

Dance team has been more than just a sport in my life the past five years, it has taught me how to be determined and has brought incredible people into my life that have shaped me in important ways. Coming into my first year on the Chaska High School Dance team, I was a mature 8th grader but I had little experience with leading a group of people. As years went past, I gained more experience and found my niche of leadership. By the time I was a senior, I was named captain which allowed me to improve on my communication, organization and “team first” characteristics, all are important for achieving goals for the future. Since our team had around 24 members, our coaches are unable to work with each girl one on one. This is why captains play a crucial role in our program. We are often the connection between the coaches and our teammates. Dance has also been extremely influential in my life because of the friends and relationships I was able to build throughout each season. These girls are my “sisters in sweat” because of the hours we spend together all for one goal: success and accomplishment. These relationships are incredible that you can’t create with most peers at school. Dance has also strengthened my relationships with my coaches because of how much they do for our team and the support they give us each and every day. Throughout my five years building these relationships I have learned to trust and put faith in others. Being a perfectionist, I have learned valuable skills like adapting, humility, self-confidence and perseverance through various challenges. Dance has taught me to believe in myself and the teammates around me.



Although dance has positively impacted me, it has also exposed me to tough times that have ultimately made me stronger and a better person. In order to be a successful team you must include similar skilled dancers, synchronization and precision are important. That doesn’t occur naturally. Coaches can be critical and expect a lot from us as dancers. Dance has taught me to be mentally strong and to learn how to deal with criticism. Over my years, I have become grateful for this criticism because it means my coaches believe I can grow more and want the best for me. Not many people look at constructive criticism in a positive way. But I will take this outlook on handling criticism with me for the rest of my life. Being able to understand how to deal with struggle and learn from my mistakes will help me in all aspects of life, not just dance. Lastly, dance has taught me to be disciplined and work hard while striving for my goals. Knowing I can feel personal satisfaction, no matter what the team accomplishes.

I will be forever grateful for having dance in my life and the influences and lessons it has taught me in order to better myself. I will take these characteristics and experiences with me in my future.