

# PLAID NEWSLETTER

## Good Luck PLAID!

The Oireachtas starts on the 23<sup>rd</sup>! It's fast approaching and everyone has worked so hard! I want to wish everyone dancing at the Oireachtas good luck and I will see you all there! This will be my first Oireachtas that I will dance in – It's very nerve racking.

But of course we're going to kick some serious butt!! :D

If you haven't yet, be sure to take the time to wish everybody luck in Seattle this year! Let's paint the results PLAID! We'll dance our hearts out and fill those podiums! They won't know what hit them ;) GOOD LUCK EVERYONE!

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Seattle's skyline; a view the Oireachtas-bound PLAID dancers will be seeing in person very soon!

# News and Updates

## PLAID Portrait Day

The PLAID portrait day will be on December 1<sup>st</sup>. This is a time for your dancer or even your whole family to have a nice, professional picture taken by Dan Straszewski. Dan takes most of the pictures you see around our studios and takes our professional shots as well.

Sign-up sheets are already out in the studios so be sure to snag a time slot for you and your family!

## Training

Carbohydrates are important for preparing the body to perform at its peak. "Current data indicates that as your oxidized carbohydrate levels decline and fatigue begins to set in, the body shifts to using stored carbohydrate (glycogen) for energy. So, the more carbohydrates that are deposited in muscle tissue beforehand, the longer you can perform" When consuming carbohydrates the majority should be from ***complex carbs*** which include *unrefined whole grain foods (pasta, whole wheat, oatmeal, barley, brown rice, buckwheat) fruits, vegetables nuts, seeds, beans, and lentils*. Carbs build up over time so eating them regularly is important, every day in class the dancers are being asked to perform at 110% so they need to consume carbs daily.

Pre-work out and pre-competition carbs should be complex carbs mentioned above however they need to be consumed early enough for the food to be almost completely digested before they begin to dance (approx., 30 to 40 min)

To determine the approximate amount of carbs dancers should be consuming take their *body weight – 10% = #grams per day* (this is an average number and will vary in reality for each dancer based on fitness level, age, and body composition)

Splitting up the total carb intake over 5 or 6 smaller meals will encourage the body to convert more of the carbs to glycogen (the preferred source of energy for the body) This will improve performance, increase energy, promote better recovery and prevent fat storage.

Consuming protein is very important and should be consumed throughout the day. It is important that dancers use recovery proteins right after dance class to help with muscle recovery. Look for combination formulas that have fast acting proteins (whey) and carbohydrates. Many of these come in a powder form that can be premeasured into a dry container that the dancer can add water to at the end of class. To determine the amount of protein to be consumed per day use *weight x 1=# grams per day* (this number is for athletes). NOTE: there are vegan forms of protein powder available as well.

Water is extremely important dancers should be consuming a minimum of 8 – 8oz servings of water per day and during class they should be drinking 2 – 4oz of water every 15 minutes after the first 45 minutes of class. Remember it only takes 3% dehydration to affect a dancer's performance.

For a look at the complete article about carbohydrates [click here](#)

## Stretching

Until recently, stretching was a pre-exercise warm-up ritual. Several studies have shown that pre-exercise static stretching (bending and stretching a muscle) decreases strength and power. Active stretching is the preferred source of warm up and stretch as it brings the body to a warmed up state and generates blood flow into the muscles oxygenating them and preparing them for the workout. (Journal Strength Conditioning Research. 26 2432-2437, 2012)

# Tips and Tricks

## Bling Your Own Socks!

Want those rhinestoned bubble socks but don't want to pay \$25-\$30 for them? Well now you can! Miriam Hsieh told me this nice tip.

All you need is a pair of plain bubble socks (about \$8), some rhinestones (recently found in LA for \$7 for 1 gross or 144), and a hot glue gun. After a bit of time glueing and drying, your socks will be ready to wear! You can even split the cost of the rhinestones with other families and make them even cheaper!

## Lasting Hair-Color Trick

Has anyone had trouble making that spray-on hair coloring last longer than a few minutes? Sometimes it just doesn't bond to the hair and that can be frustrating. Well I have a nice tip from Susanna Graham to making that color stick - literally!

Before applying the spray-on color, first use hairspray. Once the hairspray is applied, add the color. This will make the color bond with the hairspray and stay for much longer!

So the next time you're having trouble applying spray-on color, just remember to add some hairspray!

## Where to Get Cheap Electrical Tape

We Irish Dancers go through electrical tape like water. If you want proof of this, ask Katie Byrne or myself to show you our electrical tape balls made of all our shoe electrical tape! With every shoe change comes more tape.

And unfortunately reusing electrical tape is out of the question in most cases.

So why do we use so much electrical tape? Well, it has everything to do with our leather shoes. When we get new shoes, they are rigid and tight. Eventually we break them in and the shoes form-fit to our feet. After this point however, the shoes begin to loosen more and more until they are no longer tight on our feet. To fix this, we use electrical tape to tighten the shoes once again.

Since we need to use electrical tape every time we put on a pair of dance shoes, and we typically wear two pairs of shoes in any given dance class, the amount of tape used quickly adds up. I would guess that I personally use about 2-2 ½ feet of electrical tape per shoe.

So here's how to save some money: Home Depot carries a 10-pack of 60-foot rolls of electrical tape for – wait for it - \$4.95! Check the electrical dept. Since I highly doubt we will reduce the amount of electrical tape we use, the least we can do is reduce how much money we spend! Hope this helps!



JJ's super cool electrical tape ball!!!! :D