

DANCE|PREHAB

DANCE INTENSIVE P.R.E.P.

Preparation, Readiness, Execution, Performance

Heading into a dance intensive often means new routines, unfamiliar environments, and a different support system than you're used to. You'll likely be dancing longer hours, eating in a new setting, sleeping in a shared space, and navigating all of it with new teachers and peers. These changes can push you in great ways, but they also ask more of your body and mind. Thinking ahead and staying curious about what you need each day can help you feel steady, supported, and ready to grow throughout the experience. ***What do you need to fuel, feel, and perform your best when things change?***

PERFORMANCE/HEALING

Preparation and healing takes time. How am I supporting my future self right now?

1. What do I need to feel most prepared?

- ☐ Reviewing the R.A.M.P. warm-up
- ☐ What performance qualities do I need to build up?

I need...	☐ Endurance	☐ Strength	☐ Mobility	☐ Power
What are my strategies?				

2. What are aches and pains that seem to “pop-up” during long intensives in the past?

- ☐ Do they usually occur at the beginning or end of the intensive?
- ☐ Check in with a physical therapist or healthcare provider.

3. Are there any injuries I’m currently dealing with?

- ☐ Do I feel confident that I’ll heal and be ready in time?
- ☐ Do I need to contact the dance intensive or health team ahead of time?

4. What support will I have available?

- ☐ Will there be a physical therapist or trainer on site?
- ☐ If we sustain an injury, what are the steps the program will take to support you?

FUELING/NUTRITION

Nutrition starts now! Our bodies need time to get used to fueling habits and/or digesting new foods.

- **Am I fueling myself the best at this moment?**

- ☐ Do I need to schedule a meeting with a registered dietitian*?

**For nutrition and fueling, a registered dietitian nutritionist (medically licensed) can help you plan out your nutritional needs much like a physical therapist gives you exercises.*

- **How is my schedule or environment going to change?**

- ☐ How are my breaks structured?
- ☐ What are the three best quick snacks that help me feel the best?

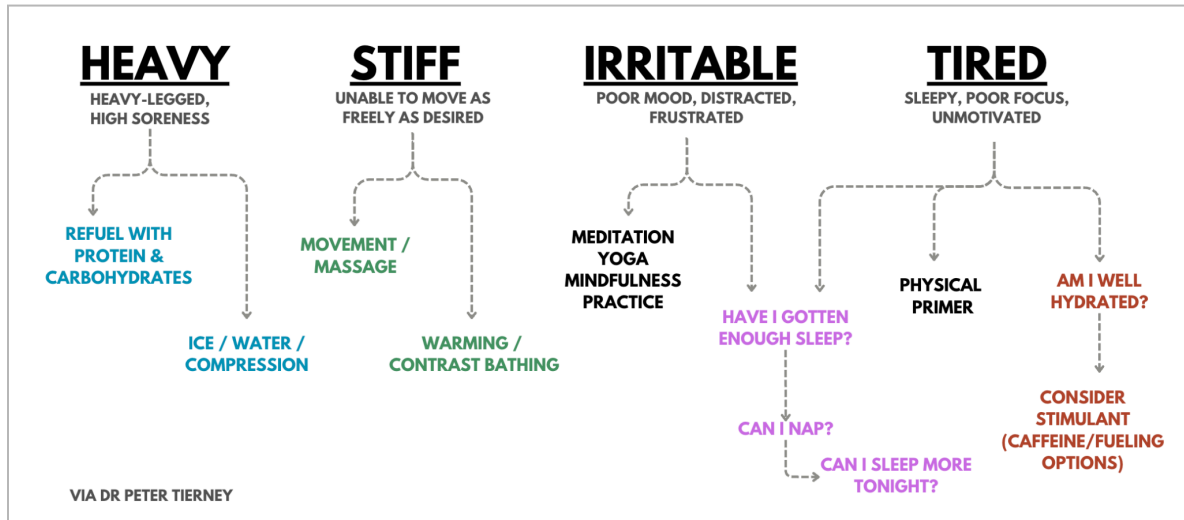
Snack Strategies - I feel good and ready when I have...		
1.	2.	3.

- **What is my access to food/fuel?**

- ☐ What are the restaurants/markets around the dance intensive?
 - ☐ Is food provided? Is it what I need?
 - ☐ Plan a food shopping day / stock up in your dorms.
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RECOVERY

What do I need to recover from? When do I need to recover by?



- **Learning what you need to recover from:**

☐ Ask "How am I feeling?" → Stiff, Heavy, Irritable, or Tired?

- **What are the recovery tools that I need?**

☐ Massage ball?

☐ Foam Roller?

☐ Massage gun/device?

☐ Compression socks?

☐ Heating pad?

- **Will I need to adjust my sleep?**

Before traveling (Up to 5 days before):

- ☐ Shifting your sleep/wake schedule by 15–30 minutes per day toward your destination's time.
- ☐ Begin minimizing late-night screen exposure (especially blue light)
- ☐ Reduce caffeine after 2pm

After arrival:

- ☐ Get sunlight exposure as soon as possible!
- ☐ Traveling east? Seek bright light in the early morning.
- ☐ Traveling west? Seek light in the late afternoon/evening.

- **Do I feel relaxed in my space?**

- ☐ What are some familiar items I can bring? e.g. - *Pillowcase - familiar smells help calm the mind.*
- ☐ How do I maintain my sleep routine?

- **My NON-DANCE (and NON-STRESS!) Activities!**