

SURVIVING TIPS & TRICKS INTENSIVES

warmup

- Progress from general (whole body) warmup to specific (focused area).
- Can perform massage gun/foam rolling in ADDITION to (not in place of) dynamic-movement-based activities.
- Timing:
 - Any position should not be held for longer than 5 seconds of the “stretch” as moving through positions is key. Do NOT sit in stretches/splits before class/training/rehearsal.
 - > 10 minutes total at the start of your day, 20-30 minutes is preferred. Smaller warmups between each session can help, too.

cooldown

- Make sure to target areas that you FEEL tightness/soreness.
- Can perform massage gun/foam rolling in ADDITION to (not in place of) stretches.
- Timing:
 - Shorter 5-10 second stretches between classes or jump-intensive days to limit stretching out TOO much, which can limit muscle protection.
 - Longer 30-60 second at the end of a day or after the intensive is done to work on flexibility.
 - Total cooldown should be at least 5 minutes, but 10-15 minutes is preferred.

sleep/self-care

- Sleep recommendations (by age):
 - 6-12 years old, 9-12 hours of sleep
 - 13-18 years old, 8-10 hours of sleep
 - >19yo at least 7-8 hours of sleep
 - Are naps ok?
 - Smaller “power” naps (<30 minutes) can help boost alertness and cognitive function; but longer naps are not recommended
- Practicing mental health strategies can help with the stress and fatigue of intensives. These can include:
 - Journaling
 - Meditation
 - Practicing gratitude and mindfulness

fueling

- Pre-activity:
 - Stick to familiar foods
 - Low fiber, low fat
 - Allow at least 2 hours for full meal before practice, >30 minutes for snack
- During activity: fast, carb-rich snack
- Post-activity: snack of carb/protein within 30-60 minutes after, full meal when able
- Hydration
 - at least 60-80oz water, more when excess sweating/heat/humidity
 - supplement with electrolytes especially in the summer
 - low sugar (not fake sugar) alternatives