

Competitive Dance Season Planner

A structured season planning system for competitive dance families.



Weekly Training Tracker

Date	Training Focus	Class / Rehearsal

Weekly Performance Focus:

Example: pirouette consistency • musical precision • stamina • expression

What improved this week:

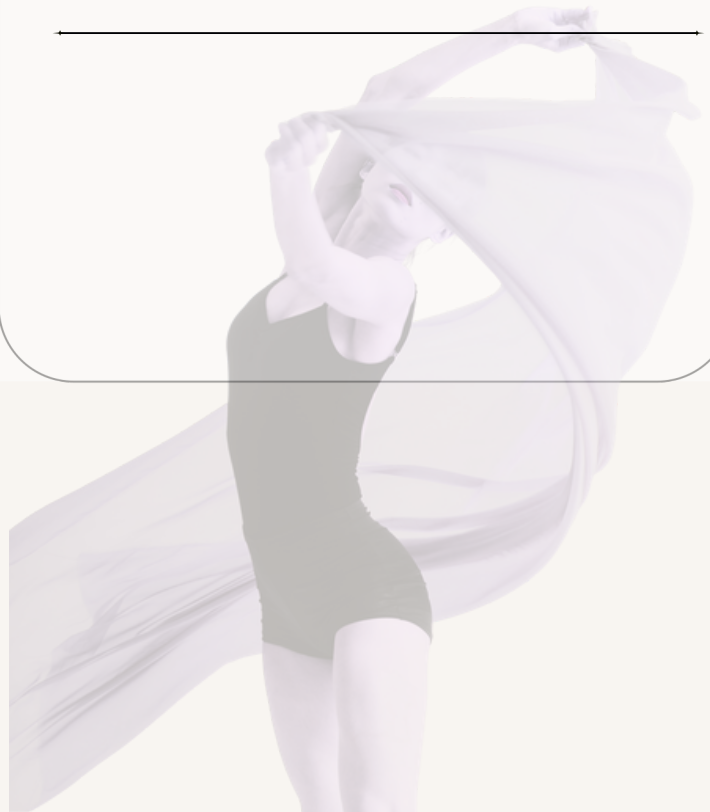
Performance & Scoring Outcomes

Technical Goals

(Example: triple pirouettes, stronger extensions, improved musical precision)

Season Performance Outcomes

(Example: consistent stage confidence, cleaner transitions, competition score improvement)



Stretch & Strength Log

Weekly Conditioning Log

Mon	Tue	Wed	Thu	Fri	Sat	Sun
☐	☐	☐	☐	☐	☐	☐

Training Reflection:

How did your body and focus feel this week?

	Stretch	Strength	Notes
Day 1	☐	☐	☐
Day 2	☐	☐	☐
Day 3	☐	☐	☐
Day 4	☐	☐	☐
Day 5	☐	☐	☐
Day 6	☐	☐	☐
Day 7	☐	☐	☐



Performance Confidence Checklist

Use before rehearsal, competition, or performance to center focus and strengthen mindset.

Performance Affirmations

I perform with strength and control.

I trust my training and preparation.

Pre-Performance Focus Song

Quick Performance Check-In:

- ☐ Body feels warmed up
- ☐ Focus is clear
- ☐ Goals are set
- ☐ Ready to perform

Tip: Read one affirmation aloud before stepping on stage.