

# American Weekly Inspiration

## Thoughts for today and every day:

“If I have ever learned anything, it is that life forms no logical patterns. It is haphazard and full of beauties which I try to catch as they fly by, for who knows whether any of them will ever return?” Margot Fonteyn (1919-1991) dancer

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“Never deprive someone of hope. It might be all they have.” H. Jackson Brown Jr., writer

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“Make the most of yourself, for that is all there is of you.” Ralph Waldo Emerson (1803-1882) philosopher and writer

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“For the most part, fear is nothing but an illusion. When you share it with someone else, it tends to disappear.” Marilyn G. Barrick, psychologist and writer

## American Update:

Congratulations to some of the fabulous college dance teams that attended our *American Collegiate Championship* in March! The following teams went to the **National Championship in Daytona Beach, Florida**, and came home with high placements and titles:

### **Div 1 Dance Div**

SFA Pom Squad placed 1st

### **DIII Dance Div**

MCC Dance Company placed 1st

Blinn College Treasures placed 3rd

### **DII Open**

Tarleton University Texan Stars placed 2nd

### **DI-A Open**

SMU Pom Squad placed 1st

Univ. North Texas Dance Team placed 4th

We hope that many more of the college dance teams will plan on attending our **American Collegiate Championship** in Denton that is held in conjunction with our **American National/International Championship**. It is a great opportunity to compete, win awards, and recruit from the thousands of high school dancers that attend this great event. See our 2010 Contest dates and locations on our web site. **[www.DanceADTS.com](http://www.DanceADTS.com)**

Don't delay in making plans for an **American Summer Camp**. Plan for Officer Camp, Social Officer Camp, Team Camps or Jazz Camps for individuals. Visit our Summer Camp page for dates and locations. Pre-register online to hold your spot! **[www.DanceADTS.com](http://www.DanceADTS.com)**

## Inspiration of the Week:

### Do not undermine your worth!

by Neva Thorp

Do not undermine your worth by comparing yourself with others.  
It is because we are different that each of us is special.

Do not set your goals by what other people deem important.  
Only you know what is best for you.

Do not take for granted the things closest to your heart.  
Cling to them as you would your life, for without them, life is meaningless.

Do not let your life slip through your fingers by living in the past nor for the future.  
By living your life one day at a time, you live all the days of your life.

Do not give up when you still have something to give.  
Nothing is really over until the moment you stop trying.  
It is a fragile thread that binds us to each other.

Do not be afraid to encounter risks.  
It is by taking chances that we learn how to be brave.

Do not shut love out of your life by saying it is impossible to find.  
The quickest way to receive love is to give love;  
The fastest way to lose love is to hold it too tightly.

Do not dismiss your dreams.  
To be without dreams is to be without hope;  
To be without hope is to be without purpose.

Do not run through life so fast that you forget not only where you have been, but also where you are going.  
Life is not a race, but a journey to be savored each step of the way.

This weekly message is generated from:

**Joyce Pennington, Pres. CEO**

**American Dance/Drill Team®**