



New Season Reflections and Goals for Dancers

Dancers Name: _____ **Dance Season Year:** _____

Some things I really loved about last dance season:

This year I would love to achieve the following:

Some stretches/Conditioning/Maintenance exercises that I should be doing at home on my own time (exercises are specific to my body and my dance needs) are:

Ways that I will demonstrate leadership at the dance studio this season are:

Additional wishes, desires, goals, notes for the upcoming dance season:
