



Rachel Willenborg

Instructor | rachel@dancersedgeonline.com

Hello! My name is Miss Rachel, and I am so excited to have you in my class! I fell in love with dance here at The Dancer's EDGE, and now I have the best job in the world, which is getting to share that with you! This sheet is to help you understand my teaching philosophy, provide you with some tips on what to do/not do in class, and some fun facts about me. While participating in my class, please adhere to these three principles:

Be Courageous.

Courage starts with showing up with a positive attitude and ready to try new things.

Be Caring.

Caring is being respectful to others and yourself while acting and speaking with a kind heart.

Be EDGY.

Be unique.
Be fearless.
Be you!

Do's

- Come into class ready to give it your all in the time we have together. Hard work beats talent when talent doesn't work hard!
- Be open and nonjudgmental. Dance class is a space where we respect everyone.
- Bring a notebook and a writing utensil (Level 3+). Writing terms, lessons, and corrections down will help you remember them faster and easier!
- Review choreography and combinations we learn in prior weeks before our next class starts!
- Put your heart into your dancing, and you'll enjoy every second of it!

Don'ts

- Talk while the teacher is talking. If you have a question, just raise your hand!
- Be scared to try new things. Dance class is all about learning how to step out of your comfort zone and grow.
- Forget all of the valuable life lessons that dance teaches you. We learn more than just dance during our time together!
- Take corrections personally. See them as an awesome tool to help you improve.
- Take up valuable class time using the restroom. Please go before or after class so you don't miss anything! :)

Attire

- Hair should be pulled back for all classes.
- Ballet 4+ students must have hair in a bun.
- Leotard, tights, and proper shoes are required for all ballet classes.
- Rings, necklaces and bracelets are stylish, but can often dangle and distract you. Please save accessorizing for outside of dance class.
- If not dressed in proper attire, you will get one warning before being asked to observe class.
- Wearing baggy T-shirts and sweatpants won't make you feel your best or dance your best (except in Hip Hop). I want you all to feel ready to go to be your best selves in each class!

About Me

- Go Hawks! I am majoring in Elementary Education with a minor in Dance at the University of Iowa.
- I will also be Student Teaching in 1st Grade this Fall!
- I love Starbucks! Coffee is the only thing that keeps me awake in the morning. I am definitely not a morning person!
- You might recognize me if you were at any of our TDE Summer Camps!
- I was a dancer here at The Dancer's EDGE as well as an EDGE Assistant during high school. Now, I am starting my fifth year as an Instructor!
- I am incredibly thankful that I get to spend my time doing something that I feel passionate about— teaching you all!