

# DANCERS' EXPERIENCES WITH COMPETITIVE DANCE



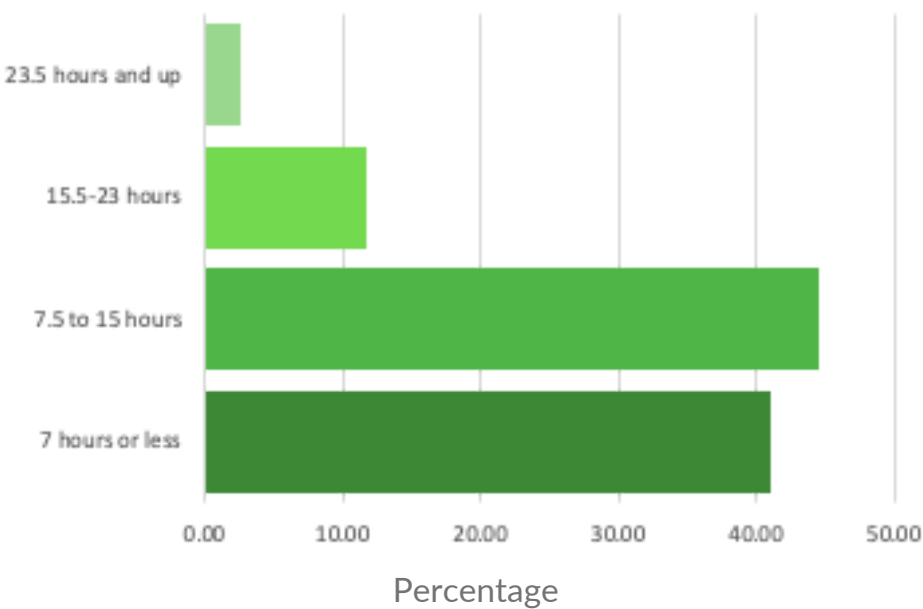
RESULTS FROM THE EXPLORING THE LIVED EXPERIENCES OF YOUNG COMPETITIVE DANCERS STUDY



## HOURS OF DANCE TRAINING PER WEEK

AVERAGE NUMBER OF HOURS PER WEEK:

10



## FAVOURITE STYLES OF DANCE



57.1% of dancers selected jazz



40.6% of dancers selected hip-hop



38.2% of dancers selected lyrical



35.8% of dancers selected contemporary

95% of dancers said they enjoy dance; 83.4% said they *totally enjoy* dance

## Involvement in Other Activities

- 1 Swimming
- 2 Track & Field
- 3 Visual Arts
- 4 Soccer
- 5 Language Classes



## DANCE ENVIRONMENT

96.5% of dancers said they enjoy working with their teammates

85.4% of dancers felt their dance teachers convey confidence in their ability to do well at dance

80.7% of dancers felt understood by their dance teachers

Motivation for Dance

I want to live a healthy life  
I LIKE THE CHALLENGE  
Dance is fun  
I LIKE TO PERFORM  
DANCE IS INTERESTING  
I like spending time with others dancing  
Dance makes me happy  
I want to get better at dance  
Dance is stimulating  
I WANT TO KEEP UP MY CURRENT SKILL LEVEL

## DANCERS' AVERAGE GRADES IN SCHOOL

■ All As ■ As and Bs ■ All Bs ■ Mix of Bs and Cs ■ All Cs ■ All Ds



98.7% of dancers said doing well in school was important to them

## Importance: A Dancer's Perspective

	I think that it is very important	I think it is very important to my dance teacher	I think it is very important to my mom	I think it is very important to my dad
That I win at competition	22.1%	23.7%	5.9%	7.6%
That I perform well at competition	67.4%	56.2%	25.8%	12.2%
That I improve from competition	72.8%	64.7%	26.2%	19.5%

76.5% of dancers said their score is important to them and 91.8% of dancers said the **judges' comments** were important to them

For more information, contact us at [dphwblab@brocku.ca](mailto:dphwblab@brocku.ca) or [danceresearch@brocku.ca](mailto:danceresearch@brocku.ca)

# THANK YOU

To our incredibly  
supportive dance  
industry partners



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code below



For more information, contact us at  
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