake
2019		Chaparral		Ponderosa		ThunderRidge
2018		Ponderosa		Rock Canyon		Grandview
2017		Rock Canyon		Ponderosa		Valor Christian

VARSITY POM						
Year	Champion		2nd		3rd	
2024 /EMBER LARGE		Mountain Vista		Cherry Creek		Rock Canyon
2024 /EMBER SMALL		Chaparral		Ponderosa		Aspen
2023 /EMBER LARGE		Cherry Creek		Ralston Valley		Mountain Vista
2023 /EMBER SMALL		Rock Canyon		Holy Family		Ponderosa
2023 JANUARY		Castle View		Holy Family		Ponderosa
2022 NOVEMBER		Mountain Vista		Castle View		Ralston Valley
2022 JANUARY		Ponderosa		Broomfield		Rocky Mountain
2021 LARGE		Cherry Creek		Rock Canyon		Douglas County

2021 SMALL		Ponderosa		Thunder Ridge		Regis Jesuit
2020		Standley Lake		Grandview		Ponderosa
2019		ThunderRidge		Grandview		Ponderosa
2018 LARGE		Grandview		ThunderRidge		Rock Canyon
2018 SMALL		Ponderosa		Broomfield		Ralston Valley
2017		ThunderRidge		Ponderosa		Rock Canyon

VARSITY HIP-HOP

Year	Champion	2nd	3rd			
2024		Eaglecrest		Broomfield		Fossil Ridge
2023 MEMBER		Eaglecrest		Fossil Ridge		Horizon
2023 JANUARY		Holy Family		Castle View	----	----
2022 NOVEMBER		Eaglecrest		Fossil Ridge		Prairie View
2022 JANUARY		Broomfield		Rocky Mountain		Centaurus
2021		Fossil Ridge		Broomfield		Eaglecrest
2020		Broomfield		Standley Lake	----	----
2019		Broomfield		Centaurus	----	----
2018		ThunderRidge		Broomfield		Denver East
2017		ThunderRidge	----	----	----	----

VARSITY KICK

Year	Champion	2nd	3rd	
2020		St. Michael's HS	----	----

VARSITY LYRICAL






















Year	Champion	2nd	3rd	
2020		Skyview Academy	----	----

VARSITY MILITARY






Year	Champion	2nd	3rd
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2020		St. Michael's HS		----		----
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










VARSITY SPIRIT SHOWDOWN

Year	Champion		2nd		3rd	
2024 FEBRUARY LARGE		Cherokee Trail		Ralston Valley		Rock Canyon
2024 FEBRUARY SMALL		Broomfield		Ponderosa		Columbine
2023 NOVEMBER		Ralston Valley		Eaglecrest		Rock Canyon
2023 JANUARY		Ponderosa		Holy Family		Wheat Ridge
2022 NOVEMBER		Ralston Valley		Eaglecrest		Castle View
2022 JANUARY		Ralston Valley		----		----
2021		Cherokee Trail		Legacy		Wheat Ridge
2020		Grandview		Broomfield		----





























VARSITY TEAM PERFORMANCE

Year	Champion		2nd		3rd	
2024		Columbine		----		----
2023 NOVEMBER		Columbine		----		----
2023 JANUARY		Columbine		----		----
2019		Broomfield		----		----
2018		Broomfield		----		----












JUNIOR VARSITY JAZZ

Year	Champion		2nd		3rd	
2024		Cherokee Trail JV		Rock Canyon JV		Cherry Creek JV
2023 NOVEMBER		Rock Canyon JV		Cherry Creek JV		----
2022 NOVEMBER		Mountain Vista JV		Ponderosa JV		----
2021		Cherry Creek JV		Mountain Vista JV		Legacy High School JV
2020		Chaparral JV		Valor Christian JV		Grandview JV
2019		Chaparral JV		Grandview JV		Ponderosa JV
2018		ThunderRidge JV		Rock Canyon JV		Ponderosa JV
2017		Rock Canyon JV		Ponderosa JV		Highlands Ranch JV



JUNIOR VARSITY POM

Year	Champion	2nd	3rd
2024 EMBER LARGE	 Cherokee Trail JV	 Ponderosa JV	 Rock Canyon JV
2024 EMBER SMALL	 Douglas County JV	 Columbine JV	 Riverdale Ridge JV
2023 EMBER	 Rock Canyon JV	 Cherry Creek JV	Cherokee Trail JV
2023 JANUARY	 Holy Family JV	----	----
2022 NOVEMBER	 Mountain Vista JV	 Ralston Valley JV	 Ponderosa JV
2022 JANUARY	 Rocky Mountain JV	 Centaurus JV	----
2021	 Cherry Creek JV	 Ponderosa JV	 Regis Jesuit JV
2020	 Chaparral JV	 Valor Christian JV	 Ponderosa JV
2019	 Ponderosa JV	 Douglas County JV	----
2018	 Thunder Ridge JV	 Rock Canyon JV	 Cherokee Trail JV
2017	 Rock Canyon JV	 Ponderosa JV	 Highlands Ranch JV


JUNIOR VARSITY HIP-HOP

Year	Champion	2nd	3rd
2024	 Fossil Ridge JV	 Broomfield	 Eaglecrest JV
2023 EMBER	 Horizon JV	 Eaglecrest JV	 Douglas County JV
2022 NOVEMBER	 Eaglecrest JV	 Rocky Mountain JV	 Castle View JV
2022 JANUARY	 Rocky Mountain JV	----	----
2018	 Monarch JV	----	----

JUNIOR VARSITY SPIRIT SHOWDOWN

Year	Champion	2nd	3rd
2023 EMBER	 Ralston Valley JV	 Eaglecrest JV	----
2021	 Rock Canyon JV	----	----












JUNIOR VARSITY TEAM PERFORMANCE

Year	Champion	2nd	3rd
2023 EMBER	 Columbine JV	----	----






MIDDLE SCHOOL JAZZ

Year		Champion		2nd		3rd
2023 JANUARY		Junior Cougars Navy MS		----		----
2022 JANUARY		Spark Junior Fillies MS		Spark Junior Wolves MS		Junior Cougars Burgundy MS
2020		Spark Junior Wolves MS		Junior Cougar Poms MS		----



MIDDLE SCHOOL POM

Year		Champion		2nd		3rd
2023 JANUARY		Spark Junior Wolves MS		----		----
2022 NOVEMBER		Junior Cougars Navy MS		----		----
2022 JANUARY		Spark Junior Fillies MS		Junior Cougars Burgundy MS		Spark Junior Wolves MS
2021		Spark Junior Fillies MS		Spark Junior Wolves MS		----
2020		Spark Junior Wolves MS		Junior Cougar Poms MS		Spark Junior Raptors MS
2019		Spark Training Program MS		----		----

MIDDLE SCHOOL HIP-HOP






Year		Champion		2nd		3rd
2023 JANUARY		Spark Junior Raptors MS		----		----
2022 NOVEMBER		Spark Junior Raptors MS		----		----
2022 JANUARY		Spark Junior Raptors MS		----		----
2020		Spark Junior Raptors MS		----		----
2019		Vineland MS		----		----




FRESHMEN JAZZ




Year		Champion		2nd		3rd
2018		Rock Canyon Freshmen		----		----
2017		Rock Canyon Freshmen		----		----

FRESHMEN POM


Year		Champion		2nd		3rd
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2021		Rock Canyon Freshmen		Castle View Freshmen		----
2019		Chaparral Freshmen		----		----
2018		Rock Canyon Freshmen		----		----
2017		Rock Canyon Freshmen		----		----

COLLEGE JAZZ						
Year		Champion		2nd		3rd
2024		University Of Denver		----		----
2023 NOVEMBER		University Of Denver		----		----
2022 NOVEMBER		University Of Denver		----		----

COLLEGE POM						
Year		Champion		2nd		3rd
2024		University Of Denver		----		----
2023 NOVEMBER		University Of Denver		----		----
2022 NOVEMBER		University Of Denver		----		----

SENIOR ALL STAR POM						
Year		Champion		2nd		3rd
2023 JANUARY		Dance Athletics		Express All-Stars		----
2022 JANUARY		Express All-Stars		----		----





SENIOR ALL STAR HIP-HOP						
Year		Champion		2nd		3rd
2023 JANUARY		Dance Athletics		Express All-Stars		----
2022 JANUARY		Express All-Stars		----		----

SENIOR ALL STAR LYRICAL						
Year		Champion		2nd		3rd
2023 JANUARY		Dance Athletics		----		----









SENIOR ALL OPEN STYLE

Year	Champion	2nd	3rd
2023 JANUARY	 Express All-Stars	----	----




JUNIOR ALL STAR JAZZ

Year	Champion	2nd	3rd
2024	 Dance Athletics	----	----
2023 NOVEMBER	 Junior Cougars (Burgundy)	----	----
2022 NOVEMBER	 Junior Cougars (Burgundy)	----	----
2022 JANUARY	 Junior Cougars Navy	----	----



JUNIOR ALL STAR POM

Year	Champion	2nd	3rd
2024	 Starstruck Academy Of Dance	 Dance Athletics	----
2023 NOVEMBER	 Dance Athletics	Starstruck Academy Of Dance	 Junior Cougars Navy
2023 JANUARY	 Dance Athletics	----	----
2022 NOVEMBER	 Starstuck Bolt	 Junior Cougars (Burgundy)	----
2022 JANUARY	 Dance Athletics	----	----

JUNIOR ALL STAR HIP-HOP



Year	Champion	2nd	3rd
2024	 Dance Athletics	----	----
2023 NOVEMBER	 Dance Athletics	 Spark	----
2023 JANUARY	 Dance Athletics	----	----
2022 JANUARY	 Dance Athletics	----	----
2019	 Spark Junior Raptors	----	----

JUNIOR ALL STAR LYRICAL




Year	Champion	2nd	3rd
2023 NOVEMBER	 Dance Athletics	----	----
2023 JANUARY	 Dance Athletics	----	----

2022 JANUARY		Dance Athletics	----		----
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JUNIOR ALL STAR OPEN STYLE

Year		Champion	2nd	3rd
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----






YOUTH ALL STAR LYRICAL

Year		Champion	2nd	3rd
2024		Dance Athletics	----	----
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----


YOUTH ALL STAR POM

Year		Champion	2nd	3rd
2024		Dance Athletics	----	----
2023 NOVEMBER		Dance Athletics	----	----
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----




YOUTH ALL STAR HIP HOP

Year		Champion	2nd	3rd
2024		Dance Athletics (Small)	 Dance Athletics (Large)	----
2023 NOVEMBER		Dance Athletics	----	----
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----


YOUTH ALL STAR LYRICAL

Year		Champion	2nd	3rd
2023 NOVEMBER		Dance Athletics	----	----






YOUTH ALL STAR OPEN STYLE

Year	Champion		2nd		3rd	
2023 NOVEMBER		Dance Athletics		----		----
2023 JANUARY		Dance Athletics		----		----
2022 JANUARY		Dance Athletics		----		----





YOUTH ALL STAR TEAM PERFORMANCE

Year	Champion		2nd		3rd	
2020		Peak Athletics		----		----





MINI ALL STAR JAZZ

Year	Champion		2nd		3rd	
2024		Dance Athletics		----		----
2023 JANUARY		Dance Athletics		----		----
2022 NOVEMBER		Dance Athletics		----		----
2022 JANUARY		Dance Athletics		----		----
2018		Peak Athletics		----		----




MINI ALL STAR POM

Year	Champion		2nd		3rd	
2024		Dance Athletics		----		----
2023 NOVEMBER		Dance Athletics		----		----
2023 JANUARY		Dance Athletics		----		----
2022 JANUARY		Dance Athletics		----		----





MINI ALL STAR HIP HOP

Year	Champion		2nd		3rd	
2024		Dance Athletics		----		----
2023 NOVEMBER		Dance Athletics		----		----
2023 JANUARY		Dance Athletics		----		----
2022 JANUARY		Dance Athletics		----		----



MINI ALL STAR LYRICAL

Year		Champion	2nd	3rd
2023 NOVEMBER		Dance Athletics	----	----
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----

MINI ALL STAR OPEN STYLE

Year		Champion	2nd	3rd
2024		Dance Athletics	----	----
2023 NOVEMBER		Dance Athletics	----	----
2023 JANUARY		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----







TINY ALL STAR POM

Year		Champion	2nd	3rd
2024		Dance Athletics	----	----
2022 JANUARY		Dance Athletics	----	----







MINI ALL STAR TEAM PERFORMANCE

Year		Champion	2nd	3rd
2020		Peak Athletics	----	----







SENIOR SOLOS

Year		Champion
2024		Castle View- Thomas R
2023 NOVEMBER		Rocky Mountain - Reese T
2023 JANUARY		Dance Athletics - Bella
2022 NOVEMBER		Rocky Mountain - Sara
2022 JANUARY		Rocky Mountain - Sara
2019		Peak Athletics-Sydney







JUNIOR SOLOS

Year	Champion
2024	 Dance Athletics - Sophie F
2023 NOVEMBER	 Dance Athletics - Sophie F
2023 JANUARY	 Dance Athletics - Annie
2022 JANUARY	 Dance Athletics - Bella
2021	 Ponderosa - Kyla
2019	 Peak Athletics- Lauren


YOUTH SOLOS

Year	Champion
2024	 Starstruck Dance - Josie K
2023 NOVEMBER	 Dance Athletics - Anayah
2023 JANUARY	 Dance Athletics - Anayah
2022 JANUARY	 Starstruck Dance - Sadie
2020	 Peak Athletics-Libby
2019	 Peak Athletics-Libby


MINI SOLOS

Year	Champion
2024	 Dance Athletics – Giuliana C
2023 NOVEMBER	 Dance Athletics – Skylar H
2023 JANUARY	 Dance Athletics – Alexis
2022 JANUARY	 Dance Athletics – Hudson
2020 MINI	 Peak Athletics-Megan
2019 MINI	 Peak Athletics-Megan











TINY SOLOS

Year	Champion
2022 JANUARY	 Dance Athletics – Rhyan

SENIOR DUO/TRIO

Year	Champion	
2023 NOVEMBER		Rocky Mountain - Peyton M, Reese T & Alan

GRAND CHAMPION

Year	Champion	
2024		Mountain Vista - Large Varsity Jazz
2023 NOVEMBER		Cherokee Trail - Large Varsity Jazz
2023 JANUARY		Castle View- Varsity Pom
2022 NOVEMBER		Eaglecrest-Varsity Hip Hop
2022 JANUARY		Ponderosa-Varsity Pom
2021		Mountain Vista-Varsity Jazz
2020		Standley Lake-Varsity Pom
2019		ThunderRidge-Varsity Pom
2018		Ponderosa-Varsity Pom
2017		ThunderRidge-Varsity Pom