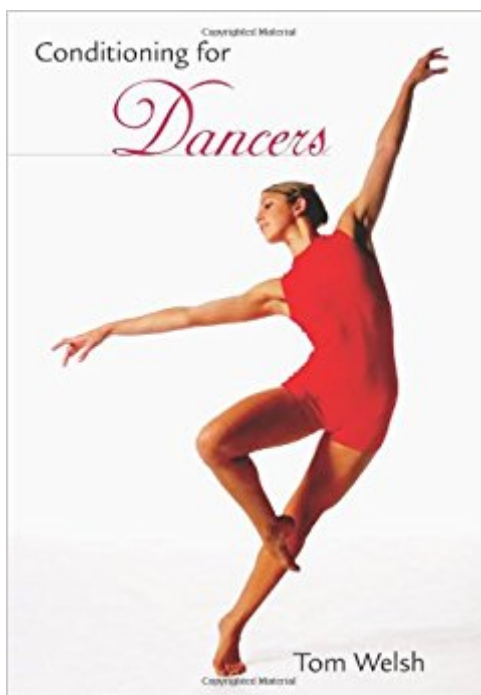


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# Conditioning For Dancers



## Synopsis

Take control of your conditioning regimen "Well-organized, to the point, easy to read and full of practical and earnest advice for athletes." — Karen Kain, artistic director, National Ballet of Canada "This well-rounded book deals with important issues that all dance professionals should know about." — John White, author of *Advanced Principles in Teaching Classical Ballet* Dancers must learn to negotiate a truly amazing range of physical demands to achieve peak performance and avoid injury. Through hours of rehearsal, technique classes, and performances, both full- and part-time professional dancers must be able to move their bodies with precision and grace through an extended range of motion. Moreover, they must weather the physical stresses of touring, teaching, and, in many cases, working a second job to supplement their income. An accomplished dancer and gymnast himself, Tom Welsh wrote this book to empower conscientious dancer-athletes to take an active role in directing their own training and development. His clear, straightforward explanations of important concepts in conditioning hone in on the physical capabilities that are key to success not only for dancers but also for gymnasts, ice-skaters, and other athletes for whom strength and flexibility, precise alignment, and movement efficiency are high priorities. With an expert's eye, he distills complex insights into human kinetics into a format that is immediately useful. The applicability and accessibility of Welsh's approach has been extensively tested in his many classes and seminars across the country. Precision athletes who are serious about avoiding injury, improving fitness, and increasing physical capability will find this comprehensive yet concise reference invaluable.

## Book Information

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## Customer Reviews

Tom Welsh is associate professor of dance at Florida State University. A specialist in kinesiology, he also teaches dance conditioning, injury prevention, and Pilates Reformer training techniques at dance workshops in various locations across the United States.

A great book for basic or advanced dancers that recognize how important is to supplement dance classes with extra exercise/stretches. This would also be a great source for teachers to better instruct their dance students. It also has great research paper quality.

A good, quick read. Anyone dancing for more than a few years will know most of this info already, but still a great review and a resource for younger or less experienced dancers.

Love it!

My Daughter loved getting this. It was just what she wanted. Thank you for your prompt service which caused it to come in time for her birthday.

This book is great for learning a wide variety of skills that improve strength, agility and grace. The listing of capacities necessary for professional dancers is clear and to the point. The principles of conditioning represent an excellent guide for the careful shaping of the necessary capacities. The suggestion to use RICER to treat injuries is very helpful. The precise description of the complex subject of proper alignment is clearly presented and illustrated. The rules for warm-up and cooldown before practice should help avoid injuries. The suggestions for reducing emotionally induced tension should also help to avoid injury. The complex issues relating to healthy eating are basically sound but could have used a broader framework. The catalog of exercises at the end of the book is clear and accompanied by excellent illustrative photos. Finally, I applaud the author for soliciting feedback from his readers on confusing explanations or ways to improve future editions of the book.

This book does clearly state that it is not written for the use of scientific research and I really hope that everyone has paid attention to that. As a book to inform dancers about the purpose and potential benefits of supplementary training is it an okay resource. Generally speaking the text is badly written from start to finish. I understand that it is written informally in order to be accessible but this should not be an excuse for poor structure. Very disappointing.

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