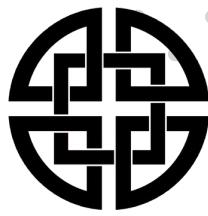


STUDIO VIA - SCHOOL OF DANCE

DANCE PARENT 101

Tips, Ideas, Lessons and Coaching



STUDIOVIA
School of Dance

WEEK 1: RESPECT

COVENANT:

We seek RESPECT, not attention. We show we respect ourselves, our teammates, our teachers, our studio, and our art through our actions and our words.

QUOTE:

“Respect for ourselves guides our morals, respect for others guides our manners”

IN THE CLASSROOM:

This week we are going to talk about classroom rules and expectations. Rather than telling the kids what the rules are, we are also going to talk about why rules are in place. These rules are in place to make sure everyone gets the respect they deserve! We will talk about self respect, respect for authority, respect for space, respect for peers and respect for the art of dance.

AT HOME EXTENSION:

Introducing GROTH MINDSET! When I opened Studio VIA 14 years ago I came across some really amazing coaching books by Bruce Brown. As the owner of Proactive Coaching, he is hired to speak with athletes at D1 schools, NFL, Olympians and employees of Fortune 500 companies. The basis of his coaching is teaching and instilling Intentional Character Based Team Culture. A few years later I came across “Growth Mindset” that was getting taught by some teachers in schools. After reading a few books and journals I found that the root of these two systems were very similar and based in INTENTIONAL CHARACTER AND TEAM CULTURE.

As a Studio Owner and dance teacher I have come in contact with thousands of children. Studio VIA’s “why” is not dance tricks and plastic trophies. Character lessons intentionally taught will be the teacher’s best legacy. This is why I created the Studio VIA covenants. I found when I took a few minutes each week to introduce a value to the dancers as their intention for the class, the entire feeling of the class was more positive, motivated and the dancers were more present and hard working.

As a dance parent, encourage and correct your dancer when you notice a negative mindset. Find those moments when you can relate their behavior to a form of respect and use the idea of respecting everyone as a REASON for the positive behavior and not just “because I said so”.

One dancer of character improves your class – one class of character changes your studio – one studio of character impacts your community. A teacher of significance can impact generations. It all begins and ends with a strong dance family.

HOW DANCERS SHOW RESPECT

RESPECT THE ART OF DANCE

- Dress in your leotard, tights, dance shoes with hair pulled back neatly.
- Give your skills time and effort to develop
- Review choreography and practice

RESPECT YOUR TEACHER

- Showing up to class before it begins so you are ready shows you respect their time.
- Listening to them show you respect their knowledge
- Saying 'Thank You' shows you are grateful for their willingness to help you improve.
- Maintain eye contact, pay attention to your body language and do not talk

RESPECT YOUR FELLOW DANCERS

- Respect everyone's learning journey by always supporting others and lift each other up.
- Do not distract other dancers with disrespectful behavior. Seek respect; not attention.
- Respect each other's personal space while moving around the room.

RESPECT YOUR PARENTS

- Respect your parents commitment to your dreams and passions.
- Many kids never get the opportunity to take class so be grateful.
- Dance is a financial commitment and time commitment for your parents as well.
- Be thankful your parents find transportation to and from class

RESPECT YOUR STUDIO

- Do not be destructive to the studio property that has been provided for you
- Pick up after yourself and leave the space like you found it.
- Support your studio culture and teachers decisions

RESPECT YOURSELF

- Put in your best effort in every class with a desire to improve.
- Be prepared for class and warm up properly.
- Speak kindly to yourself with positive, encouraging thoughts.

RESPECT

