



**2021 SOAR
Student Handbook**

Live Your Story

SOAR

Welcome to SOAR! We promise this will be an experience like no other. HTEDance is proud to bring you this wonderful retreat designed just for you—the MOTIVATORS of the team.

Whether you were elected to this position by your peers or selected by a panel of judges, your purpose is the same—to keep your team motivated!

During this retreat you will be inspired, trained and prepared to face the year that lies ahead of you. HTEDance will send you home ready to start this year's journey with your team. Through a series of workshops and activities, you will go home with a jump-start on your yearly calendar, gift ideas and many other new ideas that you've shared with fellow "SOARers" or ones you've dreamt up on your own.

We are so excited you've chosen to be a part of SOAR! We are looking forward to a great time.

***“What are you waiting for?
Spread your wings and SOAR!”***

Serving you proudly and excitedly,

The HTEDance Staff





**RISE TO THE OCCASION:
Responsibilities, Bonding,
& Motivation**



Responsibilities

Social Officers Duties and Responsibilities

The duties of social officers can vary greatly from organization to organization. Each program not only has a different name for the motivational unit of its team, but also has different responsibilities.

The main objective of this type of office should be MOTIVATION! Every team, no matter how great or small, needs to stay motivated. With all of the practices, performances and hours given to drill team, members can easily become burned out and not want to continue. Making membership fun and exciting can balance out all of the hard work and help build a stronger sense of unity.

Social Officers have a lot of responsibilities. From Team Recognition to Team Bonding to Team Spirit to Team Parties to Community Service, the list of “to do’s” can be daunting! Listed below are just a sampling of the many duties and responsibilities social officers can have to help promote camaraderie among members of the team. These duties may be done collectively or assigned to an individual person. But, although the list is long, the job is worthwhile and fun! With a little creativity, YOU will get the job DONE!

- Social Activities
- Team Scrapbook
- Motivational Signs/Posters
- Motivational Songs/Poems/Quotes
 - Team Calendar
- Demerit/Merit Keeping
 - Birthdays
 - Bulletin Boards
- Thank You’s/Correspondence
 - Banquet Planning
 - Member of the Week
- Class/Locker Room Decorations
 - Publicity
 - Photographer
 - Fundraisers
 - Chaplain
 - Alumni



Responsibilities

While there are many things to do as a Social Officer, you can break the “to-do’s” down into four Main Categories.

Recognition

Social Officers are in charge of recognizing all the milestones throughout the school year—whether birthdays, academics, etc. Birthdays can be celebrated monthly and then in May, include all of the summer birthdays. Go somewhere fun to celebrate or have a cake or ice cream after a practice. Academic achievement is also important to recognize. It’s hard to keep grades at a high level while still practicing daily! A simple certificate of recognition is always appreciated, or recognize them on your social media pages.

Spirit

Spirit is important as without it, motivation lags! Tokens such as a spirit stick, pencils, stickers, candy, fun messages, etc., help to keep spirit up! This booklet has a page dedicated to specific ideas for spirit “tokens”. Keep in mind that the purpose of spirit tokens is to remind dancers that they are special!

Parties

Parties are the best part of the Social Officers’ job! Before camp season, host a welcome/send-off party. This will begin the team bonding process. Then, include an end-of-the-football-season party, a holiday party, an end-of-competition-season party and end-of-the-year party. Parties can be as simple or elaborate as you wish. Ice cream socials, pizza parties, progressive dinners, swimming, bowling, ice skating or game nights are all easy to pull off yet effective!

Community Service

Giving back to the community is essential. At least one large community service activity should be planned. Whether you are in a rural area or a large city, your community will have plenty of opportunities to serve. Contact a local pediatric hospital and inquire about what they need. Items such as holiday-themed door decorations are always a bright spot for pediatric patients. Or, put together simple makeup bags with manicure items for teenage girls in the hospital. Every city, large or small, has a food bank. Hold a food drive—especially during the “off” season for food pantries such as the spring months. Or, put your dance skills to use and perform at a local nursing home.



Responsibilities

What is My Position?

In your own words, write the definition/description of a “social officer.”

Why are you here and why did you want this position?

How can you benefit your team?

When you think of your team, what are it’s greatest needs?



Bonding

Games for the Journey

A team that plays together...stays together. Playtime is very important in drill team. Sometimes a team can get so wrapped up in working to get the routine perfect, that it forgets the members joined to have some fun, too.

Games are a great way to bond your team. Team bonding is not about learning to like each other; rather, team bonding is about learning to communicate. When teams communicate well, they learn each other's strengths and weaknesses, understand what motivates each other, and ultimately, they find common ground. When a team communicates well, they support each other, discuss disagreements and care for each other.

As you prepare to "get to know your team", make a point to play games that focus on building a strong communication base. Make sure to include everyone: team members, managers, escorts and, of course, your director. She needs to "chill" every once in a while herself. If practice isn't going well, as a social officer, it is your job to nicely and respectfully step up and say: "This isn't working. Can we take a break?" The change may be just what your team needs.

Listed below are a few of HTEDance's favorites to help get you started!

Hug Tag

Tag with a twist! Everyone gets a partner. Separate one pair of partners: one becomes "it," the other is the one who runs. "It" tries to tag her ex-partner before the partner can get a new one. In order to "be safe," the runner must "hug" another person. When she does, that person's partner must now run; and the game continues.

Note: Partnerships must be still, like base. They can not run away from "it" or the runner unless abandoned by their partner. VARIATIONS: Once you've played this way for a while, separate 2 partnerships and have 2 "its" running at a time OR allow partnerships to run as well.

A Human Knot

Have everyone stand in a circle facing each other, shoulder to shoulder. Instruct everyone to put their right hand out and grab a random hand of someone across from them. Then, tell them to put their left hand out and grab another random hand from a different person across the circle. Within a set time limit, the group needs to untangle the knot of arms without releasing their hands. If the group is too large, make multiple smaller circles and have the separate groups compete.

Note: This game is ideal for team building as it relies heavily on good communication and teamwork.



Bonding

Games for the Journey, cont.

The Web Game

This game can be played as either a “get to know you activity” or as a “compliment activity.”

A. “Get to Know You:” Team sits in a circle facing one another. The director or captain starts holding a ball of yarn. She tells a few things about herself. She keeps hold of the end of the string and tosses the ball to a fellow team mate. Continue until everyone has gone. By the end of the game you should have a “web” in the center of the circle.

B. “Compliment:” This version is played in the same manner as above, but giving team compliments instead. The person starting holds the ball of yarn and picks someone to give a compliment to; she then tosses the ball (holding the end) to that person and play continues until everyone has gone.

C. “Ask Anything:” This version is played in the same manner as described, but it allows for questions to be asked and answered. This is especially helpful for new teammates to ask specific questions that usually everyone is wondering! The person starting holds the ball of yarn and picks someone to throw the ball to while holding the end of the yarn. The person catching the ball may ask a question that anyone can answer. Some questions might be: “What is game day like?” OR “How do I manage to get school work done and make all practices?” OR “What happens if I miss practice?”

Imagination Station

This game challenges your team’s creativity and makes them work together! Divide your team into groups, or use your squads. Have each group come up with an item or action to act out. Example: Microwave, running on a treadmill, ceiling fan, etc. The only rules are, your action must move and all members of the group have to be involved in some way!

Truth and Lies

Sit everyone in a circle facing each other. Have each person come up with three facts about themselves and one lie. The lie should be realistic instead of extravagant. Go around the circle and have each person state the three facts and a lie in a random order, without revealing which is the lie. After someone shares, the others must guess which is the lie.

Note: This is a great ice breaker game, especially for new teams. It helps eliminate snap judgements of colleagues, and gives introverts an equal chance to share some facts about themselves.



Bonding

Games for the Journey, cont.

Music Video

This really isn't a game but more of a team bonding project. Divide your team into smaller groups of 5-10 (make certain to have veterans and newbies on the same team). Have them work together to decide upon the music, plan the routine, decide who the teacher will be, and ultimately, create the best music video possible! The team can then watch the videos together. It's a great way to begin the process of learning to work together and also have the opportunity to discuss how the team communicated and what went well (or bad!).

Portraits

Have 2 dancers sit back to back. The dancers describe themselves for the other person to draw. This will result in some interesting "portraits" that will lead to a good discussion about communication.

Show And Tell

It's unfortunate that show and tell is something that ends when you're young. Most people are eager to let others know interesting things about themselves, but not all team members are able to make that happen. Most teams are lopsided, with some members dominating discussion. There are things each person would like to share with the team. Set aside a regular day for "show and tell" and give the next team member on the list the opportunity to bring something in and/or present on a topic—it can be dance related or not!



Bonding

Virtual Bonding

This past year saw lots and lots of changes! Schools closed. Students adapted to on-line learning. Drill Team contests and Spring Shows were cancelled. What wasn't cancelled was your ability to still be a TEAM. How many Zoom dance classes did you attend? How many dance videos did you create? How many Snap Chats were sent to your team mates? YOU and YOUR TEAM MATES still needed each other!

Start TODAY to reach out to your team mates. Reach out to the most senior members, but don't neglect the new ones! You will start the Fall Semester more connected as a team, better prepared to learn and to perform, and better able to communicate with each other. Below are some simple ways to reach out!

Getting to Know You

On the next page is the "Getting to Know You" form. Use it as a template to send out to your team mates. You can also send it out electronically! Use Google Forms or Formsite to create a stunning form that will download everything into a usable spreadsheet!

Photo of Your Life

Have everyone share a special photo of something in their life. It can be a person, a place, an animal, etc. Then, ask each person to share the story behind the photo they shared.

Virtual Games

Many games are available to play on line. Try a virtual charades via Zoom or even Pictionary!



Getting to Know You!

My Name is: _____

Birth Date: _____

I've been dancing since: _____

I'm good at: _____

The best snack is: _____

My favorite candy is: _____

My favorite drink is: _____

When I have free time, I like to: _____

The first item on my bucket list is: _____

My favorite song is: _____

The best movie ever is: _____



Motivation

“Do It Now!”

If you've got a job to do,
Do it now!
If it's one you wish were through,
Do it now!
If you're sure the job's your own,
Don't hem and haw and groan—
Do it now!
Don't put off a bit of work,
Do it now!
It doesn't pay to shirk,
Do it now!
If you want to fill a place
And be useful to the race,
Just get up and take a brace—
Do it now!
Don't linger by the way,
Do it now!
You'll lose if you delay,
Do it now!
If the other fellows wait,
Or postpone until it's late,
You hit up a faster gait—
DO IT NOW!!

-Anonymous



Motivation

“Only”

Only as high as I reach
Can I grow.

Only as far as I seek
Can I go.

Only as deep as I look
Can I see.

Only as much as I dream
Can I be.

-Karen Ravn, Author



Motivation

My Personal Bag of Tricks

List five motivating things that you can do for your team this year:

1. _____
2. _____
3. _____
4. _____
5. _____

List five events you would like to have for your team this year (*ie. Mother/Daughter Tea*):

1. _____
2. _____
3. _____
4. _____
5. _____

List five times a year your team needs motivation (*ie. Mid-football season burnout*):

1. _____
2. _____
3. _____
4. _____
5. _____



Motivation

Spirit Token Ideas

Nail Polish: “Nail the Routine,” “Nail the Competition” or “Polish that Routine!”

Push Pops: “Push Yourself to Do Your Best!”

Nestle Crunch: “It’s Crunch Time—Remember What You’ve Practiced!”

Starburst: “Burst on the Field Like the Star You Are!”

Blow Pop: “Blow the Judges Away!”

Socks: “Knock Their Socks Off!”

Painted Rock: “Good Luck! You Rock!”

A&W Root Beer: “I’m Rootin’ for You because You Are AWesome!”

EXTRA Gum: “You’re EXTRAordinary!”

Simply Orange/Lemonade/Limeade: “You’re SIMPLY the Best!”

Mountain Dew: “SMILE! You will DEW Great!”

Headband: “Practice Hair—DO Care!”





PLANNING TO RISE: Organization



Organization & Planning

Themes, Songs & Traditions

Team Theme

Try to come up with a theme to weave through your entire program. It will not only motivate your team members, but it will also give them a sense of ownership as well. Your theme could be based on your team mascot, a song or anything else you can think of.

Seniority

Believe it or not, establishing a system of seniority can be of great motivation to your team. It will give members with longevity special privileges and new members special incentives to “stick with it.”

Seniority should be based upon the number of years a member has been a part of the organization, not on their grade classification in school. For example, a first-year senior should not have as many privileges as a third-year senior, because the third-year senior has spent many more hours practicing and given much more dedication to the team. Seniority privileges can be anything from getting in line first for food to sitting in front of the stand lines at football games.

Team Lock-in or Game Night

Have a team lock-in towards the first of the year—maybe at the end of summer camp or after the first football game. Use this time to bond your team together. Have each group (either by seniority or squad) be in charge of a special activity. Start new traditions. Make it a night of fun and relaxation.

Some activities might include: playing games, watching the video of your first half-time performance, giving gifts of appreciation to big/lil sisters, singing the team song, enjoying a new members presentation to veterans, incorporating a scavenger hunt, etc.

Team Song

If your team does not have a team song/chant to sing after performances, at the end of practice, etc.-CREATE ONE! Again, this is a great way to give ownership to a team. What better way to end a long, hard practice than singing YOUR song together to reiterate your unity.



Organization & Planning

Themes, Songs & Traditions—Oh My!

Inspirational Song

Find a song to use as part of your theme for the year. It should be uplifting and motivating. Listen to it as often as necessary to remind you: to dig deep within yourself and reach for your dreams; to work together as a team; to cry together; and to refocus. Every year at HTEDance's OTC we use a song. Maybe have your officers bring it home with them and incorporate it into your year.

Alumni Association

If your team does not already have a structured Alumni Association, start one. Start tracing all of the previous members from yearbooks, scrapbooks, composite pictures, school records, etc. This can serve as a great motivation tool for your team as well as a fundraiser.

Host events for your Alumni to attend such as a mixer before or after the Homecoming game. Invite them to spring show and have a mixer then as well. Get them excited about your upcoming events by adding them on Facebook, Twitter and Instagram. Alumni always like to be kept in the loop!

Charge a yearly membership fee and give them incentives to join such as mailing list, newsletter/calendar, mixers/parties, etc. You can use the money to purchase items (with the Alumni Approval) or to start a scholarship, etc.

What a great way to hang on to your organization's history and traditions.



Organization & Planning

Themes, Songs & Traditions

List some possible Team Themes:

1. _____
2. _____
3. _____
4. _____
5. _____

List some possible Team Songs:

1. _____
2. _____
3. _____
4. _____
5. _____



Organization & Planning

It's a Tradition! (And that's not a bad thing!)

Tradition is an important part of excellence. Just as practicing a routine repeatedly achieves the “perfect performance,” handing down a celebrated gift or activity year after year achieves a sense of pride and ownership. Ordinary occurrences can become extraordinary memories by establishing them as traditions. It's fun to go back to your team years after you are gone and see the members carrying on the same sense of excellence that your team members did, by carrying on the traditions.

Listed are just a few of suggested traditions you may like to include in your organization if you don't already.

- | | |
|-----------------------------|---|
| ☆ Family Trees: | Family line from big and little sisters; keep record of them |
| ☆ Hand-me Down Gifts: | Gifts passed down through family tree with members' names |
| ☆ Captain Bear: | Teddy Bear for captain; team tries to capture periodically |
| ☆ Lock-in: | Have a lock-in after first football game for team bonding |
| ☆ Senior Breakfast: | Feed seniors breakfast at last football game, end-of-year, etc. |
| ☆ Team Song: | Write a song for team to sing before/after performances, etc. |
| ☆ Tryout Day Lunch: | Go to lunch or have lunch at someone's house, day of tryouts |
| ☆ Contest Party: | Good luck party before contest to exchange little gifts/notes |
| ☆ Mother/Daughter Tea: | Tea/social for moms and daughters |
| ☆ Daddy/Daughter Breakfast: | Breakfast for dads and daughter |
| ☆ Pass Down Notebook: | Officers and Social Officers notebook of ideas and duties |
| ☆ T-shirts: | Homecoming contests, spring show, big/little sis, etc. |
| ☆ Back to School Party: | Swimming, picnic, etc. to get to know everyone |
| ☆ New Member Initiation: | Fun things to do during camp to train new members |
| ☆ Seniority: | Make seniors feel special and incentives for younger ones |



Organization & Planning

Planning the Year Ahead

“He who makes no plan, is destined to doom.” Benjamin Franklin

What do we have to do?

1. _____
2. _____
3. _____
4. _____
5. _____

What do we want to do?

1. _____
2. _____
3. _____
4. _____
5. _____

What is the most important?

1. _____
2. _____
3. _____
4. _____
5. _____



Organization & Planning

Yearly Calendar of Activities

June	July	August
September	October	November
December	January	February
March	April	May



Organization & Planning

Event Planning Sheet

Event: _____

Occasion/Purpose: _____

Date: _____

Budget: _____

Location: _____

Theme: _____

Person(s) in Charge: _____

Set-up Person(s): _____

Clean-up Person(s): _____

<i>Time Zone</i>	
🕒	Event Date Set _____
🕒	Reservations Made _____
🕒	Invitations Given _____
🕒	Supplies Ordered _____
🕒	Food Arranged _____
🕒	Chaperones _____
🕒	Directions Given _____

Number attending:

- Team _____
- Parents _____
- Escorts/Guards _____
- Administration _____
- Dates/Friends _____
- Other _____

TOTAL: _____

Special Notes:

Supplies/Materials Needed:

- Food/Drinks
- Cups
- Plates
- Napkins
- Silverware
- Decorations
- Music
- Camera
- Gifts
- Special Clothes/Attire
- Manpower/Chaperones
- Other: _____
- Other: _____
- Other: _____





HELPING OTHERS RISE: Outreach



Outreach

Helping Others RISE!

Creating a “perfect picture” for your team is extremely important. Your image is everything: how you recruit members; how to receive invitations to perform; how to be considered role models for your school; and much more.

The following is a list of different ways to create that “perfect picture” for your team. Take these ideas and make them work for you, or come up with a few of your own.

Public Relations

- 🔗 Design a recognizable logo for your team
- 🔗 Have stationary/thank-you cards printed with that logo on it
- 🔗 Give/send team picture to various companies that have sponsored or supported you
- 🔗 Volunteer to make public appearances at business openings, special town festivals, etc.
- 🔗 Host a FREE parents’ night out and baby-sit children
- 🔗 Have a team sign made to hang at football games and other appearances
- 🔗 Have booster club feed opposing drill team and eat together
- 🔗 Complimentary tickets with invitation to springshow for administrators/sponsors

Community Service

- 🔗 Visit policemen, firemen and EMT’s (in uniform/team T-shirt); take snacks, signs, etc.
- 🔗 Host a charity event such as a dance clinic; donate all profits to a charity of your choice
- 🔗 Perform/visit at a local nursing home, hospital, etc.
- 🔗 Volunteer at a local business, town event or charitable organization
- 🔗 Canned food drive, clothing drive, etc. for local charity
- 🔗 Volunteer at a local telethon answering phones

School Relations

- ✍️ Teacher appreciation gifts, notes, breakfast, snacks, etc.
- ✍️ Wear team T-shirt first day of school to help show Freshmen/new students around
- ✍️ Decorate hallway, cafeteria, school bulletin boards, etc. for school spirit
- ✍️ Sponsor a school clean-up day/campaign
- ✍️ Good luck/congratulations gifts, notes or signs to ALL other organizations
- ✍️ Band appreciation day during summer practice (popsicles, water, snacks, etc.)
- ✍️ Visit elementary and middle school campuses: perform, read to them, teach, etc.
- ✍️ Take snacks to school board meeting. Stay and serve.
- ✍️ Decorate other campuses or admin. office’s bulletin boards with motivational theme
- ✍️ Director Appreciation Day
- ✍️ Invite other area drill teams to spring show



Outreach

Don't Forget the Souvenirs!

Summer Camp

- * Hang in There! Uniform Hanger
- * Don't Sweat It! Sweat Towel
- * A Thirst for Perfection Water Jug

Football Season/Contest

- * Don't Flip Out Flip Flops
- * Our Team is Red Hot Red lipstick, Big Red gum, Red Hots
- * We've Got Spirit Spirit Stick filled with candy
- * Sock it to 'Em Socks
- * Survival Kit Kit full of safety pins, bobby pins, etc.

Special Occasions

- * Picture Perfect Picture Frame
- * Just in Case Pillowcase
- * Sweet on You Candy

Opposing Team Gifts

- * Donation in their name to a charity
- * Candy/Cookies
- * Small mirror for makeup bag
- * Cooler of water bottles iced down
- * Virtual "Welcome" – Create a video especially for them

Director Gifts

- * Favorite perfume
- * Gift Certificates
- * Jewelry
- * Flowers
- * Team picture
- * Appreciation Plaque
- * Books

Other Ideas

- * T-shirts
- * Yard Signs
- * Window Decals
- * Photo Albums



Outreach

“OUR CONTRACT”

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____





Remembering Why We Must RISE: Inspiration



Inspiration

“No bird SOARS too high, if he soars with his own wings.”

-William Blake

“Only dreamers can teach us to SOAR.”

-Anne Marie Pierce

“Ability is what you're capable of doing. Motivation determines what you do.

Attitude determines how well you do it.”

-Lou Holtz

“A lot of people have gone farther than they thought they could because someone else thought they could.”

-Zig Ziglar

“Some see things as they are and ask WHY?

Others dream about the way things could be and ask WHY NOT?”

-John F. Kennedy

“To accomplish great things we must not only act but also dream,
not only plan but also believe.”

-Anatole France

“All that is worth cherishing begins in the heart, not the head.”

-Suzanne Chapin

“The best way to cheer yourself is to try to cheer somebody else up.”

-Mark Twain

“Keep your eyes on the stars, and your feet on the ground.”

-Theodore Roosevelt

“If you can laugh together, you can work together.”

-Robert Orben

“We do not remember days, we remember moments.

Make moments worth remembering.”



Inspiration

"Teamwork teaches that each member of the organization must sacrifice for another-for the good of everyone.

-Frank Leahy

"Co-operate...remember the banana. Every time it leaves the bunch, it gets skinned!"

-Anonymous

"Never put your finger on someone's faults, unless it's part of a helping hand."

-Anonymous

"Some people grin and bear it...Others smile and change it!"

-Anonymous

"Some individuals dream of great accomplishments, while others stay awake and do them."

-Anonymous

"Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, vision cleared, ambition inspired and success achieved. Silver is purified in fire and so are we. It is in the most trying times that our real character is shaped and revealed."

-Helen Keller

"One never discloses his own character so clearly as when he describes another's."

-Anonymous

"Don't BELITTLE...Be BIG!"

"Who gossips to you will gossip of you."

"You will play as you practice."



Inspiration

“The life lessons that we hold most dear have come from dance. Dance is storytelling and language; it is a means of expressing emotions both powerful and beautiful.”

-Holly Hatcher-Frazier

“It takes years of preparation, hard work, and diligence to become a dancer, but it also takes a spirit of fun mixed with adventure.”

-Nia Sioux

“Believe that there’s a tomorrow, where no cares if you can’t dance. Believe in the future’s promise, each new day brings a new chance.”

-Wish Belkin

“We dance for laughter, we dance for tears, we dance for madness, we dance for fears, we dance for hopes, we dance for screams, we are the dancers, we create the dreams.”

-Unknown

“But the secret is not to let that one step back turn into a failure. Learn from backward steps and keep on stepping forward in this dance called life!”

-Catherine Pulsifer

“Dancing alone is often easier and certainly less complicated than dancing with someone else, but there is nothing quite so satisfying as creating even one moment of real beauty moving gracefully with another.”

-Oria

*“Dance as if you are alone, and no one will ever see,
As this is your chance, to see what you could be.”*

-Catherine Pulsifer

“Life is the dancer and you are the dance.”

-Eckhart Tolle

“DANCE IS THE HIDDEN LANGUAGE OF THE SOUL.”

-MARTHA GRAHAM



Inspiration

“Opportunity dances with those who are ready on the dance floor.”

-H. Jackson Brown

“THEY DON'T CHOOSE TO DANCE. DANCE HAS CHOSEN THEM.”

-JORDAN MATTER

“Sing with the showers and dance with the flowers.”

-Author Unknown

“To sprinkle special on our ordinary days, we add music. We sing. We dance.”

-Gwen Smith

**“DANCE AND SING TO YOUR MUSIC. EMBRACE YOUR BLESSINGS.
MAKE TODAY WORTH REMEMBERING.”**

-STEVE MARABOLI

**“Don't become a follower, begin to take a chance. Try becoming a dreamer
and create your own dance.”**

-Michelle C. Ustaszewski

“I run on the road long before I dance under the lights.”

-Muhammad Ali

“When you dance, you can enjoy the luxury of being you.”

-Paulo Coelho

“Every day brings a chance for you to draw in a breath, kick off your shoes, and dance.”

-Oprah Winfrey



Inspiration

“To dance is to be out of yourself. Larger, more beautiful, more powerful. This is power, it is glory on earth and it is yours for the taking.”

-Agnes de Mille

“DO IT BIG, DO IT RIGHT, AND DO IT WITH STYLE.”

-FRED ASTAIRE

“Opportunity dances with those already on the dance floor.”

-H. Jackson Brown, Jr.

“THE DANCE IS OVER, THE APPLAUSE SUBSIDED, BUT THE JOY AND FEELING WILL STAY WITH YOU FOREVER.”

-W.M. TORY

“People come to see beauty, and I dance to give it to them.”

-Judith Jamison

“DANCING IS LIKE DREAMING WITH YOUR FEET.”

-CONSTANZE

“Dance is music made visible.”

-George Balanchine

“THE ONE THING THAT YOU HAVE THAT NOBODY ELSE HAS IS YOU. YOUR VOICE, YOUR MIND, YOUR STORY, YOUR VISION. SO WRITE AND DRAW AND BUILD AND PLAY AND DANCE AND LIVE AS ONLY YOU CAN.”

-NEIL GAIMAN

“It takes an athlete to dance, but an artist to be a dancer.”

-Shanna LaFleur



Inspiration

Reputation and Character

The circumstances amid which you live determine your reputation;
The truth you believe determines your character.

Reputation is what you are supposed to be;
Character is what you are.

Reputation is the photograph,
Character is the face.

Reputation is what you have when you come to a new community;
Character is what you have when you go away.

Your reputation is learned in an hour;
Your character may not come to light for a year.

Reputation is made in a moment;
Character is built in a lifetime.

Reputation grows like a mushroom;
Character grows like the oak.

A single newspaper report gives you your reputation;
A life of toil gives you your character.

Reputation makes you rich or makes you poor;
character makes you happy or makes you miserable.

Reputation is what others say about you on your tombstone;
Character is what angels say about you before the throne of God.

-William Davis



Inspiration

Poetry

The Dancer

Time spent practicing,
Hour after hour and day after day—
Eventually pays off.

Determination is one department where she is strong.
Always wanting more and never settling for second best.
Never giving up or compromising.
Can anyone really work this hard?
Everyone can if they want to achieve their dreams and make them
Reality...just ask THE DANCER.

A Dancer's Prayer

*God, please give me creativeness, so that I may explore many new ideas
and areas of my dance.*

*God, please give me endurance, so that I may practice all the hours necessary
to be the best that I can.*

*God, please give me grace, so that I may not stumble at the time
of my performance.*

*Above all, God, please give me strength, so that I may find faith in myself
through my faith in You.*

Drill Team is...

Dancing endlessly.
Rewarding to individuals, as well as the group.
Incredibly tough at times.
Loving to sweat and work your rear end off.
Learning! Not only dances, but how to get along with others.

The power of positive thinking and attitudes.
Exciting experiences day after day.
Always full of surprises.
Making new friends and learning how to work together.



Inspiration

“My Creed”

I would be true,
for there are those who trust me;

I would be pure,
for there are those who care;

I would be strong,
for there is much to suffer;

I would be brave,
for there is much to dare.

I would be friend of all—
the poor—the friendless;

I would be giving
and forget the gift;

I would be humble,
for I know my weakness;

I would look up—and laugh—and love—and lift.

-Howard Arnold Walter



Inspiration

Somebody

Somebody did a golden deed;
Somebody proved a friend in need;
Somebody sang a beautiful song;
Somebody smiled the whole day long;
Somebody thought “’Tis sweet to live;”
Somebody said “I’m glad to give”
Somebody fought a valiant fight;
Somebody live to shield the right;
Was that “somebody” YOU?

