



# Training Optimization for Dancers

## What is training optimization analysis?

A dancer's physical performance is the result of more than just the number of the hours they spend at the studio. Performance can be influenced by a wide range of factors that include soreness levels, stress, sleep, and even the menstrual cycle. Understanding these factors can help dancers and instructors achieve better training with decreased risk of injury.

This has long been recognized in the sports science world and sophisticated analysis systems designed to recognize patterns in an athlete's day-to-day reports are used in every elite athlete's training. Recently, through partnerships with dance medicine experts, these concepts and technologies have been customized to address the unique ways a dancer trains and performs. The result is a powerful tool that can help detect when dancers may be most prone to injury, allowing dancers and their instructors/health care team to adapt training methods and techniques for optimal training and performance.

This has become an integral component of planning a dancer's training for companies including Royal Ballet, Scottish Ballet, Boston Ballet, and the Australian Ballet. Royal Ballet and Australian Ballet have also begun to use these tools with their professional training schools.

We are proud to be the first in the United States to bring this type of dance medicine and training partnership to pre-professional dancers.

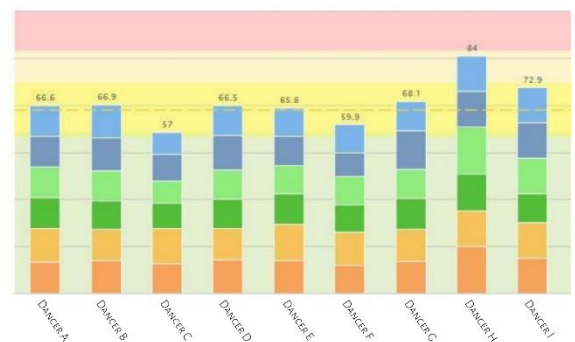
## How do I use it?

An easy-to-use morning and evening questionnaire covering basic aspects of health and well-being will be sent to dancers each day. This should be completed before they arrive at the studio and after they have finished dancing for the day.

If a dancer shows signs of overtraining, an alert is sent to the dancer along with recommendations of adjustments to make over the next few days.

## How will a studio/company studio use it?

If your studio/company participates they will receive an analysis report that can guide decisions as to when to push and when to pull-back in a dancer's or group of dancers' training. This can mean adjusting class intensity, training load, or rehearsal schedules to help dancers achieve peak physical ability during performances, competitions, or auditions and avoid overuse injuries and burnout.



# How to use

## Account Activation

You will receive an email with instructions to create a password and set up your account. If you do not receive your activation email within 24 hours, please contact us at [info@carolinadancerwellness.org](mailto:info@carolinadancerwellness.org)

## The Home Screen

**Daily Check-in:** Answer the morning questionnaire via the Wellness button each day before class. The evening questions will appear after class.

**Weekly Check-in:** The Health Monitoring section tracks longer-term changes in health status. You will be prompted to complete this each Sunday.

**Wellness Services:** You may schedule appointments with the Dancer Wellness Team in the studio or in the office.



**Reporting an Injury:** Use the Health Problems button to report concerns such as an injury or illness to the Dancer Wellness Team.

**Contacting the Team:** This messaging function can be used to send questions or give a status update by sending text message to the Dancer Wellness Team.

**Settings:** Change settings, such as whether you get notifications directly on your phone or via email.

## The Questionnaires

Each morning questionnaire has four questions about sleep quality, sleep quantity, stress, and soreness. Female dancers will also have two questions about menstruation. Evening questionnaires have four questions about fatigue, exertion levels, participation, and enjoyment levels.

The questionnaire can be completed by clicking to select your response and should take about thirty seconds to one minute to complete.

