Education Support

American Dance

Training Needs For Your Team

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Nothing can ever replace the instruction from a professional dance educator and director. Spring is the time of year that you select your team and look into planning their training for football season and a full year of performances. On many occasions your officers will be outstanding leaders and clever choreographers but, keep in mind that their lack of experience and expertise cannot match that of an experienced professional. Each team has their own individual needs and many times those needs may vary from year to year. When you are preparing for your summer training program, take the following into consideration:

New Team- Make sure that your new team has a good solid knowledge of basic dance team skills, terminology and technique. First year members might need additional practice time to catch up with the skill level of the returning members. Complete this pre-training before going to summer camp and never attempt for them to learn a routine without any of the basic skills taught to them.

Private Instruction- A young, inexperienced team might strongly consider hiring a professional camp company to send instructors to your school for a private camp and take the time needed to teach the basic dance skills and bring material properly suited to your team's personal style and ability level. Seek help from a reputable camp company that has skilled dance staff and you will receive the benefit of the choreography style of many choreographers and not just one.

Camp- An established team needs the exposure of observing other teams and being challenged by good, professional choreography. Select a camp that will be the most educational and beneficial for your team. Style, instructional staff, administrative staff, reputation and facilities all play an important role in your selection of camp companies.

Summer Practice- Treat rehearsals as "business" and much more can be accomplished in less time. Meet with your officers after camp and before summer

practice to decide on the routines to be taught for football season. Each routine should be analyzed, adapted and ready to be taught before practice time comes. During your week or two of summer boot camp, have a schedule and stick to it. Review each routine for pep rallies, football and basketball that was learned at camp. This will lighten your load after school begins, especially since many school districts regulate weekly rehearsal time.

Creative Resources- Never limit your sources for new and creative material. Watch television, movies, musicals and share these ideas with your officers or choreographer. You do not have to be a professional dancer to have a creative imagination. Utilize the various dance intensives in the off season that can stimulate innovative styles into your choreography. Throughout the year call in a special instructor to give a stretch class, aerobics, jazz workshop, tap workshop, etc. Never limit yourself to only a single source. The sky is the limit! This variety will add new dimensions to your team that will be motivating and show dramatic improvements.

In conclusion, good planning and strong professional training can only formulate a successful season of performances for your team. Take the time to plan ahead now for a successful future.