



Tim Day

Physical Therapist / Strength & Conditioning Coach

Tim is not a dancer but has been around dance all his life. His mother Zari was the owner/teacher at Del Dante Dance Company in Adelaide Australia for 40+ years. She also taught dance at Henley High School in Adelaide, a magnet school for dance which prepped high school students for a career in the performing arts.

Tim is an Australian trained physical therapist who came to the USA in 1993 to be the Physical Therapist/Strength and Conditioning coach for the Los Angeles Dodgers minor league system. During those years he developed preventative injury programs which greatly reduced the injury rate in baseball athletes. After that he worked at the UF&Shands Orthopedics and Sports Medicine Institute and was instrumental in developing the PreHab (preventative conditioning) programs for the UF Gator sports team.

He now uses that experience to teach dance specific conditioning classes for the competitive teams at IDance. The goal is to help keep our young dancers on the floor and out of the rehab clinics.