

Weekly Message Weekly Message



Greetings everyone,
It is hard to believe that it is December and we are just a few weeks away from celebrating Christmas. Many of the students and teachers are preparing for final exams and heading off to snow ski in the mountains, head to the beach for a golden winter tan, or just enjoy family and stay at home (as we do!). I hope that each of you are looking forward to the days ahead.

Here are some thoughts for the day:

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**“Pessimism wilts everything around it.” Michael Levine**  
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“If you break your neck, if you have nothing to eat, if your house is on fire – then you have a problem. Everything else is inconvenient.” Robert Fulgum, writer
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**“If you command wisely, you’ll be obeyed cheerfully.” Thomas Fuller (1608-1661), cleric and writer**  
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“Every one minute you spend in planning will save you at least three minutes in execution.” Crawford Greenwald, business executive
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I have a special poem that was written about dance competitions and inspired by “The Night Before Christmas.” It will give you a different look at heading into contest season after the first of the year. It was written by a die hard dance team mom that loves the thrill of competition. Make sure you have your plans in place for the upcoming 2007 contest season.

Have a fabulous week ahead, and, as always, please *keep in touch*.

*Sincerely,*

*Joyce E. Pennington, Pres. CEO*

*American Dance/Drill Team®*

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## *'Tis the Night Before Competition*

*by Karen Tunnell*

*(Inspired by Joyce Pennington)*

*'Tis the night before competition and all through the city  
Not a creature is stirring. . . . not even a kitty.  
We girls are nestled all snug in our beds  
While visions of trophies dance in our heads.  
Our team bags are packed for the big day tomorrow  
So we have what we need and we won't have to borrow.  
Finally the alarm rings. . . it's 6:00 am!  
We stumble out of bed into light that is dim.  
We put on stage make-up and bright red lipstick.  
Our stomachs are nervous and feel slightly sick.  
With lycra and sequins and lacquered-stiff hair  
We head to the arena, excitement is in the air.  
Other teams arrive looking much more prepared  
While our team walks in trying not to look scared.  
We find our way to the big dressing room  
And begin to change into our first costume.  
The directors tell us to relax and have fun. . . .  
No matter what happens we're still number 1!  
We file to the gym floor all set to perform  
The air is quite chilly although we're quite warm.*

*The captain counts sharply 5-6-7-8  
We hit our position and nervously wait.  
The three pretty judges look up and grin  
Our team is announced and the music begins  
We make every move and we hit every beat.  
We smile at the audience--we're light on our feet!  
Our team is performing exceptionally well  
A dance that would impress even Gussie Nell.  
The music crescendos to our final formation  
And the audience jumps up giving loud adulation.  
We see the proud faces of our mothers and fathers  
sisters, directors, .yes, even little brothers.  
And suddenly the hard work, the hours of rehearsals,  
giving up free time and all the sore muscles  
Are worth it...not because of the shining awards,  
But because the applause is a richer reward.  
Doing our best is the important part.  
No matter who wins...there's a trophy in our heart!*

