

# Cheerleading practice

Education



**ASSIGN  
BUSTER**

In 2005, during a cheerleading practice, my group attempted to throw me into the air and catch me in what is known as a basket toss. However, on the way down my group dropped me. As a result, I went to the hospital where they told me I had a number of bruised discs in the lumbar region of my spine. After I took the rest of the year off, my parents encouraged me to try a dance class at the Atlantic Arts Academy as a way to further my dance career.

Although it was difficult to catch up with the professionals, I poured my heart and soul into the routines and quickly caught on. I continued to dance through the pain in the hope that I was strengthening the muscles around the injury. As time passed, I was asked to audition for Atlantic Art's dance company and was accepted into a family of incredibly talented dancers. The company included me in a great number of shows, community service opportunities, competitions, and theater projects.

Over the years, I traveled to New York for Youth American Grand Prix and competed against ballet dancers from all over the world, danced in The Rock School of Pennsylvania and the Orlando Ballet School. The proceeding years I traveled back to New York, performed in the famous Broadway show 'Wicked'. Today, after almost six years, my back does not bother me anymore. I believe dancing has helped my mind and body overcome the obstacles that my cheerleading accident caused.