Sports

CVU's first Junior Varsity Dance Team

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Editor-in-chief



Photo credit: Alyssa Jones

CVU's first Junior Varsity Dance Team (in alphabetical order): Emma Jean Armstrong '26, Lilly Berntsson '25, Maya Daniels '27, Maria De La Iglesia '26, Amina Kanaan '27, Addison Kuhlmeier '28, Stephanie Miskavage '26, Isabelle Raby '25, Isabella Rauch '28, Miranda Stewart '26, Briar Walsh '26. Team captains are: Armstrong, Miskavage, and Raby.

This semester marks the start of the first official dance team at CVU. Though dance has always existed in a non-official club capacity, starting December 1st, it has become a Junior Varsity sport. The team is led by coach **Alyssa Jones**, who also works as a speech and language pathologist at Charlotte Central School, and began coaching for the first time this year.

Ms. Jones said of the dance team: "I think it's really a great group of people. It's really, really fun and I've been really impressed this year with the people who aren't as experienced with dance. Just kind of like diving in and being really open to trying new things."

The idea of a dance team at the school began during the COVID pandemic, and, over the past several years, the dance program has expanded.

Along with performing at games for other school sports, the team also participates in several local dance competitions throughout the year. They have traveled to four different competitions to date, at local high schools with Varsity dance teams. As a Junior Varsity team, they can only participate in Junior Varsity matches, and hope in the coming years to gain more interest within the community.

There are three subcategories of dance that are judged on for the competitions: Jazz, Hip-hop, and Pom. Pom is described by Ms. Jones as "a combination of cheer and dance," and involves the namesake pom-poms.

This year, the team is only entering in the Jazz category, but hopes to expand to do Hip-hop next year.

Emma Jean Armstrong '26, one of the co-captains, spoke warmly of the school's reaction to the new team.

Armstrong said, "Being a relatively new sports team, especially in the dance community, I was unsure as to how we would be approached, but whether it was the CVU-decorated rooms we were given for warm-up spaces, the loud cheers from the stands, or the one-on-one compliments and high fives. It was incredible to be met with such enthusiasm!"

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Ms. Jones shared: "I would recommend the dance team specifically even if you've never danced before. It's a really supportive and positive environment. Everybody you know we're kind of all doing it together like there's lots of team input … it just feels like a really wonderful collaborative way to try something new or to explore dance in a different way if you've done it before."

The team is open to prospective dancers of all skill-levels, as co-captain **Isabelle Raby '25** said, "there is no expectation that you know lots of things about dance."