



# DANCE FOR ATHLETES

## I-IV

*"It takes an athlete to dance, but an artist to be a dancer."* -Shanna Lefleur

**Ms. Matthews | F122 (A days)**

[ammattthews@aacps.org](mailto:ammattthews@aacps.org)

### **In this class, we will:**

- ★ Study 3-4 different dance styles (ballet, modern, jazz, choreography)
- ★ relate performance and dance movement to athletic performance
- ★ Prepare for your MANDATORY performance in the Arundel Dance Concert
- ★ Learn movement characteristics and skills in ballet, modern, jazz, and tap
- ★ work on improving problem areas that may hinder athletic movement
- ★ Compare and contrast dance and athletic movement
- ★ Improve strength, flexibility, performance, and creativity
- ★ Practice, practice, practice!

### **How to be successful in Dance for Athletes**

- ★ Dress for class/movement EVERY DAY!
- ★ Try new things
- ★ Think of dance as a way to help you in your sport(s)
- ★ Don't be a distraction!
- ★ NO PHONES! (unless requested by Ms. Matthews)

### **How can I help YOU be successful?**

- ★ Keep attendance and call home when necessary
- ★ Keep the music and pace of class both fun and appropriate
- ★ Teach you important dance knowledge and vocabulary
- ★ Demonstrate and give feedback
- ★ Help you use dance skills to improve athletic ability
- ★ Assess and critique
- ★ Be patient and kind!

**MARK YOUR CALENDARS! SEND YOUR INVITES!**

**Winter Dance Concert: Thursday, January 10th, 2018 @ 7pm**

**Spring Dance Concert: Thursday, May 3rd 2018 @ 7pm**

*\*snow dates will be the FOLLOWING day if necessary!*



