

Ashley Counterman

Head Dance Coach - Western Michigan University, Midland University, Mattawan High School
acounterman13@gmail.com

Course Name: ***How To Build A Positive Team Culture***

Day/Time: Tuesday, July 26th – 2:20 p.m. – 3:10 p.m.

1. Athlete mindset
 - a. Gratitude
 - b. Mental health awareness
 - c. Meditation
 - d. Know your “why”
 - e. Team mentality

2. Practice environment
 - a. Secure and safe space
 - b. Accept and allow
 - c. Openness
 - d. Encouragement
 - e. Critiques are compliments

3. Communication
 - a. Coach → Team
 - b. Coach → Dancer
 - c. Dancer → Coach
 - d. Dancer → Dancer
 - e. Practice interactions and set clear expectations

4. Skills to Develop
 - a. Motivation (intrinsic vs. extrinsic)
 - b. Consistency
 - c. Work ethic
 - d. Positive recognition

Course Name: Understanding & Maximizing Your Scoresheet at Competition

Day/Time: Wednesday, July 27th – 9:00 a.m. – 9:50 a.m

1. Scoresheet Breakdown w/ Kelsey
2. Judge's Tips w/ Ashley
 - a. Cleanliness and execution of skills
 - b. Correct placement and counts
 - c. Creativity
 - d. Team skills vs. highlighted dancer

CHOREOGRAPHY		POINTS	SCORE	COMMENTS
CREATIVITY/MUSICALITY		10		
<i>Originality of routine. New concepts/movement, levels/group work, visual effects and variety that compliments the intricacy of the music.</i>				
ROUTINE STAGING		10		
<i>Use of varied formations & creative ways to move from one formation to another to allow for quick & seamless transitions. Adequate use of the performance floor.</i>				
COMPLEXITY OF MOVEMENT		10		
<i>Level of difficulty implemented through movement such as, but not limited to weight changes, varied intricate movement, tempo changes, etc.</i>				
DIFFICULTY OF SKILLS		10		
<i>Level of difficulty implemented through technical skills and/or tricks.</i>				
OVERALL (This section is averaged across all judges)		POINTS	SCORE	COMMENTS
COMMUNICATION/PROJECTION		10		
<i>Ability to connect with the audience throughout the performance. Includes: projection, genuine expression, emotion, energy and entertainment value.</i>				
OVERALL IMPRESSION		10		
<i>Appropriateness of the music, costume and choreography. Impact of performance to create a lasting impression.</i>				
TOTAL POINTS		60		

Course Name: *Transitioning Your Dancer To College*

Day/Time: Wednesday, July 27th – 11:05 a.m. – 11:55 a.m.

1. Pom Technique
2. Adult Responsibilities
3. Communication and Organization
4. Overall Mindset
5. Studio Dancer vs. Team Style
6. Personality
7. Student/Athlete Mentality
8. Social Media Awareness

Course Name: *Cleaning Your Routine / Skills*

Day/Time: Wednesday, July 27th – 1:30 p.m. – 2:20 p.m.

1. Skills
 - a. Strength training
 - b. Turns
 - c. Jumps
 - d. Tumbling / Hip Hop skills

2. Cleaning
 - a. Counts and placement
 - b. Directions
 - c. Group vs. Team