



Target Training's

NAIDC

Recap Workbook

A deep dive into the details that shape your performance so you can learn, grow, and level up.



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2
6



The competitive Irish dance world is a continuous journey with many peaks and valleys. It doesn't end after one competition for us to restart the process again for the next. How we learn and grow from it will not only transform your dancing but your outlook.

One of my favorite times of year is when a major finishes and I get to work with athletes on their competition recap. We look at all of the areas the impact your performance including:

- Preparation in the months before including dance technique, physical training, sleep, mental training, fuel, etc.
- Communication and relations with the community and people who support you leading up to and on that day.
- Competition readiness including preparation with all external details - costuming, food, transportation, etc.
- Dance-life balance with school, extracurriculars, etc.

And when we talk through these areas, our goals are simple:

- **What went well?** We want to establish this not just to pat ourselves on the back but to acknowledge the work that went into making that area a success and consciously choose to continue making that a habit.
- **Where can we improve?** This is NOT to make a list of areas to beat yourself up about. This is about learning from our experience so we can work to create a more positive outcome and habit in this area.
- **What are we going to do about it?** Now that we are armed with this information, what are we going to do about it? How are we going to implement new habits or maintain ones that had a positive impact. It's not always about doing more but about being more effective, efficient and better prepared.

For this type of work to be effective, we need to dig deep into all of the elements that impact your performance AND get real honest with yourself. I'll take you through every step of the way.

HAPPY TRAINING!

Being able to keep going when you face big challenges is what sets people apart. Skill that emerges from dedicated practice often surpasses uncultivated talent.

Yung Pueblo



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REFLECTION



As we look back on your experience at the North American Irish Dance Championships, this is your opportunity to get real with yourself so that as an athlete and human, you can grow and learn from it.

We will identify what went well so we continue making a conscious effort to maintain those positive habits and address the areas where we can improve to help develop your roadmap for your next training cycle.

HOW IT WORKS

Follow along with this workbook and get *real* honest with yourself as you give yourself a grade for each area, A-F in the space provided.

Example: Attendance: C+

Keep in mind, this is a general workbook. Every dancer will be different based on their needs and goals. Again, this is **not** an exercise to beat yourself up about. This is an exercise to help you identify where you can make small changes to help you reach your goals and improve your training process.

A = indicates **excellent** performance

B = indicates **good** performance

C = indicates **satisfactory** performance

D = indicates **less than satisfactory** performance.

F = indicates **unsatisfactory** performance

You are also welcome to use + and - to add more variation.

DANCE TRAINING



This section pertains to your actual Irish dancing, participating in class, etc.



- Attendance at class: _____
- Participation at class: _____
 - arriving on time & prepared, effort, responding to teacher's corrections, being thoughtful while in class, focus.
- Home practice: _____
 - applying notes from class, creating a plan for home practice, effort, consistency

TECHNIQUE

Identify your execution of specific Irish dance techniques. In the space to the right, add any additional areas that may not be included.

Ankle Mobility/Twisty Ankles: _____	Posture: _____
Arms In: _____	Power: _____
Back Straight: _____	Rhythm: _____
Cross: _____	Straight Legs: _____
Flexibility/Kick Height: _____	Timing: _____
Movement across floor: _____	Toe Height: _____
Presentation/Performance: _____	Turnout: _____
Pointing: _____	

PHYSICAL TRAINING



This section pertains to cross training and supplemental training outside of dancing.



- Injury recover and PT exercises: _____
 - Only applicable if you are recovering from an injury or experiencing aches and pains.
- Physical training: _____
 - Did you complete home training or participate in training classes (like Target Training) consistently?
- Training classes: _____
 - effort, challenging yourself, correcting alignment, consistency
- Home training: _____
 - scheduling in training, effort, challenging yourself, consistency

MENTAL TRAINING, MENTALITY, & RELATIONSHIPS



This section pertains to mental training, mentality and relationships with the people who support your dance experience.



- Mental training: _____
 - Did you make a conscious effort to train your mentality in the months leading up to the competition.
- Self talk: _____
 - How do you talk to yourself around dancing?
- Relationships with yourself: _____
- Relationship with your family: _____
- Relationships with your dance friends: _____
- Relationship with dance teachers: _____
- Relationship with additional coaches: _____
 - If applicable, this could include doctors, PT, physical trainers, mindset coaches, etc
- Overall relationship with dance: _____

SCHEDULE, FUEL, & RECOVERY



This section pertains to your daily schedule, rest and recovery.



- Overall schedule: _____
 - Did you feel overwhelmed by your schedule, well-balanced, tired all the time, did you utilize your time wisely, etc.
- Amount of sleep: _____
 - The National Sleep Foundation recommends the below
 - 6-12 years = 9-12 hours of sleep
 - 13-18 years = 8-10 hours of sleep
 - 18-60 years = 7 or more hours of sleep
- Quality of sleep: _____
 - Able to stay asleep, restless, etc.
- Rest days: _____
 - Taking a rest day weekly, listening to your body when it's tired.
- Recovery: _____
 - Were you recovered and feeling well rested each day going into dance class.
- Fuel: _____
 - Were you fueling your body with food that provides you with energy.

PUTTING IT ALL TOGETHER



Now go back through the last four pages and add each area the appropriate column below.

A	B	C	D	F

LEARN & GROW



Now that we've gone through various areas of our training leading up to and during a competition, it becomes clear on the areas we need to work on. There may also be additional areas that were not included that you need to add in for yourself – do this.

What to do now?

Take a look at the topics in your A and B column. Make a conscious effort to maintain these areas and create positive habits around them.

Take a look at the other three columns: C, D, F. This is where we can learn the most from and grow as a dancer and individual.

As much as we want to work on it all now, you will be much more successful and way less overwhelmed, to take it slow and address one area at a time. Start chipping away, one-by-one, to start improving in these areas.

TAKE ACTION



Now it's time to take action. At Target Training, we have a variety of resources that help dancers in various areas. Check out our below resources and start taking action today!



TT BLOG - [link](#)

The *free* Target Training Blog has a host of resources to help Irish dancers understand the importance of training, how to improve various techniques, mindset tools and so much more.



Training Classes - [link](#)

We offer a variety of Zoom based training classes for Irish dancers to address the unique needs of Irish dancers in each training season.

- **August** - Pre-Season Training
- **September - November** - 10 Week Workout



On-Demand Training - [link](#)

Want to take advantage of our on-demand training that allows you to train anytime, anywhere? The **Target Training Online Institute** has a host 30 Day Challenges for Irish dancers (posture, pointing, flexibility, turnout, etc), skill specific training videos, and full body training. Begin today with a 14 day **FREE** trial!



**WANT MORE
Irish dance-specific
strength & conditioning
tips and resources?**

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