

How to Survive Audition Cuts

E-Book



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Acknowledge the hurt. They call them *cuts* for a reason.



After hours of waiting through the registration process, learning choreography and practicing it is finally time. They call your number in the group that you will audition in. After a short introduction, the music starts and you dance your heart out for what seems to be a lifetime but in actuality it was 30 – 60 seconds. The first round is finally over. You NAILED it. No No matter if it was freestyle or choreography, you nailed it.

After what seems like a lifetime, The judges come back to announce who made it to the second round. You are dismayed. "Wait, this can't be right? Are you serious? I didn't even make it past the FIRST ROUND???"

What Just Happened?!!!!!!

Auditions cuts hurt for so many reasons. You may have just spent anywhere from 3-12 months preparing for this audition. Spending countless dollars on dance classes, prep classes, and make up. Stretching for hours on end to get your splits and trying countless hairstyles that will still hold after a performance. Staying away from everything you love to eat, like buttered toast, hamburgers, ice cream (oh wait, that could just be me). You get the point, the list goes on and on.

You tell yourself that It's all worth it though because it's audition day and you are ready! Your outfit is on point. Hair and makeup? FLAWLESS.



Or maybe, you made it to semi-finals, or even worse. all the way to finals. Maybe even for the second or third time and it happens. CUTS. They call them "cuts" for a reason. THEY HURT! Just like physical cuts, if we don't tend to them, it can lead to emotional infection and keep us from moving forward.

There is no
shame in this.

1. Acknowledge The Hurt

I know it hurts and can be devastating.
Acknowledge it. Embrace it. Cry and cry and cry if
you need to. Whatever you do, don't act like it
doesn't bother you IF it really does.

Sometimes, the hurt can come in hours or days
later after the shock, and perhaps even anger, of it
all wears off.

Girl, cry every time the audition song comes on if
you need to! YES, you did spend a lot of money,
time and energy preparing for this.

It hurts because you care, and you are passionate
and you wanted to leave it all on the floor. And you
did. Take this time to recover.

Eat that meal that you have been denying yourself
for the last few months. Don't make any
declarations about not trying out again next year.

Time will heal and because this is your dream, you
will want to do it again. You will be ok.



You Are Not Alone

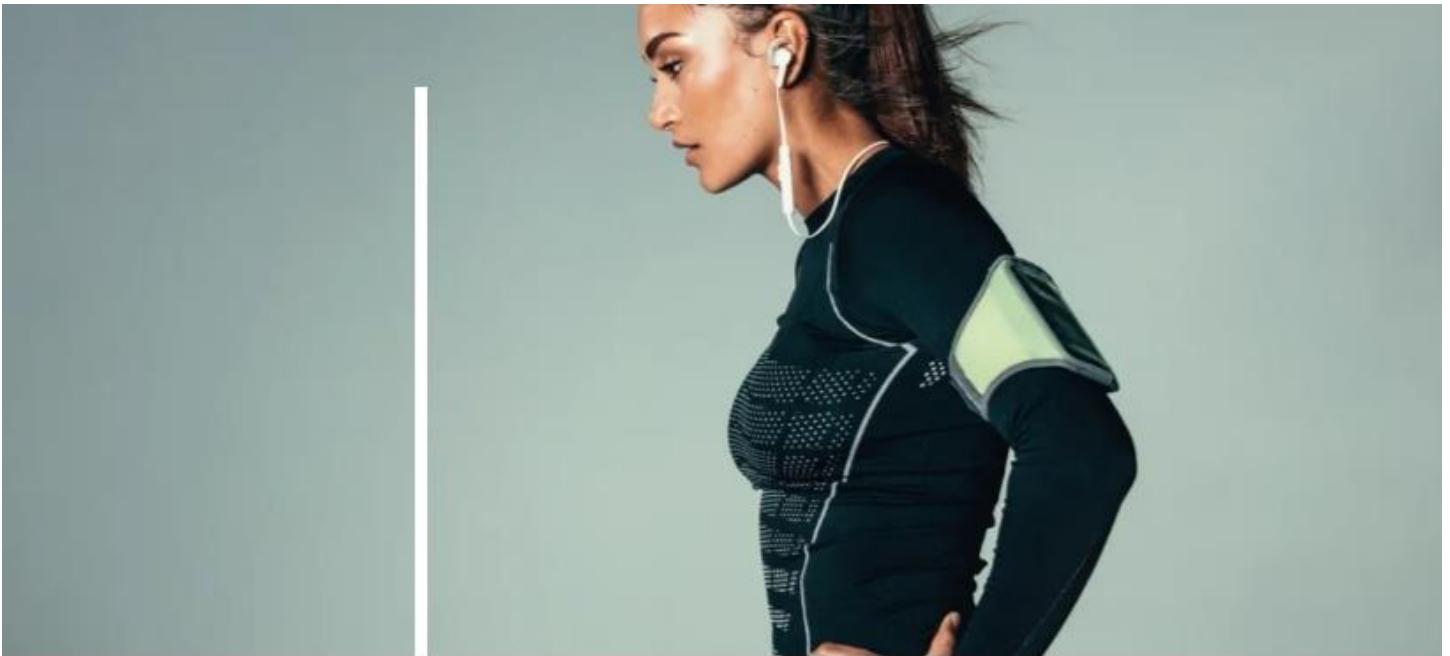
Join us for our next P.I.T.T.E.
(pronounced pity) Party. We will be

**Pulling It Together Through
Encouragement.**

Join others just like you who are trying to
muddle through the hurt.

Register Here:

<https://bit.ly/2YyNai9>



It Won't
Be Easy,
But It Will
be Worth It!

- [Nicole R. Smith Author of
Game On Relentlessly
Pursue Your Dreams](#)

2. Do NOT Take It Personal

Do not take audition cuts personal. The fact of the matter is professional cheerleading is a business. Directors have a tough job of choosing the best team to represent their organization. Believe it or not, sometimes it can be just as difficult for them to cut a candidate. There are only a certain amount of spots on the team. The good thing is, the audition will come around again and they may be looking for something different, and that could be you, but you will never know until you try!

3. Talk It Out

Find someone you trust that you can talk to about how you are feeling. Perhaps a friend that you auditioned with (if they happened to get cut too). Maybe a sibling, parent or significant other. Just talking about it will make you feel better.



"A
Dream
Fulfilled
is
Sweet
to the
Soul"

Proverbs 13:19

4. Remember What You Did RIGHT!

Review the day to look at all you did RIGHT! For one, you actually showed up. So many others get scared and don't even show up. Think of everything that you did right and write it down. Did you show up on time? Were you friendly? Did you nail your single or double? Did you remember the choreography etc. Write down EVERYTHING you did right.

5. Assess Where You Can Do Better

Try to assess where you can do better. If someone recorded the performance, review it and look for areas of improvement. Did you nail your single or double? Was it a clean turn or did you fall out of it? Were your kicks as high as they could be. Did you dance full out? Reach out to the director and ask them for feedback. Some will respond and some will not, but you never know until you try. Perform for your dance instructor who can give you candid feedback. Whatever the case, be honest with yourself, but don't be hard on yourself.



**Inaction is
the
greatest
enemy of
dreams
fulfilled.**

- [Nicole R. Smith Author of
Game On Relentlessly
Pursue Your Dreams](#)

6. Make a Plan to try again next year and be better prepared.

Once you have assessed where you can improve, [make a plan!](#) Take time to plan out how you will improve. Set a realistic goal and more importantly, find an accountability partner to help you stick to the plan. Game Day Prep 365 can help. We can help you develop an easily achievable improvement plan...and more importantly help you stick to it.

[Register Today to get started on the road to your dreams.](#)

Game. On.



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