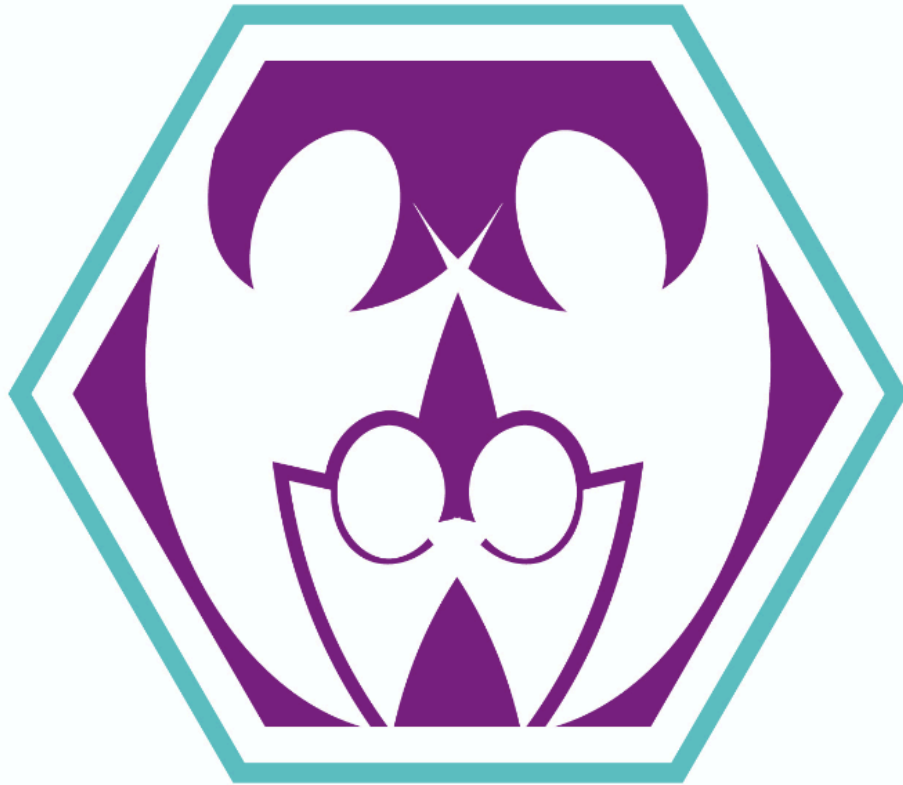


*Liz Imperio*  
Presents



# Raising Successful Children Reference Guide & Workbook

**WEEK 4 – INJURY PREVENTION**



# How the Program Works



## Reference Guide

Every week you'll find a detailed outline of each week's topic.



## Homework

These simple tasks will further your education. Extra advice for a real world application of the material will be at the end of each outline.



## Expert's Corner

Beginning in week 2, for those who are interested in pursuing dance professionally, pay special attention to this segment. These sections will outline the ways you can take the information in that particular week and apply it to your career.



## Life Lessons

For those who may not want to pursue dance professionally, or are simply on the fence with their future, check out this section. This will help point you in the right direction of how to use the information you learned that week and apply it to your everyday life.



## Notes

A space for your notes has been provided throughout the workbook. This is for you to jot down your notes, thoughts and "aha" moments. Writing your thoughts down is still proven to be the most effective method of learning and retention.



# Dancer's Lifestyle

- *Time commitment*
- *Physical impact*
- *Training*
- *Rehearsal / performance*



# Epidemic of Injury

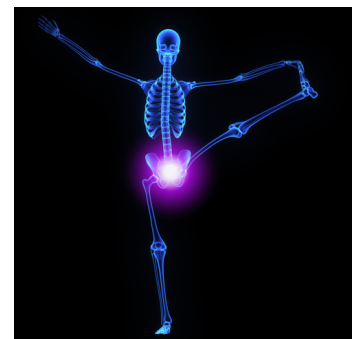
## Traditional Injuries

- *Ankles*
- *Knees*
- *Hamstrings*



## Trending Injuries

- *Hips*
- *Achilles ruptures*
- *Lower backs*





# NOTES

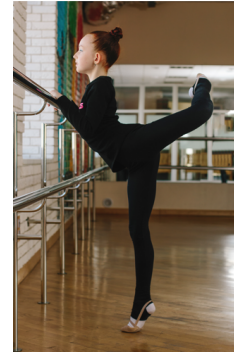
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# Training Properly

## Talent vs. Training

- *Natural talent*
  - *Genetics*
  - *Ease of understanding*
  - *Instant gratification*
  - *Expectations of success*
- *Hard work*
  - *Work ethic*
  - *Persistency*
  - *Appreciation*
  - *Longevity*



## Choreography vs. Training

- *Choreography*
  - *Diverse genres' of dance*
  - *Pick up/memory skills*
  - *Character development*
  - *Artistic work space*
- *Training*
  - *Expands knowledge*
  - *Develops skills*
  - *Creates work ethic*
  - *Creates longevity*





# Training Properly

## Power Of Fundamentals

- *Basics Aren't Boring*
  - *Building a foundation*
  - *Power of repetition*
  - *Basics save lives*
- *Knowledge*
  - *Awareness*
  - *Quality of work*
  - *Problem solving skills*
- *Fundamentals*
  - *Proper alignment*
  - *Physical control*
  - *Building stamina*
  - *Power of strength*



## Pushing Boundaries

- *Physical push*
  - *Overdoing exercises*
  - *Unsupervised workouts*
  - *Fighting genetics*
- *Improper training*
  - *Fast track information*
  - *Internal damage*
  - *Personal aesthetics*





# NOTES

[illegible]



# Injury Recovery

## Returning Too Soon

- *Impatient dancers*
- *Fear of falling behind*
- *Irresponsibility*



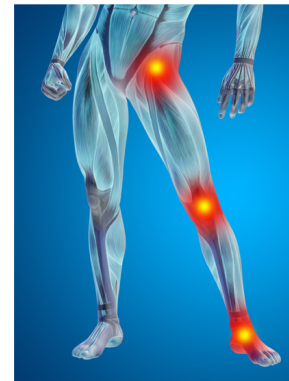
## Chronic Injuries

- *Never recovered*
- *Repetition*
- *Limits ability*
- *Quality of life*



## Overcompensation

- *Ignoring the injury*
- *Unbalanced strength*
- *Body chain reaction*





# NOTES

[illegible]



## Expert's Corner

Needless to say, learning the proper ways to protect from injury is imperative to a successful and healthy career as a dancer. Be sure to know the basics of stretching and injury prevention. NEVER skip a proper warm-up or cool-down before and after auditions, rehearsals, or classes.

When you are young, you may not feel things as severely, but if you are using improper habits it can harm you down the road. Injuries can take years to manifest into discomfort and pain, so making sure you are laying the foundation for a healthy body is important now.



## Life Lessons

There are no shortcuts in life that will lead to long-term success. The lesson of the power of fundamentals this week discusses just that. Not only will this topic help you in dance, it will lay the foundation for a successful and fulfilled life.

If your child understands why the basics are important and the dangers of skipping steps, they will be more prepared to accept challenges head on with confidence in everything they do because they will have worked hard for their victories.



# Week 4 - Homework

Included in the homework is the Advanced Conditioning Video from 'Studio Sessions' (part 4 of Breaking Barriers). THIS VIDEO IS NOT FOR PARENTS. Please share this video with your dancer to expand their awareness of their body.

***Step 1: Share the Advanced Conditioning video with your dancer. (ages 10+)***

***Step 2: Talk to your dancer and find out what they learned. This information should help amplify the fundamentals that they already know.***

***Step 3: Send any questions that come up to [Support@SUCCESS.dance](mailto:Support@SUCCESS.dance)***

By providing this advanced training to your child, you are helping them to reduce the risk of injuries currently plaguing the nation's dance community.