

# American Inspiration

Thoughts for today and every day . . .

“You count. You make a difference. You can add to the sum of beauty and joy and love and understanding in the world (for yourself, your family, your friends, your community, however you define it), or you can subtract from those already scarce enough commodities. *What you do matters.*” Vincent Barnett



“Man is not an end but a beginning. We are at the beginning of the second week. We are children of the eighth day.” Thornton Wilder



“If you face squarely into the sunlight, and gaze squarely toward the future, you will find that both your shadow and your failures have fallen behind you.” Vitali Negri



“There is an inner peace nothing can reach, no insult can violate, no corruption can deprave. Hold to that; it is what your childish innocence was and what your adult maturity must become.” Seamus Deane, *Reading in the Dark*

## American Update

Many of you are in the middle of spring show and/or tryouts. So much is going on with your team. This incredible *10 month season* you have seems to never have an end for you and your team. However, it is this time of year as your seniors say farewell at their last performance and you welcome in the rookies to your *fold*, creates an opportunity for a new beginning, fresh ideas and a chance to revitalize your program.

This energy is carried over into summer camps. As you want your officers to jump into the challenge of leadership, it is important for them to be inspired. This is where officer camp plays a vital role. Not only should they be challenged, they should be energized with new ideas and choreography through summer officer camp.

Your team also needs a good foundation. Summer camp is the catalyst to lay that foundation with important fundamentals such as technique, teamwork and learning. This is why it is important for your team to have a solid team camp experience so that this solidarity carries on throughout the year.

Make sure to visit our web site for the many camp options for your team and officers.

[www.DanceADTS.com](http://www.DanceADTS.com)

For those that have completed their contest season, make sure to visit our contest page to see the **2011 Contest Dates** and locations as well as linking to the **Contest Photos** page to see all the new photos we just added from our **2010 National Championship**.

## Inspiration of the Week

### Lessons for Life

1. Give people more than they expect and do it cheerfully.
2. Memorize your favorite poem.
3. Don't believe all you hear, spend all you have or sleep all you want.
4. When you say, "I love you", mean it.
5. When you say, "I'm sorry", look the person in the eye.
6. Be engaged at least six months before you get married.
7. Believe in love at first sight.
8. Never laugh at anyone's dreams.
9. Love deeply and passionately. You might get hurt but it's the only way to live life completely.
10. In disagreements, fight fairly. No name-calling.
11. Don't judge people by their relatives.
12. Talk slowly but think quickly.
13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?"
14. Remember that great love and great achievements involve great risk.
15. Call your mom.
16. Say "*bless you*" when you hear someone sneeze.
17. When you lose, don't lose the lesson.
18. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions.
19. Don't let a little dispute injure a great friendship.
20. When you realize you've made a mistake, take immediate steps
21. Smile when picking up the phone. The caller will hear it in your voice.
22. Marry a man/woman you love to talk to. As you get older, their conversational skills will be as important as any other.
23. Spend some time alone.
24. Open your arms to change, but don't let go of your values.
25. Remember that silence is sometimes the best answer.
26. Read more books and watch less TV.
27. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time.
28. Trust in God but lock your car.
29. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home.
30. In disagreements with loved ones, deal with the current situation. Don't bring up the past.
31. Read between the lines.
32. Share your knowledge. It's a way to achieve immortality.
33. Be gentle with the earth.
34. Pray. There's immeasurable power in it.
35. Never interrupt when you are being flattered.

36. Mind your own business.
37. Don't trust a man/woman who doesn't close his/her eyes when you kiss.
38. Once a year, go someplace you've never been before.
39. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction.
40. Remember that not getting what you want is sometimes a stroke of luck.
41. Learn the rules then break some.
42. Remember that the best relationship is one where your love for each other is greater than your need for each other.
43. Judge your success by what you had to give up in order to get it.
44. Remember that your character is your destiny.
45. Approach love and cooking with reckless abandon.

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This weekly message is generated from:

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**American ★★★★★**

**Dance/Drill Team ★★**

**★★★★★★★★**

*Celebrating over 50 years*

*Established in 1958*

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