

My 2020 Fit Dancer Wish List



01

Fill In the blanks.

This season I noticed my dancers needed more_____when_____

I Wish we could have included these skills _____

I wish these skills were more consistent _____

We really struggled with_____

We excelled at _____

Judges consistently mentioned our need to work on_____

Other Thoughts:

02

Create 5 Goals Based on the Above:

Goal 1: _____

Goal 2:_____

Goal 3:_____

Goal 4:_____

Goal 5:_____

03

Brainstorm a plan using the Dancer-Fitness.com Filtering Tool

Goal 1 → 2-3 Exercises that will get us there:

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Tag: Category: Level:

Goal 2 → 2-3 Exercises that will get us there:

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Tag: Category: Level:

Goal 3 → 2-3 Exercises that will get us there:

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Tag: Category: Level:

Goal 4 → 2-3 Exercises that will get us there:

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Tag: Category: Level:

Goal 5 → 2-3 Exercises that will get us there:

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Tag: Category: Level:

04

Schedule 5 - 10 minutes per class to incorporate these exercises! Use as a warm up before you stretch or add in after stretching.