



## THE DANCE SPACE

### DRICORE® CUSHIONS YOUNG DANCERS' LANDINGS

Dancers are equal parts artists and athletes. While they are the embodiment of grace, beauty, power and drama, the rigorous physical demands of the art form make injuries almost inevitable. Having the right equipment – particularly a proper floor in rehearsal and performance spaces – is essential to keeping dancers on their toes.

“One of the most common causes of injuries is dancing on a floor that is too hard, such as concrete,” said Fiona Fuerstner, master teacher, coach and ballet mistress. Fuerstner, who was a Principal Dancer with the San Francisco Ballet,

Pennsylvania Ballet and Les Grands Ballets Canadiens and served as Ballet Mistress with the Milwaukee Ballet, Nashville Ballet and Pennsylvania Ballet. “Jumping and then landing on such a hard surface puts tremendous stress on the feet, ankles, knees and back. You need a floor that has a bit of ‘give’ to cushion landings and protect the bones, tendons and cartilage.”

Most dance companies and schools, therefore, use “sprung” floors in which a wood or composite subfloor system raises the dance surface two or three inches above the concrete. The subfloor is then typically covered with a finished floor material, such as a non-slip linoleum or vinyl.

Away from the studio, parents wishing to build an at-home practice area in the basement for their young dancers are finding that a DRICORE® modular subfloor system is an easy-to-use, cost-effective option.

CONCRETE NEVER FELT SO GOOD.

**DRICORE®**  
SUBFLOOR SYSTEM

## The Cure for Cold Feet



*"The kids went down there and they were bouncing all over the place because the floor was so springy. Only wood will give you that resilience. You can immediately feel the difference."*  
— Joyce Hoelzer, homeowner and parent of a young dancer.



**"QUICK AND EASY INSTALLATION"**



DRICORE® consists of engineered wood panels bonded to a sheet of rigid polyethylene with a raised grid pattern on the underside that lifts the subfloor 7/8-inch off of the hard concrete. Because it is a wood product, DRICORE is more forgiving than the concrete underneath.

The benefit was readily apparent to Joyce and Bruce Hoelzer of Ellicott City, MD, who used DRICORE to create a dance floor where their daughter could practice tap and Irish step dancing. Soon after the project's completion, friends from their daughter's dance school gave the space a trial run.

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Fuerstner also recommends installing a finished floor of non-slick vinyl or linoleum to ensure a smooth surface with no edges where the dancer's foot could get caught. A variety of choices are available to accommodate various dance styles, from ballet to modern, tap and more. Parents should consult their children's instructor and dance publications for recommendations and names of manufacturers.

Parents who decide to tackle the project themselves will find DRICORE easy to install, even if they are novice do-it-yourselfers. The two-foot by two-foot panels feature a precision tongue-and-groove design and are simply press-fit together and set in place. Because DRICORE is designed as a floating floor, it is not typically necessary to fasten the panels to the concrete. However, because of the rigorous use a dance floor will receive, it may be wise to secure every other panel along the perimeter to prevent movement.

DRICORE also helps create a more comfortable practice environment by removing the pervasive chill and dampness typically associated with lower levels.

The airspace between the subfloor and concrete creates a thermal break that keeps the finished floor approximately 6°F (3.2°C) warmer than the cold concrete below. The open grid on the underside of each DRICORE panel also permits air to circulate, which allows the concrete to breathe and helps dry-up humidity and condensation that may collect on the concrete.

DRICORE costs approximately \$1.50 per square foot – a small price to pay to keep the next generation of dance stars healthy.



For more information call 1-866-976-6374 (9a-5p ET),  
Email [help@dricore.com](mailto:help@dricore.com) or visit [www.dricore.com](http://www.dricore.com)



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