

ELEVATE

— IRISH DANCE —

STRENGTH & CONDITIONING



ELEVATE Your Irish Dance Performance with Strength & Conditioning

I'm excited to introduce Elevate, a strength and conditioning programme I've developed in collaboration with Matt Gulliver and his expert team at Oak and Iron Fitness in Raleigh, North Carolina, where I now live and work.

Designed specifically for Irish dancers, Elevate focuses on developing strength, mobility, stamina and power to support the physical demands of Irish dance and help dancers reach their full potential.

This programme complements the holistic approach already offered through the From Head to Toe Academy, bringing together physical training, performance and overall dancer well-being.

Whether you're preparing for a major competition or working towards improving your technique, Elevate provides structured, progressive training to help you build the physical foundations needed to perform with greater strength, confidence and resilience.



Why Strength and Conditioning is Essential for Irish Dancers

Irish dance has evolved into a highly athletic discipline, requiring more than just exceptional technique to succeed. While traditional dance classes are essential for developing technique, choreography and performance skills, dedicated strength and conditioning can play an important role in preparing dancers for the physical demands of Irish dance.

A well-rounded approach to training can help dancers develop strength, power, mobility, endurance and overall athleticism. It's not just about becoming stronger or jumping higher. It's also about developing greater body awareness and the physical capabilities needed to support skills such as higher toe height, sharper jumps, stronger front clicks, improved turnout and crossing.

Alongside supporting technical development, appropriately planned strength and conditioning can help reduce injury risk and build physical resilience.

And let's not forget one of the most common challenges dancers face: stamina! Developing strength, power and cardiovascular fitness can help dancers maintain the speed, sharpness and energy needed to perform right through to the final step.

Elevate is designed to develop strength, power, stamina and body awareness through structured, progressive training, helping Irish dancers build the physical foundations to perform with greater confidence, efficiency and resilience.



Program Highlights

- **Expert Guidance:**

Created in collaboration with **Matt Gulliver and his expert team**, shaped by my experience as a fitness professional, former competitive Irish dancer and lead dancer in Riverdance.

- **Progressive Structure:**

Each 10-12-week cycle begins with a comprehensive initial assessment to establish your starting point. The program is designed to build on the progress made in the previous cycle, creating a steady and sustainable path for improvement. This approach ensures consistent development and long-term success throughout the year.

- **Camaraderie & Community:**

Open to dancers from all schools, fostering collaboration and support among participants.

- **Virtual Option:**

Can't make it in person? We've got you covered with a virtual program!

All classes are recorded if you're unable to make the live sessions.



PROGRAM DETAILS

Our training program is aligned with key events in the CLRG competition calendar, such as Worlds, Nationals, and Oireachtas. However, participation in these competitions is not required to benefit from this program. It's designed to support all competitive Irish dancers, regardless of the grade you're in or whether you're attending these events. This program is about building the strength, confidence, and resilience needed to thrive as a dancer year-round.



Dates:

Training cycles run throughout the year, aligned with major competitions:

- Winter (10 weeks): Worlds Strength & Conditioning
- Spring (10 weeks): NAIDC Conditioning
- Fall (12 weeks): Oireachtas Prep

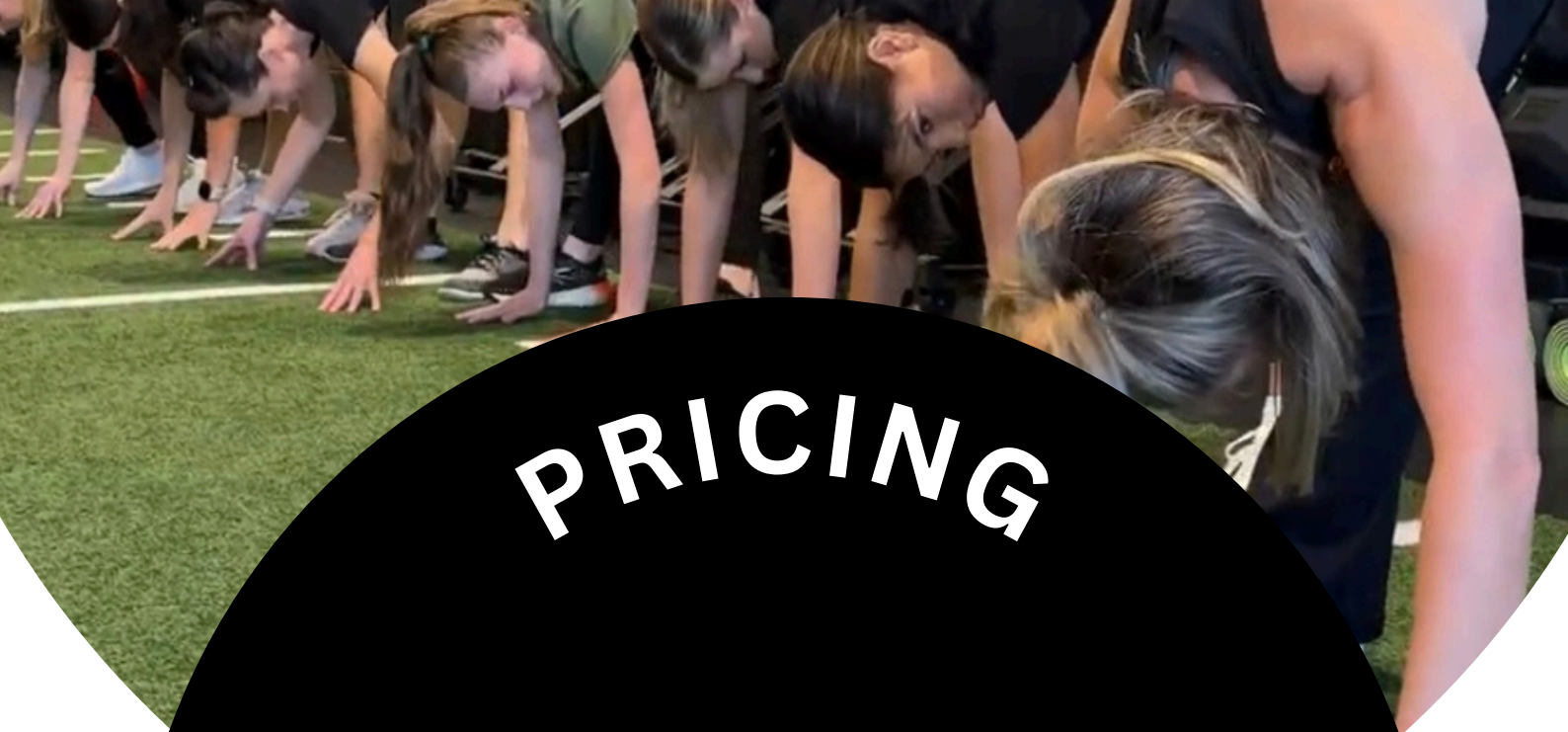
Class Times (ages 13 and up):

- Wednesdays at 7:30 PM ET (45–60 minutes)
- Fridays at 6:30 PM ET (45–60 minutes)

Location:

Oak and Iron Fitness
8839 Six Forks Rd, Raleigh, NC 27615
& Zoom





PRICING

In-Person Options:

- \$319 for 10-12 weeks (2 classes per week in-person) – Highly recommended for maximum results.
 - \$225 for 10-12 weeks (1 class per week in-person)
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Virtual Options:

- \$199 for 10–12 weeks (2 classes per week)
- \$175 for 10–12 weeks (2 classes per week) – Special rate for From Head to Toe Academy members
- \$170 per dancer for groups of 10+ from the same dance school

***All prices in USD**

Email us: info@fromheadtotoeacademy.com

For Irish Dance Schools & Teachers



You Focus on the Dancing. We'll Take Care of the Strength & Conditioning.

As an Irish dance teacher, you already have so much to consider. Technique, choreography, musicality, performance and competition preparation. And increasingly, there's an expectation that dancers should also be doing strength and conditioning.

But knowing your dancers would benefit from strength training and knowing how to programme it effectively are two very different things.

While incorporating exercises and conditioning drills into dance classes can certainly be beneficial, a collection of exercises isn't the same as a structured, progressive strength and conditioning programme.

That's where Elevate comes in.

Designed specifically for Irish dancers aged 13+, Elevate combines progressive strength training, power development and conditioning to help dancers meet the physical demands of their dancing.

Our 10-12-week training cycles include professional coaching, planned progressions and exercises adapted to different abilities and experience levels. With two live online classes each week and recordings available, dancers can train around their existing dance commitments. Schools can also arrange dedicated studio sessions using the recordings.

This allows dancers to focus on their physical development without taking valuable time away from technique and choreography.

You continue doing what you do best. We'll take care of the strength and conditioning.

Special Dance School Rates

\$170 per dancer, per cycle for schools registering 10 or more dancers.

Available for Elevate 13+ (online).

Interested in bringing Elevate to your school?

Contact info@fromheadtoToeacademy.com to learn more.



Your Bonus Resources

When you register for Elevate, you'll also receive access to additional resources to support your training, recovery and overall well-being.

5-Class Dancer Self-Care Programme

A collection of pre-recorded sessions designed to help you take care of both your body and mind, including:

- **Restorative Yoga & Recovery:** Gentle movement and stretches to help release tension and support recovery.
- **Mindfulness & Stress Management:** Breathing techniques, visualisation and meditation to help manage nerves and improve focus.
- **Mobility & Prehab:** Targeted exercises for common areas of tension, including the hips, calves and hamstrings.
- **Foot Care & Body Gratitude:** Exercises to care for your feet alongside a guided body gratitude meditation.
- **Journaling & Reflection:** Guided prompts to encourage self-awareness, gratitude and personal growth.

Expert Workshops

You'll also receive access to two specialist workshops:

- **Performance Psychology with Dr. Mitch DeSimone:** Practical strategies to build confidence, manage performance nerves and develop mental skills that support your dancing.
- **Nutrition with Julia Chase, Registered Dietitian:** Evidence-based guidance on fuelling your body, supporting recovery and meeting the nutritional demands of Irish dance training.

Class Equipment Suggestions

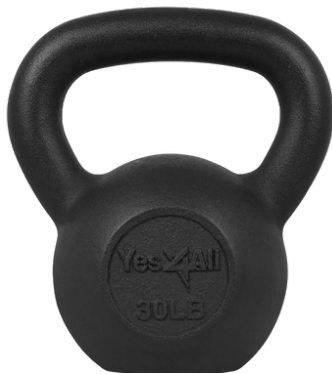
Click on any of the underlined equipment names below to view suggested options on Amazon.



Mini Bands



Therabands



Kettlebell
30-50 pounds



Dumbbells
10-20 pounds weight
(for upper body work)
20-40 pounds weight
(for lower body work)

These are suggested equipment options, and there's no need to purchase everything before getting started! The weights listed are general recommendations, and we'll help dancers choose suitable options based on their strength and experience. While having equipment is useful, we can always adapt exercises and use household alternatives when needed.

Irish dance didn't come naturally to me, so I understand firsthand how crucial strength and conditioning are for success. If I hadn't embraced strength training and worked hard to build the physical foundation I needed, like keeping my arms steady, crossing my legs properly, and developing the strength and power to be able to jump higher, I wouldn't have been able to reach my full potential and perform as the lead dancer in Riverdance for 12 years.

Strength and conditioning were the cornerstone of my growth as a dancer, and I truly believe this year-round program will provide you with the same advantage.

As we all know, consistency is key. This will be a commitment, but one that's absolutely worth it!

Ready to Join Elevate?

Visit www.fromheadtotoeacademy.com/elevate to learn more about the next training cycle and registration.

With gratitude,

Chloey ♡

