

The Benefits of Recital - Working Toward a Goal

The recital may seem far away right now, but months of preparation are needed to make sure every dancer is as ready and prepared as they can be. Just as football teams must practice for months before the Super Bowl, dancers must practice for months before the recital!

The time required for recital preparation helps teach our students how to intentionally work towards a goal—a goal they can take personal pride in achieving. Some dancers may also be reaching for individual goals, such as improving on a specific step in the choreography or dancing with more poise and confidence than they did last year.

So, what are some of the ways our students are working toward their goals?

Memorization

As soon as we begin learning choreography in class, each dancer is beginning to develop their memorization skills, both in their mind and their muscles! Our instructors are also continually offering corrections and adjustments for the dancers to apply, which helps each student fine-tune their individual parts in their dance.

Cleaning

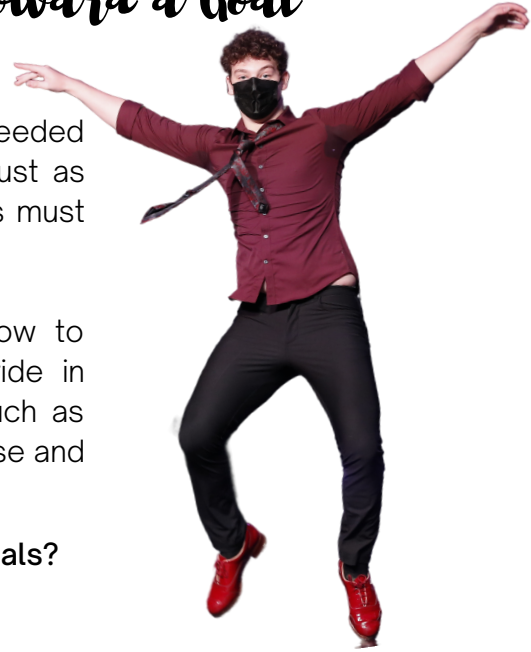
Once the full routine has been taught, cleaning the choreography begins. This is a simple way to say that our teachers will be helping dancers improve their routine by practicing the recital dance many times, making corrections and fixes to make it stronger and more polished with every run-through. This process makes it possible for dancers to feel confident performing and executing their choreography, which in turn makes the goal feel truly achievable!

Practice

With the outcome of their recital performance in mind, many dancers also take it upon themselves to practice at home. This is highly encouraged. Others write down their corrections from class in a journal, so they can remind themselves what to work on between classes. And still, others spend time building up their mindset, using positive self-talk and affirmations to strengthen the belief that they can accomplish the goal they've set.

Perseverance

What's extra-awesome about working toward the goal of recital is that it's a long-term goal and can't be met with immediate gratification. Through dance, your child is learning about the "compound effect" and how small efforts over long periods of time contribute greatly to success. This lesson is going to benefit them time and time again as they set and work toward new goals.



Even our youngest dancers are beginning to understand what it means to work toward a goal. Although they are still developing their sense of time, the seeds are planted for them to know that we are practicing with a special event and goal in mind ... one where they'll get to show off everything they've learned in front of friends and loved ones!

Performing in the recital, after all of the preparations and hard work in the classroom, is the ultimate example of goal achievement. Your child will experience the incredible thrill of personal and group achievement once the performance is complete!