



Dance is a passion of mine like no other. The inspiring and fervent energy I feel when I'm dancing is an indescribable force. From the age of two, wearing tutus and tiaras, to sixteen years later, as the Captain of the Wayzata Dance Team, the fascination for dance - and all elements within it - still burns inside me. Dance team combines athleticism, beauty, passion, belonging, and drive all into one inspiring sport. My time spent on the Wayzata Dance Team has contributed an extreme amount of happiness and joy into my life every day, and it has impacted me in more ways than I can even recognize.

Dedication, perseverance, leadership, confidence and teamwork are just a few of the values that I learned through high school dance. I am so thankful that I was able to spend my high school years with such a tight knit group of girls. Trojets is so much more than just a team; the culture built each year is really something to admire. The coaches and fellow dancers want each and every one of us to excel and reach our potential as a team; this creates such a trusting and encouraging environment. I am grateful for every moment I spent with my team.

The collaborative nature of this sport allowed me to gain experiences of teamwork, working toward the improvement and success of fellow dancers, and opened up vast opportunities for me in leadership and choreographic design, concept, and execution. Our team faced a major setback my freshman year at the state meet, when our team protested another team's choreography. This event was highly criticized in the media for months following. I vowed to myself and my coaches to be a positive light and force in our team moving forward to overcome the negative views of this situation by the community. I am constantly giving out encouragement and helping other dancers, promoting team spirit, and congratulating and cheering on our competitors, all for the pure love of the sport. I am a strong representative of dance and through my attitude, team spirit, and enthusiasm, I feel that I have positively shown the dance community's true spirit.

Because dance has been a large part of my life, I am not ready to let my passion go after high school. My plan is to pursue both of my interests in dance and the human body via a double major in both Dance and Biology at the University of Wisconsin-Madison. I see myself continuing on to medical school and serving dancers through sports medicine. I am fascinated by the work of the Minnesota Dance Medicine Foundation. My dream would be to serve the dance community as a medical professional that effectively treats dancers in a holistic way through wellness training and injury recovery.