

## Abstract

Dancers at the high school level are at high risk for injuries that could suspend or end their dance careers. This is due to a disparity of knowledge between experienced and novice dancers. With little existing research for this prevalent problem, I chose to search for the best practices for injury prevention in for these dancers. Although there is no quick way to test the results of this on young dancers, spreading this information throughout the dance community can set change in motion.

## Methods

- Conducting a literary review of existing research
- Utilizing lecture courses from the Harkness Center for Dance Injuries
  - Attending a summer dance intensive
- Discussing injury policies with current high school dance directors

## Results

### Best Practices in Injury Prevention for High School Drill Team Dancers

1. Physical assessment by a dance professional at the beginning, middle, and end of each year
2. Adapting stretch and warm-up routines to fit the current needs of the dancers
3. Create a natural progression of energy and speed throughout practice
4. Incorporating strength training that combines mobility, stamina, and strength (i.e. yoga and pilates)
5. Personally relay any injuries the dancers obtain to their parent, along with the recommended ways of healing

## Current Practices

Data in progress - will be updated

## Future Directions

### Outcomes include the development of:

- An outline for article submission
- A workshop training session for the Texas Dance Educators' Association

## References

- Harkness Center for Dance Injuries

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