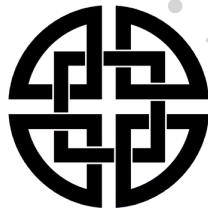


STUDIO VIA - SCHOOL OF DANCE

DANCE PARENT 101

Tips, Ideas, Lessons and Coaching



STUDIOVIA
School of Dance

WEEK 2: WORK ETHIC

COVENANT:

We have a strong work ethic and accept full responsibility for our own fate. We are willing to submit ourselves to physically demanding work and reject the idea that forces outside our control determine our results!

QUOTE:

"A little progress each day leads to BIG results."

IN THE CLASSROOM:

This week we will talk about the importance of work ethic in dance. Dance progress is very slow. You work for hours to get your splits an inch further. You work for weeks to get your leap an inch higher. You work in every rehearsal to be a little more precise with every movement. There are so many styles and techniques when it comes to dance, it can feel overwhelming. To continue to progress in dance you must be present in every stretch, movement and exercise. You have to be able to acknowledge daily little successes to stay motivated. You also have to put in practice outside the classroom to improve your technical weaknesses.

AT HOME EXTENSION:

Just like any activity or skill, at home practice is very important to allow for consistent and intentional improvement. A child can't improve their musical skills by going to band rehearsal 1x week. A child can't improve in math by going to a math class 1x per week. Dancers will learn new steps and skills in their classes each week, but without intentional practice on the "hard stuff" their improvement will plateau.

Encourage your dancer to create a plan and schedule for at home intentional practice to improve their skills! Young dancers like to practice what they are good at because it makes them feel good, so encourage them to identify their weaknesses and practice the "hard stuff".



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DANCE GOAL IDEAS

LEVEL 1 - LEVEL 2:

Teach young dancers the importance of setting time aside a few times each week to "practice". This will teach a young dancer's brain the importance of a routine and intentional choices. You can add it to a chore chart or make their own dance practice chart to check off each week with fun stickers. Getting dancers in the habit and mindset the practice outside the classroom will build a strong work ethic as they get older.

Their "practice" should be done through play but identify it as "time for dance practice". Play creative movement games like freeze dance, ribbon dance or just let them dance to their favorite songs. They can play "dance teacher" and hold their own class with the siblings or stuffed animals. Putting on old dance costumes and playing "recital" and have them put on a performance will also allow them to work on the creative movement. The content doesn't matter as much as the fact they are finding a weekly routine outside of the dance studio.

Dancers in Level 2 can start being more intentional about repeating their french terminology and working on steps they find tricky in both ballet and tap. As we get closer to recital, practicing recital dances and working on memory are also going to build their confidence and experience on stage.

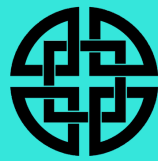
LEVEL 3 - COMPANY:

Dancers in the middle and higher levels of dance training will be able to identify their weaknesses. Dancers should create a "routine" that they do a few times a week either in the morning or an night. These routines should focus on detailed refinement of their flexibility, strength and balance. When these 3 building blocks of movement improve, so will their skill execution. (If a dancer's splits aren't flat they can practice leaping for hours but in wont improve. They must first take a step back and get the range in their hips before the skill coordination can be practiced.)

EXAMPLE:

- 5 minutes of foot stretches and thera-band exercises for feet and ankles
- 5 minutes of focused stretches on tight joints (a few hamstring stretches, hip flexors and back)
- 2 minute ab routine
- Hold each of their splits for 1 minute
- 5 minutes of a few focused strengthening exercises (gluts, external rotators, hip flexors)
- 5 minutes of balance training (passe on pillow and close eyes)
- 5 minutes of skill specific training

Within this routine create a measurable goal to help them see progress. (Ex. Do routine 3x per week for 4 weeks, Flat splits, balance for measurable amount of time, toes to touch floor when pointed)



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WHY & HOW TO HELP CHILDREN SET EFFECTIVE GOALS

You can help your child learn the skill of goal-setting, which is critical for developing grit and just simply getting what you want out of life.

Other reasons WHY your child should learn goal-setting include:

- It teaches responsibility for their own behaviors and learning
- It promotes a "can-do" attitude because they are in control of their success
- It forms a powerful lifelong habit enjoying working for things.

So how can you teach children to set effective goals-and actually follow through?

An effective goal must be reasonably within reach. It should be neither too challenging nor too easy. And your child must be able to sustain their motivation for an extended period of time.

One way to achieve this is to help your child break their big, long-term goal into more manageable short-term steps.

Havard psychologist Amy Cuddy explains that people often fail to reach their goals because the goals they have set are too massive and unrealistic. These people focus too much on the outcome and not enough on the process. Instead, it can be helpful to set a string of small, incrementally more challenging goals.

Lastly, make it fun. Create a dance chart with stickers so they can "see" their progress of committing to a process. When they reach a goal make sure your reflect with them on how it makes them feel and to remember that feeling when they set their next goal.



GOAL SETTING



Areas for improvement in dance:

My Dance Goal:

My Routine To Improve:

				minutes
				minutes
				minutes
				minutes
				minutes
				minutes
				minutes
				minutes

