

The Importance of Practicing

Why practice Highland Dancing?

Highland dancing is a very precise dance form. Without practice, a dancer will not achieve the ideal speed and technique necessary to execute the harder steps as they progress through the levels.

How long should my child practice?

Even small amounts of daily practice can help dancers to improve and remember steps. It is important for dancers to try to practice at least three times a week. Below is a chart to help dancers plan their practice time.

Primary/Beginner	15 min. 3 times a week
Advanced Beg/Novice	30 min. 3 times a week
Novice/Intermediate	45 min. 3 times a week
Premier	60 min. 3 times a week

Remember to stretch after every practice. To increase flexibility and reduce injuries.

Quality over Quantity and only Perfect Practice makes Perfect Dancing.

There are many benefits to regularly practicing. Here are three good & basic reasons:

1. Confidence

Dancers that practice on a regular basis, gain the confidence in their abilities to achieve greatness. Practice leads to confidence and quality in the steps. When a dancer is confident in their performances, you will see that confidence spill over into other areas of dancer's life such as schoolwork and other sports.

2. Endurance

Dancers that practice on a regular basis have the endurance to do dance after dance. When a dancer has endurance to do dance after dance they are gaining, the “repetition of movement” required to become the best they can be. Endurance and repetition is key to achieving a very high standard in dance.

3. Quality

Dancers that practice on a regular basis consistently produce quality dancing. They will also do well on Dance Exams and will achieve top marks. These dancers will be able to transition from one competitive category to another with ease. They will be also be able to learn new dances and choreographies quickly and accurately.

For Parents:

Supporting your Dancer:

Some children have a natural drive to practice their dancing on their own and strive to be better dancers. These dancers need only support and encouragement to continue with their good practice habits. Some dancers want to be competitive and to improve their dancing but have trouble understanding how to fit practice time into their day. These children often need help from their parents to set out a weekly practice plan and stick to it. Quite often, after a month or two of help and support, these children can learn to practice diligently on their own to achieve their goals.

What if my child does not place?

Overall, please keep in mind that practice does not guarantee that your child will place at every competition. Your child may dance really well, but another dancer may dance better.

So remember that when a dancer does not place, it does not necessarily mean that they are not a good dancer. It is important that your child understands this and that they understand that they are still loved and valuable even when they do not win.

Always remember to tell your dancers results are secondary and that

“I Just Love to watch you Dance”