



SCHEDULED

Lucy Calderon
2015-2016

we are in the 4th stage!

LDC → MDC

MAYGON

#1508

Love

like 2

democrat

OPTIMUS g

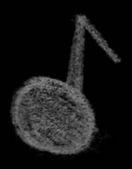
girl danced

study vocab

Never forget



x0 do:



12/11/2000

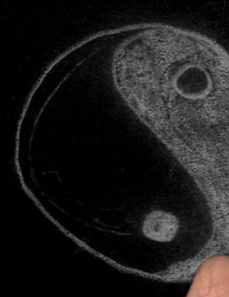
kz3xy



CMD Z



parking



hw



von thunen

5x2
4x / 4x



1/5

am, um, em
as, os, es

BR

ouch

TES

BBG

Odyssey



accusative



LAC

DARK
makeup

5:45

dimps19

May 13th

Like

moorea

FALL



HEART

KISS

ISRAEL



time never stops
there is a time for everything
i look anxiously at the clock
waiting for the bell to ring

there is so much on my mind
my journalism project is due in a few days
oh! and that math packet was just assigned
remembering my choreography has me in a haze

the work piles up
will i ever get a break
my priorities build up
my mental composure is at stake
i just got the lineup
for saturdays competition
i will be there all day
what comes with commitment is a lot of ambition

i know i have a lot of responsibility
if i want to conquer it all i need to act accordingly
with responsibility comes consistency
i have no choice but to try and pull through

here is **MY SCHEDULE** i had to adjust to.

TEMPO

A year revolved around dance.

"Sorry, can't. I have dance," Lucy said became a common familiar since the day she received a email saying she made her high school dance team. Lucy's schedule was built around dance, around time.

She had hour and a held practices from 5:00 till 7:30 pm every Monday at YPAS. Thursday was two hour practices at Vision Dance Center from 4:30 till 6:30 pm. Saturday mornings were bright and early practices from 8:00 till 10:00 am. Within these practices the dance team ran over the same two minute routines, and broke every move into 5,6,7,8 timing. During football season, Lucy had to cheer and perform at hour an a half games.

Because of these consistent, strict, times, she could not do APHG homework on Monday for just a few minutes longer. She had to go to dance. When Megan would ask her to sleep over on Friday nights, she had no other option than to politely decline. She had practice the next morning. Some weekends Lucy spent all day at competitions. When it was time for dance, everything else stopped, no matter what.

Lucy's mom said "Lucy was always dancing. When she wasn't, she was doing homework or resting because she was tired from dance!"

Despite the constant battle of trying to fit things into her dance schedule, she managed to find her tempo .



LEAPING INTO FINALS

Lucy, a freshmen on the duPont Manual dance team, prepares for a leap in front of Cinderella's Castle in Disney world when she finds out the team is moving on to nationals finals. "I am overjoyed," Lucy says, "all of our hard work is paying off!" -Photo by Mr. Bowling



FRIDAY NIGHT LIGHTS

The duPont Manual Dazzlers break it down at Manual's Homecoming football game's halftime. "I love getting the student section fired up!" says Lucy (duPont Dazzler, co'19). - Photo by Mr. Bowling



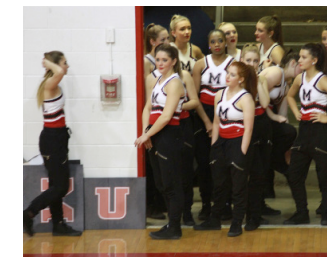
5, 6, 7, 8, RAMS!

The duPont Dazzlers showcase their nationals routine in front of the school for the first time at the Manual v. Male pep rally. "I love performing in front of the school," says Lucy (duPont Dazzler, co'19). "I am proud of my hard work and love to show it off." -Photo by Mr. Bowling



DANCE IT OUT

The duPont Dazzlers dance to the song Headsprung at the Manual v. St. X football game. "The rush I feel when I'm dancing is indescribable." Says Lucy (duPont Dazzler, co'19) -Photo by Mr. Bowling



ARE YOU READY?

Members of Lucy's dance team share how they calm their pre-performance nerves.

Halle, a member of the team said, "Before I dance, I walk around and listen to songs that get me really pumped up and excited. I don't talk to anyone for about 30 minutes. I like to get focused and think about the dance."

Holly, a senior, said she does, "this little dance with my friends that helps get rid of our nerves, and breathe." Holly said the team does a pump up cheer and then they are ready.

LINE UP LADIES

The duPont Manual Dance team gets into position to cheer at the Manual v. Male football game. "It makes me smile when the crowd does our cheers with us." Says Lucy (duPont Dazzler, co'19) -Photo by Mr. Bowling



THE FINAL COUNTDOWN

The Dazzlers get in some last minute practicing outside of their hotel complex in Orlando, FL, just a few hours before competing. "I remember being so nervous," says Lucy (duPont Dazzler, co'19), "it just hit me that we were about to do what we worked for all year." - Photo by Allyson Sparks

