American Weekly Inspiration

Thoughts for today and every day:

"Success isn't permanent, and failure isn't fatal." Mike Ditka, professional football coach

"The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself." Anna Quindlen, writer

"Our remedites oft in ourselves do lie." William Shakespear (All's Well That Ends Well)

"I have never seen a monument erected to a pessimist." Paul Harvey, radio commentator

American Update:

We are just a few days away from our National/International Championship at UNT in Denton. We welcome this year five teams from Japan as well as over 100 college, high school and all star teams from around the country. It will be an exciting event and you can view the schedule and event information on our web site. Watch for the awards results to be posted within 30 minutes of the conclusion of the awards ceremony. All teams, as at every contest this season, will receive a USB flash drive with the judges comments along with the video of the performance. In 2010, all judges comments will be on USB flash drive as we discontinue cassette tapes. We are excited to be able to bring you this new technology since 2008 and hope to continue to perfect this method. See a sample of this on our web site from a link on the contest page.

We are already receiving many team registrations for summer camp. As you complete your tryouts and have your team numbers, make sure to register early so that we can prepare to receive your at officer or team camp. If you wish to have a private camp at your school, you can request a customized bid for your camp. Keep in mind that you can choose the routines you wish to be taught to your team from our 2009 Visual Notes DVD as well as requesting custom choreography for contest or spring show. Go to our web site at www.DanceADTS.com and link to the contest page for more information on summer camps.

Inspiration of the Week:

THINGS I WISH I'D KNOWN BEFORE I WENT OUT IN THE REAL WORLD

Any and all compliments can be handled by simply saying "thank you" though it helps if you say it with a Southern accent.

Some people are working backstage, some are playing in the orchestra, some are onstage singing, some are in the audience as critics, and some are there to applaud. Know who and where you are.

Never give yourself a haircut after three hours of drill team practice.

When baking, follow directions. When cooking, go by your own taste.

Never continue dating anyone who is rude to the waiter.

A woman needs only two tools. WD-40 and duct tape. If it doesn't move and it should, use WD-40. If it moves, and shouldn't, use the tape.

If you tell a lie, don't believe it deceives only the other person.

The five most essential words for a healthy, vital relationship: "I apologize" and "You are right".

Everyone seems normal until you get to know them.

When you make a mistake, make amends immediately. It's easier to eat crow while it's still warm.

The only really good advice that I remember my mother ever gave me was "Go! You might meet somebody!"

If he says that you are too good for him--believe it.

I've learned to pick my battles; I ask myself, "Will this matter one year from now? How about one month? One week? One day?"

At hard times I ask myself, "How do I feel? What do I want?" I use it whenever I'm at loss for words or thoughts.

If you woke up breathing, congratulations! You have another chance!

Never pass up a restroom without taking advantage to use it.

If you move far from your family when you're young, consider choosing a career with an airline. Your need to see your family will last a lifetime, as will your travel benefits.

Living well really is the best revenge. Being miserable because of a bad or former relationship just proves that the other person was right about you.

Be really nice to your friends because you never know when you are going to need them to empty your bed urinal and hold your hand.

Never underestimate the kindness of your fellow man.

Being happy doesn't mean everything's perfect, it just means you've decided to see beyond the imperfection.

This weekly message is generated from:

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