

Dance Team: two words that have changed my life forever. Being a part of a high school dance team was always a goal of mine growing up. I distinctly remember going to a Lake Conference meet in eighth grade and thinking that I wanted to be like them. Sure enough, I would get to “be like them” but little did I know what a privilege that would be.



Being a part of EPDT has been better than I could have ever imagined. It has taught me hard work, dedication, time management skills, and how to be a part of a team. I am a firm believer that dance team makes me a better student because of my crazy schedule and how it encourages me to be on top of things. Another motivator for my academics is that I need to be a good role model for the younger grades and be someone they can look up to. I have learned how to lead and how to push myself mentally, physically, and emotionally. I have also gained confidence, public speaking skills, and the ability to work with different kinds of people because of this program. EPDT has also given me the opportunity to be a mentor. Being the youngest child, I have always wanted a younger sibling and dance team has given me so many amazing “little sisters” to fill that void in my life. I have had the privilege of being involved in their lives, advising them, and helping them learn and grow in the trying times of high school. I have learned so much about life from my teammates: how to be a fighter, be strong, to lead, to be a good example, and what it means to be a true teammate. Every day I am constantly inspired and motivated by my teammates. I truly wouldn’t be the person I am today without knowing them, they have all influenced my life in some way and I couldn’t imagine my life without them.

Not only am I blessed with amazing teammates but amazing coaches as well. My coaches have come to be some of the most important and influential people in my life. They not only care about me as a dancer but as a person too, they consistently take time out of their day to ask me how I am and make sure I am ok, something I will never forget. They are all such great role models for me as they are successful, strong, positive, encouraging, caring, and exude true character. Everyday I try to emanate them and can only hope to possess all of their amazing qualities.

I could write pages about how much this sport, art, and team mean to me but I will leave it at this: dance team is something that outsiders don't understand because we truly share every emotion with each other, giving us a connection like nothing else in life.