

At VPD, we believe that every child can succeed at dance! And one of the ways we love encouraging this success is with our teams. You might have wondered if being on a team at VPD is right for your child ... well, wonder no more, because this blog post is ALL about the benefits of our teams!

Our team students are not just becoming more skilled at dance; they are developing the character qualities that will serve them for their whole lives. We strive to develop each team member's personal growth, in addition to their dance skills. As a member of one of our teams, your child will become more in tune with both their personal strengths and growth areas. In our experience, there are four key benefits to being on our teams at VPD:

**Teamwork** - The word says it all! Learning how to work well with others is a muscle that has to be developed over time, and dancing with a team helps strengthen that muscle. Not only is this essential for a group who dances together, it is a vital skill to learn for life outside of dance. Teamwork will be at play in your child's life all the way through high school, college, and into adult life.

**Commitment** - Agreeing to be a part of a team sometimes means making small sacrifices, such as making an effort to travel to a competition or missing a friend's birthday party because you had rehearsal. Understanding how to uphold a commitment is a huge advantage to our students, who will encounter these situations time and time again as they grow up. Teaching them the importance of follow-through is a huge part of our role at VPD!

**Artistry** - At its core dance is a performing art, so fine-tuning these artistic details over time is what makes being a team dancer so unique and special. With multiple opportunities to be on stage, our students are learning what makes a true artist in dance. From the emotion in their facial expressions to the shape of their fingertips, a dancer's artistry influences their growth and self-awareness in a way that few other activities can do.

**Perseverance** - At VPD, winning isn't everything. The true value of our teams is with our emphasis on resilience; on pushing through to do your best and be your best self, even on the hard days. We want our dancers to walk away feeling confident that their efforts were nothing less than one-hundred percent ... no matter the score, the award, or the feedback (those things are just icing on the cake!).

VPD is proud to hold our team students to a higher standard, encouraging our dancers to uphold excellent grades in school and participate in our chapter of the National Honor Society for Dance Arts. We also ensure that our rehearsal hours are well-balanced, and we provide a full year's worth of scheduling to our families so they can plan in advance.

Our team auditions take place SOON! Join us Saturday, July 20th for your child's opportunity to be on a team. We hope to see you there!