

## **Being a Good Member**

*By Christine Clayton*

For some of you, you are about a month into your competitive season. For others, your first show is just around the corner. Regardless, this is the time of year when things start to get a little more tense.

Your instructors are trying to finish the show and are starting to have higher expectations of what you already know. You are trying to do your best and learn quickly but it feels like you and the rest of your team have been around each other 24/7 and some of you are starting to get on each others nerves. To top it off it seems like every time you turn around, your instructor is correcting you.

These things will happen. It is how you react to these things that will make the difference between a successful rehearsal/performance and, well, a not so successful one.

### **Count To 10**

When you are in a tense situation, the first response that comes out of your mouth is often one you will regret. Count to 10 before you respond to criticism or a sarcastic comment from a teammate.

### **Not Everything Requires a Response**

When you are corrected by your instructor, the best response is simply “OK” or “I understand” followed by your very best efforts to make the correction. Rehearsal time is precious and even if you have a very good reason for the error you made, making excuses will only make things worse.

### **Leave the Drama at the Door**

On Saturday morning, the judges are not going to care that Jenny just stole your boyfriend. You have to leave personal differences and situations at the gym door and concentrate on what you are there to learn and perform. I know this is hard but I have performed in and taught groups that were definitely not as good as they could have been because drama got in the way.

### **Remember Why You Are There**

There is part of you, probably a big part, that loves performing and performing well. Remember that without tough rehearsals and a lot of encouragement/pushing from your instructors, those great performances won't happen.

I hope these tips are helpful. Keep having a great season!