

# American Inspiration

## Thoughts for today and every day . . .



√“We are called to be strong companions and clear mirrors to one another, to seek those who reflect with compassion and a keen eye how we are doing, whether we seem centered or off course . . .we need the nourishing company of others to create the circle needed for growth, freedom, and healing.” Wayne Muller

√“The mental and physical space we create by letting go of things that belong in our past gives us the option to fill the space with something new.” Susan Fay West

√“I wonder if the snow loves the trees and fields, that it kisses them so gently? And then it covers them up snug, you know, with a white quilt; and perhaps it says, *Go to sleep, darlings, till the summer comes again.*” Lewis Carroll (*Alice’s Adventures in Wonderland*)

√“Tomorrow is the most important thing in life. Comes into us at midnight very clean. It’s perfect when it arrives, and it puts itself in your hands. It hopes we’ve learned something from yesterday.” John Wayne



## American Update

We have two fabulous contests this weekend in Galveston and San Antonio. Both will be streamed live to our web site on Saturday.

Nationals is just a month away and we already have well over 100 teams registered and the reserved tailgating areas are booked! We will have the Dallas Mavericks Dancers as our guest performance before awards and all three areas will be streamed live to our web site. Hope to see many of you there at this great event! Make sure to visit our web site at [DanceADTS.com](http://DanceADTS.com) for dates and locations of 2013 American Competitions.



## Inspiration of the Week

# 'Twas 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!

This weekly message is generated from:

*Joyce Pennington, Pres. CEO*

**American ★★★★★**  
**Dance/Drill Team ★★**  
**★★★★★★★★★★**

**Celebrating over 50 years**

**Established in 1958**

**800/462-5719 [www.DanceADTS.com](http://www.DanceADTS.com)**

**"When God closes a door, He opens a window."**



**Visit us on [Facebook.com/AmericanDanceDrillTeam](https://www.facebook.com/AmericanDanceDrillTeam)**

*To be removed from the weekly American Inspiration (sent each Wednesday during the school year), simply reply to this e-mail with **Remove** in the subject line. To see past weekly inspirational messages, go to [this page](#) and link to archives page on [The Line Online](#) page on our web site.*