

**Welsh T. *Conditioning for Dancers*. Gainesville: University Press of Florida, 2009.
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Overview

A dynamic resource for dancers introducing them to the benefits of science-based approach conditioning. It is written in an informal style with familiar terminology which enables the reader to take a more active role by utilizing the principles of physical conditioning and immediately apply to their own training. Part 1 Dance Conditioning covers concepts such as dance injuries, warmup and cooldown, improving strength and flexibility, improving endurance and releasing tension, and eating to dance well. The concepts given supply the dancer the fundamental understandings to be able to choose exercises and training approaches to match their current needs. Part 2 is a Dance Conditioning Catalog which describes a variety of tailored exercises designed for dancers as a reference tool. Many of the exercises are informed from the pioneers of mindful exercise. They are supported by descriptions, variations, and detailed information that easily allows the dancer to individualize the exercise to meet their body needs. The book concludes with Part 3 which is a list of Dance Conditioning Resources. This final section outlines a catalog of books, articles, videos and Web sites to optimize your approach to training for your career in dance. Some of the many highlights of the book include the clearly described essential details of conditioning for dancers, the end of each chapter lists related materials and reference lists, as well as study guides to help you understand the main concepts.

How I use this text in my own classes:

Many dancers come into a university program believing they are in great shape just because they dance. This text supplies science-based conditioning, written in a language suitable for the freshmen as well as senior, that supplies immediate useful information. It gives them a visual big picture of the essentials conditioning tools they need for their own training and development to build their dance career. What I also really like is the in-depth details on all the exercises and the diverse reference lists. My students questions get answered quickly and thoroughly allowing class to progress with a strong platform.

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The students in my Dance Kinesiology course, after having completed Anatomy for Dancers, have responded very well to the format of this text. Most notably, they appreciate Welsh's expert but accessible voice. I find the chapter Study Guide questions are fantastic discussion generators. Other unique standouts are the "Eating to Dance Well" chapter and the "Dance Conditioning Catalog" which can function like a trainer as each exercise in the Catalog has descriptions, reminders (mostly having to do with alignment), variations if modifications are needed, and references to similar exercises.

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