



### WE GROW TOGETHER!

Growth is a team effort! When dancers, families, and IDC staff & director work together, great things happen.

*Growth takes:*



FUN



PRACTICE



CONFIDENCE



TEAMWORK



POSITIVE  
ATTITUDE



COMMUNICATION



ATTENDANCE



EFFORT



SUPPORT



LOVE FOR  
DANCE

This worksheet will be completed together during your Growth Plan Meeting and families will leave with a copy for reference throughout the season.



IDC staff will also keep a copy so we can celebrate your dancer's progress and continue cheering them on all season!

### DANCER INFORMATION

Dancer Name: \_\_\_\_\_

Class/Program: \_\_\_\_\_

Age: \_\_\_\_\_ Meeting Date: \_\_\_\_\_



#### DANCER RESPONSIBILITY

- Come to class ready to learn and have fun
- Listen and follow directions
- Try your best and keep practicing
- Be kind and encourage others
- Take pride in your progress!



#### PARENT/GUARDIAN RESPONSIBILITY

- Support class attendance and participation
- Encourage a positive attitude and love for dance
- Help your dancer practice and stay prepared
- Communicate with teachers and staff
- Celebrate effort and progress!



#### IDC DIRECTOR & STAFF RESPONSIBILITY

- Create a fun, safe, and welcoming environment
- Teach with care and encourage growth
- Give positive feedback and celebrate progress
- Help dancers grow in skills, confidence, and kindness
- Communicate clearly with families
- Support each dancer's goals and journey

### WHAT ARE YOUR STRENGTHS?

What are you really good at?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### WHAT CAN YOU GROW IN?

What are some things you want to get better at?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### DANCE GOALS

What dance skills would you like to learn or improve this season?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

### PERSONAL GOALS

What are some personal goals for you?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

### HOW CAN WE HELP YOU?

What kind of help or support will help you reach your goals?

\_\_\_\_\_  
\_\_\_\_\_


### MY ACTION PLAN

What can you do to reach your goals?

1. \_\_\_\_\_  
2. \_\_\_\_\_  
3. \_\_\_\_\_

### FUTURE DREAMS

What are your dance dreams?  
(Check all that apply and/or write in.)

- Recreational – Doing this for the love of dance  
 Be on my Middle or High School Dance Team  
 Be in an Arts/Performing Arts Program  
 Dance in College  
 Be in Musical Theatre / Performing in Shows  
 I'm not sure yet!  
 Other: \_\_\_\_\_ 

### NOTES FROM GROWTH PLAN MEETING

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### MID SEASON CHECK-IN

What progress would we love to see by the middle of the season?


\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### END OF SEASON REFLECTION

What growth and accomplishments are we hoping to see by the end of the season?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### COMMITMENT TO GROWTH

We will work together, have fun, and celebrate every step of the way! By signing below, we are committing to supporting this dancer and making this a positive and memorable season. 

Parent/Guardian Signature: \_\_\_\_\_

Dancer Signature: \_\_\_\_\_

IDC Director Signature: \_\_\_\_\_

