



Join WBC's Split Club!

Let's stretch, stretch, stretch!
November 13—December 15

WBC Split Club is a favorite tradition at our studio. We hope you'll join in the fun! Stretching improves flexibility and strength. The goal of Split Club is to help our dancers create and maintain good stretching habits, both at home and in the studio. As dancers stretch at home and pass off splits, they will add links to a giant paper chain. We hope our Split Club Chain will "stretch" across the whole studio!

IT'S EASY AS 1, 2, 3!

- 1. Stretch at home!** Then report back to your teacher. For every 3 times you stretch at home, add another link to our Split Club Chain.
- 2. Pass off your splits!** During or after class, pass off your splits with your teacher. Add extra links to the chain for each split you pass off.
- 3. Keep adding links and have fun!** We hope that all of our dancers will participate and have fun along the way!

Stretching Information

We are so excited to stretch! Stretching can happen anywhere and at any time, be it in front of the TV, while doing homework, when you wake up in the morning, and more. Use this month as a way to create good habits at home and increase your flexibility and strength! Stretches that you can pass off with your teacher are listed here:

Frog Stretch: Lie on stomach. Keeping knees against the floor, bend knees until pointed toes are touching. Try to move feet up closer to body while pushing knees out to the sides. Pass off when knees are fully bent and feet are flat on the floor.

R/L Splits: Extend your legs in opposite directions, in front and behind you. Slide body as close to ground as possible and hold. Pass off when legs are flat on the ground and arms are held in 5th with toes pointed for 30 seconds.

Middle Splits: Same as R/L Splits, but with legs extended outward to either side. Pointe your toes!

Other great stretches to do that will round out your strength and flexibility include:

Pike Stretch: Sit on floor with feet and legs in front of you, heels touching. Pointe toes, straighten knees, and bend forward, reaching hands towards feet. Aim for your head to rest on your knees.

Donut Stretch: Lie on stomach. Push up on your hands, reach shoulders and chest upward and back while bringing feet up toward head. Try to get your toes to touch your forehead and hold.

Stretch to a point where you are pushing your limit, but not in too much pain. If you feel extreme pain, please stop stretching immediately. Be careful & be sure to ask your teacher if you have any questions!

**Stretching tip: It's always better to stretch when your muscles are warm. If you have time, do something active to get your heart beating and your blood pumping before you stretch—e.g. walk in place for 1 minute, do jumping jacks, run up and down the stairs, perform a quick ballet warm up, etc.*

