

## VOCAL ATHLETES:

### ELITE VOICE USERS

Optimal physiologic performance is essential for any athlete to perform at a professional level. Vocal athletes must also train towards optimal vocal output by training the vocal mechanism for:

- STRENGTH
- STAMINA
- FLEXIBILITY
- AGILITY
- ARTISTRY



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# SPECIAL CONSIDERATIONS FOR VOCAL ATHLETES



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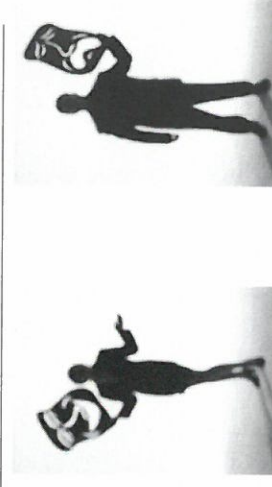
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# MAXIMUM PERFORMANCE WITH MINIMUM RISK



## PRACTICE GOOD VOCAL HEALTH HABITS

- Drink at least 64 ounces of water each day
- Using steam inhalation from a personal steam inhaler may help to alleviate excessive dryness or thick phlegm
- Cool mist vaporizers or warm-air humidifiers provide additional moisture in a dry environment
- Avoid cough drops with menthol, as they may be drying to the throat. Instead use a piece of sugar-free hard candy or an herbal drop
- Over the counter (OTC) products are available to thin secretions and increase saliva production. Check with your doctor
- Medications (prescription, OTC, and holistic) may have drying effects on the laryngeal mucosa. Check with your pharmacist
- Minimize exposure to chemicals and pyrotechnics
- Avoid dairy products within several hours of performing as it may increase the viscosity of mucus
- Eat a healthy, balanced diet
- Minimize stress
- Engage in daily physical exercise
- Train your instrument and practice daily

## VOCAL WARM-UPS

- Physically stretch and exercise daily to promote a healthy body and to maximize the muscular support needed for optimal voicing
- Begin with easy, mid-range vocalizations. Gradually stretch the voice to the top and bottom of the range
- Once the voice has been gently stretched, begin more technically and vocally challenging vocalizes and/or stylistic exercises

## VOCAL COOL-DOWNS

- Gradually stretch the voice from mid-range to the top and bottom
- Physically stretch

## ADDITIONAL TIPS

- Don't sing/speak through a cold or laryngitis
- Don't sing/speak outside of your physiologic range
- Ensure that you do not hold your breath or make sound during weight lifting activities
- Don't sing/speak if it hurts to swallow
- Ensure proper use of amplification

## ELIMINATE PHONOTRAUMATIC BEHAVIORS

- Avoid yelling, shouting, loud talking, and talking over noise
- Avoid singing or unnecessary talking in a car, bus, plane or train
- Do not use a cell phone in noisy environments
- Eliminate throat clearing and coughing. Use a hard swallow instead
- Stop using all tobacco products and recreational drugs
- Avoid chemicals, dust, and other harmful inhalants
- Never whisper
- Don't push your voice to it's physiological limitations
- Don't overuse your voice
- Take "vocal naps" throughout the day. If your voice starts to feel tired, don't push it
- Avoid blood thinning medications as much as possible (aspirin, ibuprofen, coumadin)