

# ELEVATE

## JUNIORS

— IRISH DANCE —  
STRENGTH & CONDITIONING



## Building Strong Foundations for Young Irish Dancers

Young Irish dancers have so much to gain from developing strength.  
But what should strength training actually look like for a  
7-12-year-old Irish dancer?

Research supports appropriately designed resistance training for children and young athletes, with benefits including improved strength, movement skills and physical literacy. The emphasis should be on age-appropriate exercises, sound technique, gradual progression and qualified coaching.

That's exactly why we created Elevate Juniors.

Elevate Juniors is a fully online strength and conditioning program for Irish dancers ages 7-12, coached by Chloey Turner and Keeva Corry.

Rather than simply making kids “work harder,” we focus on helping them learn how to move well while developing the foundations of strength, coordination, balance, mobility, jumping and athleticism that can support their Irish dancing as they grow.

The goal is simple:

**stronger foundations now, to support the dancer they are becoming.**



# Why Strength and Conditioning is Essential for Irish Dancers

## Strong Foundations Start Young

Irish dance asks a lot of young bodies.

Dancers need strength, coordination, mobility, balance, speed and power while also developing highly technical dance skills.

Elevate Juniors gives dancers an opportunity to develop these athletic foundations away from learning choreography, so they can begin to understand how their body moves and how physical training can support their dancing.

Our training will focus on areas including:

- Strength for better control, posture and stability
- Balance & coordination for more confident movement
- Jumping & landing skills to build the foundations for power
- Mobility to support efficient movement
- Core & upper-body strength for strong posture and alignment
- Speed & agility for quicker, sharper movement
- Body awareness to help dancers connect physical training to their Irish dance technique

And importantly, everything is designed specifically for younger dancers, with age-appropriate exercises, coaching and progressions.



# What To Expect

## 2 Online Classes Per Week

Dancers train from home, making it possible to join us from anywhere.

## Age-Appropriate Training

This is not an adult strength program made smaller for children. Exercises, progressions and coaching will be chosen specifically for the developmental needs of younger dancers.

## Progressive Programming

We'll gradually build skills throughout each training cycle, helping dancers improve movement quality before increasing the difficulty.

## Irish Dance Specific

We understand the demands of Irish dance. Exercises are selected to develop the physical qualities dancers need for skills such as jumping, strong posture, turnout awareness, toe height, speed and stamina.

## Fun + Confidence Building

We want young dancers to associate strength and conditioning with something positive. They'll be encouraged to learn, experiment, ask questions and celebrate what their bodies can do.

## Open to All Dance Schools

Elevate Juniors is designed to complement your dancer's regular Irish dance classes, not replace them.



Our training program runs alongside Elevate Irish Dance Strength & Conditioning and is aligned with key events in the CLRG competition calendar, including the World Championships, North American Irish Dance Championships (NAIDC), and Oireachtas.

However, dancers do not need to be attending these competitions to benefit from Elevate Juniors. The program is designed to support young Irish dancers at all levels, helping them build the strength, coordination, confidence and movement foundations that support their development throughout the year.



Dates:

**Elevate Juniors will follow the same training cycles as Elevate:**

**Winter: Worlds Strength & Conditioning**

**Spring: NAIDC Conditioning**

**Fall: Oireachtas Prep**

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## Class Details

**Ages: 7-12**

**Format: 100% Online**

**Frequency: 2 classes per week**

**Class Length: 40-50 minutes**

**Coaches: Chloey Turner & Keeva Corry**

**Days & Times:**

**Monday: 6:00 PM ET**

**Friday: 5:30 PM ET**

**All classes will be recorded, so dancers can catch up if they are unable to attend live.**



# For Irish Dance Schools & Teachers



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.**

Our programmes are designed specifically for Irish dancers, with age-appropriate exercises, professional coaching and planned progressions that support their physical development throughout the year. 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 develop strength, coordination and physical confidence 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 Juniors (ages 7–12) and Elevate 13+ (online).

Interested in bringing Elevate to your school?

Contact [info@fromheadtotoeacademy.com](mailto:info@fromheadtotoeacademy.com) to learn more.





# Pricing

**\$199 per dancer, per cycle**  
**Includes 2 online classes per week.**

**\$175 per dancer, per cycle**  
**Special rate for From Head to Toe Academy members and CRC participants.**

**\$170 per dancer, per cycle**  
**For dance schools registering 10 or more dancers.**

**All options include two online classes per week, with recordings available.**

**All prices in USD. Training cycles run for 10-12 weeks.**

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Give your young dancer the opportunity to build the physical foundations that can support their dancing for years to come.

Email us: [info@fromheadtotoeacademy.com](mailto:info@fromheadtotoeacademy.com)

# Who Are We?

## CHLOEY TURNER

Former Riverdance lead dancer, strength and conditioning coach and founder of From Head to Toe Academy and Elevate Irish Dance Strength & Conditioning.

Chloey performed professionally with Riverdance for 12 years and has spent decades studying the physical demands of Irish dance from both the dancer and coaching perspective.

Her approach combines her experience as an elite Irish dancer with her qualifications in strength and conditioning, fitness, mobility, yoga and mindfulness.

After experiencing firsthand how much strength and conditioning changed her own dancing, Chloey is passionate about helping the next generation of dancers build those foundations earlier.



## KEEVA CORRY

Four-time World Champion Irish dancer, former Riverdance lead dancer and dance captain, strength and conditioning coach and sports massage therapist.

Keeva brings an exceptional understanding of both elite Irish dance performance and athletic development.

Alongside her experience at the highest levels of competitive and professional Irish dance, Keeva works with dancers through strength and conditioning and individual coaching, helping them develop the physical foundations needed to support technique, performance and long-term development.

**Together, Chloey and Keeva bring decades of Irish dance experience alongside professional strength and conditioning knowledge, giving young dancers coaching from people who genuinely understand both sides of their development.**



## Elevate Juniors Bonus Toolkit

Every Elevate Juniors dancer will receive a small collection of additional resources designed specifically for younger Irish dancers. These are short, easy-to-use tools that help dancers build healthy training habits without adding lots of extra work to their week.

### **5-Minute Pre-Class Warm-Up**

A quick dynamic warm-up dancers can use before dance class to get their body moving, raise their temperature and feel ready to dance.

### **Mini Recovery & Stretch Routine**

A short post-class routine using gentle mobility, stretching and breathing to help dancers wind down after training and introduce good recovery habits from a young age.

### **Competition Calm Audio**

A short guided breathing and focus practice dancers can use before competing or performing to help settle nerves, refocus and feel ready to step on stage.



# Class Equipment Suggestions

You won't need lots of equipment to take part in Elevate Juniors. Most exercises will use bodyweight or simple equipment, with progressions introduced gradually as dancers build strength, coordination and confidence.

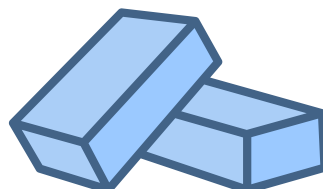
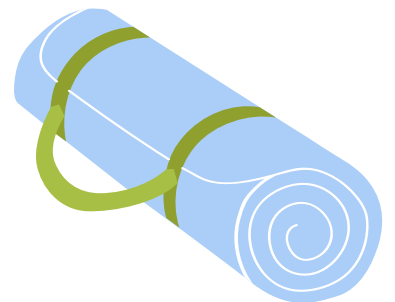
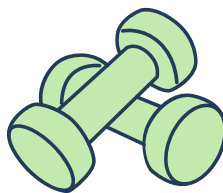
Suggested Equipment:

**Click on the Amazon links below to view our recommended equipment.**

- Exercise mat
- [Yoga blocks](#)
- [Mini resistance band](#)
- [Long resistance band / Theraband](#)
- [Light dumbbells, where appropriate](#)
- A small step or sturdy box/chair for selected exercises

Don't have everything? No problem.

Many exercises can be adapted using bodyweight or simple household items.





## Ready To Elevate?

The habits and movement skills dancers develop when they're young can support them throughout their dancing careers.

Our goal with Elevate Juniors is to help young dancers become stronger, more coordinated, more confident and more aware of how their bodies move, while building physical foundations that can support their Irish dance training as they grow.

Ready to join us?

For upcoming training cycles, program details and registration, visit:  
[www.fromheadtotoeacademy.com/elevate](http://www.fromheadtotoeacademy.com/elevate)

Questions?

[info@fromheadtotoeacademy.com](mailto:info@fromheadtotoeacademy.com)

We can't wait to train with you!

Chloey + Keeva

