

Dance Competitions. We all love them. They are always a great time and full of lots of energy, nerves, and excitement. Everyone waits with bated breath as the results are called, crossing their fingers, hoping they will hear that they won a Platinum or an Overall High Score. We get it, we grew up in this environment too, but we are here this week to let you know that despite all that excitement, in the long run... IT DOESN'T REALLY MATTER!

I could hear a couple gasps from here. I know, I know, it's what you look forward to and practice your butts off for, but here is a list of why you should realize that win or lose, life goes on...

1. PLATINUMS DON'T GO ON YOUR RESUMÉ

That's right. When you go to an audition and the casting director looks at your resumé, it doesn't say how many overall high scores you won and it doesn't matter if you have won more Platinums than anyone else in the room. The casting director doesn't know and doesn't care. End of story. Show him how well you can dance. That's what matters.

2. DANCE COMPETITIONS CREATE AN UNNECESSARY AMOUNT OF COMPETITIVENESS IN THE INDUSTRY

They really do. Competitions put dancers against each other instead of supporting one another. I know it is all in fun, but I have seen it take some nasty turns. There is never a need to turn competitiveness into nastiness. We are all dancers and we are all performing the same art. Honestly, in a tough industry such as this, we need each other's support! It's a difficult world to be a part of and if we are constantly putting each other down, it's going to be a lonely one too. Of course to some level that competitiveness will be there, and it should be, of course, because it is after all a competition. BUT don't get out of control with it or put out negative vibes! In the long run, when you are dancing professionally, you will want to collaborate with other dancers, not compete.

3. DANCE COMPETITIONS BREED INSECURITIES

What happens when you don't get that high score or you don't get the medal you wanted? You start to doubt yourself. You start wondering what you screwed up or how you could have done better. You see the other dancers jumping up and down for joy at their win, while you feel like the biggest loser on stage. There have been WAY too many tears shed at competitions that shouldn't be. This is where that self doubt is started and this is why so many young dancers wonder if they are good enough. Contrary to what Abby Lee says, if you don't win, that DOES NOT mean you lose! Jeez louise, it's part of the industry! We ALL get rejected in the professional dance industry on a daily basis at auditions, so if you start thinking that every time you don't get the part, it's the end of the world, you are going to be one miserable dancer. Please, please, please do NOT start to doubt yourselves if you do not get the high score!

4. DANCE IS AN ART, NOT A COMPETITION

"Dance is the hidden language of the soul"- Martha Graham

"It takes an athlete to dance, but an artist to be a dancer." – Shanna LaFleur

"While I dance I cannot judge, I cannot hate, I cannot separate myself from life. I can only be joyful and whole." – Hans Bos

Get my point here? Dance is about feeling the music with every inch of your body and soul. It doesn't matter how high your leg is or how many pirouettes you can do. It doesn't matter if you can leap higher than anyone else in the room. How do you connect to the music? Can you feel it inside of you? That's what creates an incredible dancer. That is what makes you stand out. What matters is your passion for the art that you create with your body.

We are not here to knock dance competitions and or to say not to attend them. Cydney and I both grew up attending and loving dance competitions ourselves! But there seems to be a growing misrepresentation due to the media that is starting to put a really negative connotation on dancing competitively... and I don't want our young dancers to start to think that's what they're all about. We are just here to remind you that NO ONE can tell you what you are worth. If you concentrate less on the medals and insecurities and more on building your confidence, strength, and technique, I promise you will be the one standing out in the long run!

If nothing else, please always remember:

“The ONLY dancer you should compare yourself to is the one you used to be.”

Dance On! And Support Your Fellow Dancers!

Cydney & Michelle

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