



STUDIO DANCE VS DANCE TEAM

Which is More Beneficial?

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With a growing interest in competitive dance, there are opportunities abound for young dancers. Many dancers, typically at the high school level, find themselves asking whether to stay and train at their studio, or to join their local dance team. Frequently asked and often debated, both disciplines have their unique advantages and provide ample opportunity for growth. That being said, what can be gained from each opportunity?

BENEFITS OF STUDIO DANCE

Studio dancers rehearse and improve upon a great variety of styles. They have a strong technical base because of the hours they spend in class. Their focus is to improve their body awareness and to develop a strong technical foundation. These dancers build strength in their physicality, flexibility and skill progression. Studio dancers are often used to learning choreography to musical cues and lyrics, and there is an emphasis on musicality in their expression. They also mainly excel in improvisation and as soloists.

BENEFITS OF A DANCE TEAM

When dancing as a member of a team, the dancer places emphasis on uniformity. Dance team members usually put great attention on the details of their movements as their goal is to look like one dancer. Technical fundamentals are also integral to the team dancer, but that is only one portion of their practice. They learn very stylized routines, rehearse formations and spacing, count their music to perfect synchronization and repeat sections of choreography until they are completed with perfect precision. As with studio dance, this requires discipline. There is also an element that comes along with being a member of any team: a sense of unity and bonding. Whether you are representing your high school, university or All Star program, there is a sense of dancing as a group in support of something greater.

BOTH ARE DIFFERENT BUT EQUALLY BENEFICIAL

While the studio dancer may become well-versed in different styles, be technically sound and have a strong sense of individual expression, the dance team member will have developed precision, enhanced focus and the ability to engage with others on and off the performance floor.

Dancers from both backgrounds have extended opportunities in the professional world. Studio-based dancers may study dance in college, or join a professional company. Dance team members may go on to joining their university team, and/or a pro-team. Both studio and team dancers can pursue commercial careers and avenues such as teaching or choreography.

The most important thing to acknowledge is that studio and dance teams are not mutually exclusive. By participating in both, dancers become more well-rounded and even better prepared for the professional world. The studio dancer expands their repertoire by joining a team, learning to move exactly as a choreographer intends, gaining improved spacial-awareness and developing a sense of self in experiencing what it's like to be one part of a greater whole. The dance team member continues to grow to their individual potential by staying involved in class at a studio. They maintain their technical focus, stay at optimal performance shape and improve their own sense of expression.

If you can work it out in your schedule to do both - remember to keep both studio instructors and team coaches in the loop about your time commitments - you will reap, first-hand, all of the benefits both experiences have to offer.