



## **TIMELINE**

### ***Preparing for Competition***

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**A month before:** Choreography should be completed and your dancers should feel relatively comfortable executing the material. It's time to clean! First things first: break things down. Spend time during practice going through each section slowly. Pick a few eight-counts and be sure to clarify body placement for each count. Drill sections, especially technical elements, in groups so that your dancers can critique one another. In addition to cleaning, now's the time to build stamina. Consider beginning practices with running and conditioning to increase overall strength.

**The week before & the week of:** After beginning practices with conditioning, it will be to your benefit to make drilling technical elements a priority. Assuming everyone is comfortable when it comes to execution, work more on perfecting the synchronization of turns and other difficult technical elements. Make sure that you are running the entire routine multiple times in a row so your dancers are capable of keeping the same energy they had when the music started until they hit their ending pose.

**The day before:** Relax. Take time out of practice to have your dancers sit in a circle and listen to the music. Have them envision themselves executing the most perfect performance and have them think about the feeling that they wish to portray through the dance. Practice how you plan to have the dancers walk onto the competition floor and be sure the opening formation is perfect. Finally, you may want to have your dancers practice in costume to eliminate any mishaps. Remember to give your dancers all of the details for competition day such as: where to go, when to arrive, whether or not to arrive in costume with hair and make-up finished, approximate performance time, etc. It is usually helpful to inform the parents of all of this as well. Remind your dancers to get plenty of rest that night.

**The day of:** Be sure that your dancers eat a healthy meal and hydrate themselves throughout the day. Spend more time than usual stretching and practice dance sections and technical elements that your team has been focusing on up until now. When you walk into the competition venue keep your shoulders back and head held high. Remember to smile and leave everything on the floor and be proud of the performance regardless of the results!