

# **Making The Most Out Of Your Summer**

## **How To Keep Moving Toward Your Dance Goals**

Summer is the perfect time to set some dance goals for the next dance year, as well as, keep progressing in your dance technique and not lose momentum or slide backwards in your overall progress from the prior year. Check out the reminders and tips below to kickstart your goal setting and reframe your mindset on the growth you are able to achieve. You've got this!

1. Success is the result of effort, hard work, and persistence and is not something that just happens to "talented people." Summer is a great time to put in some additional effort, hard work, and persistence to further your dance success for the coming dance year.
  1. For example,
    1. I want to eventually dance en pointe! Great! You should enroll in Ballet and Progressing Ballet Technique this summer if age/level eligible.
    2. I want to learn how to do tricks like front walkovers, back walkovers, side aerial cartwheels, etc. Great! You should enroll in Tumbling this summer based on the prerequisites listed for each level.
    3. I want to be able to achieve my right and left splits. Great! You should enroll in Stretch and Tone this summer if age eligible.
    4. I want to start taking a new style of dance. Great! Enroll in that new style to try it out and get a leg up for classes in the fall.
2. Abilities are not fixed or dependent on factors out of a dancer's control, rather abilities can be changed and developed.
  1. Through increased effort, hard work, and persistence in class, in rehearsal, and during at home practices dancers can change their level of technique and develop stronger technique! Just like basketball players have daily practice and then also practice dribbling and shooting at home, dancers must also do the same :-)
3. The success of others is not something to be jealous of or something only attainable by others, rather the success of others is an inspiration. It helps us see what is possible, it gives us clues as to what we can aim for and the work that it might involve.
  1. Watch others as they come across the floor and notice what they are doing well.
  2. Listen to positive and corrective feedback given to individual dancers and the group and apply it to yourself.
  3. Chat with dancers who are excelling and ask them for their tips and tricks! It is likely you will be also be able to share "a secret ingredient" with them on something they are struggling with!
4. Goals aren't achieved all at once, they are achieved step by step, by implementing and being accountable for regular training and practice.
  1. Every time you step into dance class or rehearsal set a goal or focus for yourself.
  2. Get together with a classmate to practice or review and then go get frozen yogurt afterwards. You will hold each other accountable for practicing, can help each other, and have fun/build a friendship in the process!
  3. Schedule your practice time at home to hold yourself accountable.
    1. For example, on Mondays you work on turns; on Tuesdays you do some cross training like running/yoga/Pilates; on Wednesdays you work on jumps/leaps; on Thursdays you do a deep stretch; etc.

5. Make progress, not excuses. Dancers need to avoid making excuses when things don't go their way or if their progress isn't as fast as they may like. Rather, take disappointment as a chance to learn and grow, to look at what isn't working and make a plan for progress.
  1. Dance is not like school in the fact that you likely will not move up in all levels every single year. At school you have math class every day, but at dance you likely only take jazz once a week. You shouldn't expect the same level of progress you see in math to happen in jazz because you are not receiving the same amount of instruction and practice time. You can supplement by practicing at home or taking private lessons. These will definitely help you excel at a faster rate!
  2. Communicate with your teacher often asking how you are doing and what you should be working on so you feel informed on your progress and know where you stand.
  
6. The best goals are SMART goals: Specific, Measurable, Attainable, Relevant, and Time Bound.
  1. For example, I will achieve my right and left double pirouette en dehors by May 31st, 2021 by practicing them three times a week.
  2. Or, I will take three master dance classes by December 31st, 2022.
  3. Or, I will increase my stamina by running my three recital dances three times full out daily from May 1st, 2021 through June 13th, 2021.