

# Contents

## Preface

Preface	vii
Introduction: Sport-Specific Training for the Vocal Athlete	xiii
1 Alignment	1
2 Breathing	23
3 Laryngeal Function	39
4 Articulation	57
5 The Mind/Body Connection	77
6 A Singer-Centered Workout Regimen	85
7 Warming Up	135
8 Fueling Your Art	141
9 Maintaining Your Health	149
10 Form Follows Function	159
Glossary	161
Additional Resources	167
Index	173
About the Author	179
About the Artists	181