



*Breanna Hess*

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Dance team was an essential part of my high school experience. Without it, I wouldn't have learned all that I know today, or have met many of my best friends. The people you're with shape who you are. My teammates taught me to persevere no matter what and to conquer your goals. Not only did my teammates teach me these crucial lessons, but the sport itself did as well.

Joining the dance team was hands down the best decision I've made in my life thus far. As a struggling middle schooler, I hadn't yet found a group of friends or a place to belong other than my dance studio- from which none of the girls attended my school. Dance team became my life, something I could put all of my energy and heart into. My teammates and coaches became my family, the people who are there for you through the rollercoaster of life. Being with them so often, I learned so much about others and myself. I learned that; I like order and things to be organized, I love leading, and I am an overall dedicated and determined person. When I became a junior captain my leadership qualities rose to the occasion, as did my confidence. I was comfortable with my teammates who are the sisters I've never had. I am so thankful that they provided such a warm and safe environment for me to grow as a person and dancer. Just knowing who I am and being sure of myself has made my life so much more enjoyable. I have gotten to know new people and have come out of my comfort zone to create more unforgettable memories.

During the dance team season, I was always the most motivated to achieve. Much of my time was spent at practice or doing something dance team related. Due to such little time but with so many things to do, I became very efficient. I never procrastinated during the season and had lists wherever my eye would catch. Because my team is and always has been very academically focused, they pushed me to achieve as high as they did. While on the team, we never had a problem with girls partying because our goals for the future- for the team and for ourselves- were always being considered. Next year I plan on studying Biology, Society, Environment at the University of Minnesota, Twin Cities on the pre-dental track. I aspire to go to dental school and begin my own orthodontics practice. I plan on always making challenging goals and accomplishing them in the future. The positive and motivating nature of my team has helped me to succeed academically and on the dance floor.

Looking back on my four years confirms all that I know to be true about dance team; it is a great and irreplaceable experience that helps dancers learn more about themselves and others before going into the real world. Thank you, MADT, for making these experiences possible.