



A TEAM SPORT
By Jacqueline Hill

Dance as a team sport? Absolutely! Even though most people imagine dance as something we experience solo, dance is as intense as many sports and ultimately involves major team work. To create some of the most memorable moments in dance it takes more than one mind, body and heart. This means team work. Working with a choreographer to develop movement even if it is to be performed by a soloist requires team work. To bring the choreographers vision to life the dancer must work with the creator.

Dancers who are fortunate to be surrounded by others of the same dedication level, and who have similar strong desires to be the best, experience team work at its finest. Dancers of all ages can come together to produce some of the finest most professional performances. The audience will experience a totally different sensation while watching a group of dancers who understand the word TEAM. The dancers will also take with them something very special and magical from being on that TEAM. It begins in the dance class, impacts every rehearsal and transforms every performance.

Team work requires dancers to open up to the ideas of others and motivates them to fine tune their skills. Partnering is a great example of teamwork, it is always a “fifty- fifty” venture. Each party involved must pull their weight to execute what is required of them. Working to create lines and movement where the chorus line matches each other perfectly is another great example. The goals of perfection are shared and each dancer comes away from the experience with another important skill.

If you have a child that hasn’t found a team activity to participate in why not try dance? Open up to a performance team that encourages the positives of the team atmosphere. Search out a team that concentrates on enhancing the dancer’s life and performance skills and doesn’t skip over the importance of training. Not just training the body but the mind as well. Find a team that is directed by a motivating coach who offers constructive criticism, leads by example and stresses how important it is to truly function with team spirit. Your dancer will come away with life lessons that will impact their ability to not only be a team member but a team leader!

Watch for the ELITE team work at our upcoming community events!