

Collegiate Dance Teams: A model for cohesion, performance, satisfaction, and decreased burnout

The purpose of this study is to examine literature regarding team dynamics to create an intervention plan aimed at increasing team cohesion, team performance, and team satisfaction/viability, while reducing individual athlete burnout. The intervention is being implemented with a collegiate dance team.

Collegiate dance is a team sport that relies on the cohesion of individual technical skills. Specifically in competition, dance teams are often judged on aspects of uniformity. Due to the emphasis on uniformity and the task interdependence that exists in the sport, cohesion becomes especially important in collegiate dance. Team cohesion has been shown to be a predictor for improved perceived performance, team satisfaction, and team viability (Tekleab et. al, 2009).

The Resonance Performance Model created by Doug Newburg involves four steps to improve team performance. These steps include identifying how you want to feel, preparation, planning for obstacles, and revisiting the way you want to feel. Prior studies have shown that when implemented with teams, the Resonance Performance Model is associated with increased cohesion (Collins & Durand-Bush, 2010). This study implements an intervention plan that was developed based on principles of the Resonance Performance Model and tailored to the needs of collegiate dancers.

Participants were recruited from the Alma College Dance Team for voluntary participation. They were then randomly assigned to control and experimental groups. The experimental group will receive biweekly writing prompts as an intervention. All participants will complete surveys measuring perceptions of overall team performance, team cohesion, team satisfaction, team viability, and athlete burnout at baseline, midpoint, and completion of the study. The study component examines the perceptions of the intervention, and its impact on team cohesion, satisfaction, and performance, as well as individual athlete burnout.

As the Resonance Performance Model is associated with increased team cohesion when implemented at a team level, it is expected similar results will occur when implemented at an individual level. As team cohesion has also been shown to be related to improved performance, satisfaction, and viability, it is expected the experimental group will experience significant improvements in the dependent measures.

References

- Collins, J., & Durand-Bush, N. (2010). Enhancing the cohesion and performance of an elite curling team through a self-regulation intervention. *International Journal of Sports Science & Coaching*, 5(3), 343-362.
- Tekleab, A. G., Quigley, N. R., & Tesluk, P. E. (2009). A longitudinal study of team conflict, conflict management, cohesion, and team effectiveness. *Group & organization management*, 34(2), 170-205.