

The Road to Success

By Laura Swanson

The
2021-2022
Louisville Dance Team

February 2022

had an interesting season. The repeating occurrence of injuries led to a stressful year of reforming and adapting. Captains Lea Kalkowski and Marissa Haynes helped to lead the team through the difficult year and keep everyone's spirits up during a complex time.

Injuries are a problem in every sport, but this year in LHS dance, they had a large impact. The already small team had nearly a third of its members injured throughout the season due to dance and other sports. Allison Smith, Marissa Haynes, Hailey Caughron, and Braidy Parrill were all injured and had to sacrifice time dancing to recover. The high magnitude of injuries led to a stressful repetition of reforming and recalibrating routines.

Lea Kalkowski said, "I had to be compassionate. It was hard to stay considerate of those who were sitting out." Kalkowski explained how they all worked together in coming up with new formations and routines and how it brought them together as a team.

Sadly, Allison Smith was not able to participate in the 2021-2022 season due to a knee injury from summer basketball. Despite her absence in dances, she continued to go to practices and games to support her teammates. Her new perspective of the team contributed to cleaning up routines before state.

Allison said, "It is easier to see the mistakes when you are watching." Throughout the season, she watched and helped Coach Maddie refine the routine and help those who were struggling. Being on the sideline showed her how much dance really meant and how hard it can be.

Allison said, "If you want greatness, you have to be willing to put in the hard work."

Dance is seen as an "easy" activity by some, but it takes a lot of time away from family and friends, and it requires a high level of energy from the body.



The dance team smiling before they dance at halftime for a home football game.

The road to state was bumpy. In addition to the injuries, the team was forced to cut back on morning practices due to new school rules. They began fitting in night practices, which helped them prepare for state.

Junior Ella Aaberg said, "I felt more prepared for state last year but preparing two dances with fewer practices definitely had an effect."

The increase in demand with a decrease in time left little room for the team, but they were able to work together to get through the late practices.

With the injuries and fewer practices, the 2021-2022 Louisville Dance Team was able to finish the season with a new runner-up trophy. Most importantly, they became closer as a team and grew as individuals.