

ONE DANCE FAMILY.

COMPETITIVE DANCE FAMILY MEETING

Friday, November 6 • 6:30–7:30 pm

Team Check-in.

A chance to celebrate, get aligned and ask questions.

Progress & Goals - Moving into preparation season!

Studio Standards

Competition Season

Teachers' Corner

Questions?

PROGRESS & GOALS

Look at what we're building!

Almost two months in — and there is so much to celebrate!



Putting in the time, energy and effort.



New skills. Stronger technique. More confidence.

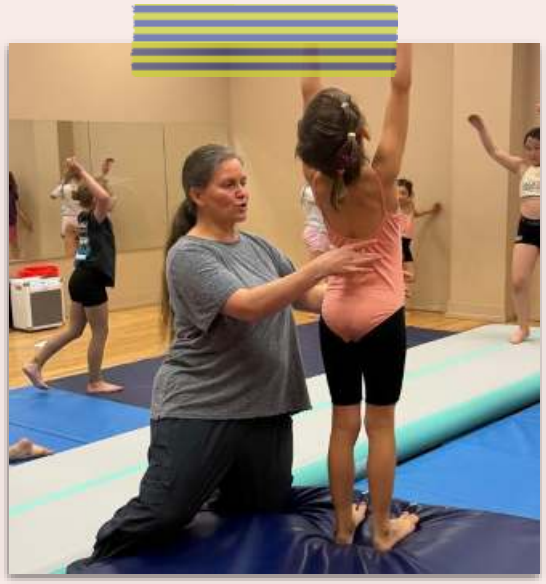


Friendships, teamwork and a shared goal.

PROGRESS & GOALS

Progress, not perfection.

Great dancers aren't made overnight. They're built one class at a time.



BE COACHABLE

Listen. Apply feedback. Keep trying.



TRAIN WITH PURPOSE

Make every class count.



GROW TOGETHER

Encourage and inspire each other.

STUDIO EXPECTATIONS

Come ready to dance.

Ready before the music starts. The little things make a big difference.
Good preparation makes great training possible.

01 HAIR & ATTIRE

- Be on time, dressed, and ready to dance
- Come early if you need to do your hair
- You don't need a perfect bun, ***but*** it needs to be out of your face
- Wear the proper attire and dance shoes for each class

02 PACK YOUR ESSENTIALS

- Dance shoes
- Water bottle
- Come prepared so we can spend more time dancing and less time looking for things.

03 TAKE CARE OF OUR SPACE

- Outdoor shoes and boots in the lobby cubbies.
- Bags and jackets put away neatly.
- Help keep our studio clean, dry and safe, especially in winter!

04 KNOW YOUR SPACES

- Studios are for dancing
- Change rooms are for snacks and breaks
- The lobby is for parents.

STUDIO EXPECTATIONS / CLASS ETIQUETTE

Make every class count.

How we practice is how we perform. The habits you build in class become the confidence you bring to the stage. Every class is a chance to build technique, confidence and good habits. We're in full preparation mode!

01 BE PRESENT

- Listen when teachers are speaking
- Stay focused
- Keep conversations on-topic and save the after-school stories for break time!

02 RESPECT CLASS TIME

- Be punctual and ready
- If you're late, join quietly
- Raise your hand, ask before leaving the studio
- Be mindful of everyone else's learning time

03 WELCOME CORRECTIONS

- Corrections mean we care!
- Listen, try again, and apply what you've learned.
- That's how we improve.

04 PRACTICE WITH PURPOSE

- Repeat skills until they become second nature.
- Focus on proper technique, precision and control.
- Build strong habits now so you can dance with confidence and freedom on stage!

COMPETITION ETIQUETTE

Your presence matters.

Every dancer makes a difference. Competitive dance is a team commitment.
What each of us brings to class affects the whole group.

01 SHOW UP FOR YOUR TEAM

Attendance matters! Our choreography depends on everyone. Every rehearsal helps us build timing, spacing, confidence and teamwork.

02 COMMUNICATE EARLY

Life happens, and we understand! If you can't make class or rehearsal, please let us know as early as possible so we can plan.

03 LEAD BY EXAMPLE

Our experienced dancers help set the tone for our newer dancers. Show them what BHoD is all about through your attitude, effort and kindness.

04 TAKE PRIDE IN THE PROCESS

We're not training just to win medals. We're training to be strong, prepared and proud of what we put on stage. The work we do now makes that possible!

We don't expect perfection. We expect effort, commitment and a willingness to grow.

COMPETITION MINDSET

A word about competitions

Competition season is coming, and everything we're working on now is preparing us for the stage!



Our goal is to perform, not just to win. Competitions are our chance to share what we've learned, how hard we've worked, and how much we love to dance.

Preparation makes the difference. The discipline, technique and effort we put into training now will show in our performances.

We believe in you! We have every confidence that you'll do well. But medals and scores don't define our success.

What matters most? Giving your best, enjoying the experience, and being proud of what you've put on stage.

COMPETITION MINDSET

Dance your heart out.

You've put in the work. Now it's your chance to share what you love!



TRUST YOUR TRAINING

You've practised, you've prepared. Believe in what you've learned.

BUTTERFLIES ARE NORMAL

It's okay to be nervous! Take a breath, find your focus and go for it.



GO WITH THE FLOW

Mistakes happen! Keep going, stay in the moment and enjoy the experience.

BE PROUD OF YOURSELF

Give your best, share your love of dance and celebrate how far you've come.

We are so proud of who *you* are, not what you can win!

A WORD FROM OUR TEACHERS.

What's going well?

What are we working toward?

What do you want every dancer to remember?

Your voice matters.

We’re listening, and no question is too small!

01 What are you most excited about?

02 What do you think makes a great teammate?

03 What are you nervous or unsure about?

04 What’s one goal you have this season?




BE KIND.
BE PREPARED.
BE RESPECTFUL.
GIVE YOUR BEST.
YOU ARE AMAZING!