Dancer motivation. Camp staff share from the heart!



Don't take any moment for granted! It goes by fast, so live every single second up!

- Mariah Champ

Every time you perform, dedicate the routine to someone or something different - it helps get your mind off of your tiredness and motivates you to do a genuine performance!

- Samantha Maroney

Always find what you appreciate about your teammates and focus on that. With so many personalities and traits, it is so easy to find all the things you might not like about everyone. If we always focus on the things we don't like, it will set the team up for failure. It's all in the power of the positive.

Sara Konop

"Beautiful things happen when you distance yourself from negativity." Let that guide you through your years as a dancer. - Ellen Witte

Some people want it to happen, some wish it would happen, others make it happen

- Michael Jordan

You only live once, but if you do it right, once is enough.

- Jessica Mahr

Dance for vourself and don't

-Marissa Vandanacker

Dance BIGGER than you think is necessary. I like to think: if a judge were watching me at this very moment, what score would I get? Would I be representing the entire dance well in that very moment?

- Christina Hamari

let anyone else's opinions or attitudes affect how you use your talent and how it makes vou feel. Dance is an individual gift. As soon as I learned to dance for myself, I found myself enjoying it much more.

...respect and take care of your body. You only get one.

Communication is the key to participating on a competitive dance team. Age and experience should not be an issue. Collaborative communication between more experienced dancers and younger dancers is integral. As dancers, we are excellent nonverbal communicators. However, we need to remember that our voices work just as well.

-Kayla Tanberg

Just have fun. Live in the moments for they will pass by fast. - Jenna Dorn

Enjoy the special years of being on a TEAM. Working together with some of your greatest friends towards one goal is incredible!

Never hold back. Be fully confident in yourself and you will find your ability and confidence levels will get better and far exceed any expectations and goals you or others have for you.

- Brittney Schubert