Dear Colleague,

Welcome to our second Newsletter of the Dance Education Network of the International Association for Dance Medicine and Science. The goal of the Dance Education Network is to reach out to educators and dancers in order to provide information on IADMS and IADMS initiatives. Items in this Newsletter include:

- IADMS Annual General Meeting
- IADMS Facebook Page
- IADMS Posters
- IADMS Dance Education Award

About IADMS

Did you know that IADMS is the world’s largest dance medicine and science organization founded in 1990 by an international group of dance medicine practitioners, dance educators, dance scientists, and dancers? Membership is drawn equally from the medical and dance professions and has grown from an initial 48 members in 1991 to over 1,000 members world-wide, representing 35 countries.

The Mission:
IADMS enhances the health, well-being, training, and performance of dancers by cultivating educational, medical, and scientific excellence.

IADMS Annual Meeting

The 24th Annual Meeting of IADMS will be held in Basel, Switzerland from Thursday, October 16th to Saturday, October 18th 2014, with A Day for Teachers to be held on Sunday, October 19th. Information on the program, and practical information regarding the Annual Meeting and the registration for members and non-members can be found at www.iadms.org.
If you have never attended an IADMS Annual Meeting, please consider attending this year; you will not regret your decision. With a wide range of lectures and practical sessions, and opportunities to network with dance and medical professionals from all over the world, it is a stimulating and inspiring experience for everyone concerned with dance.

IADMS Facebook Page

One of the recent additions to the IADMS network is the IADMS Facebook Page. This is another way to stay abreast of the latest information from IADMS on health and dance training across all genres. Recent posts on Facebook include a study by the USC Division of Biokinesiology & Physical Therapy, which explores the intricacies of dance biomechanics. There is also an article which covers a study of the Fatigue Effects on Quadriceps and Hamstrings Activation in Dancers.

IADMS Posters

A number of dance schools have recently purchased the complete set of IADMS posters and they now decorate studio walls with useful information for teachers and students alike. See the poster on the following page for all available posters. Series 4 includes:

Bone Health and Female Dancers:
This poster describes the nutrients that contribute to bone health and makes recommendations to support dancers’ health.

Motor Learning:
This poster has a brief definition of motor learning and strategies to teach and learn dance effectively.

Stretching for Dancers:
This poster displays a brief overview of the concept of flexibility and makes recommendations to help dancers gain flexibility in a safe manner.

All three posters in Series 4 can be purchased together at a discounted rate. For details go to the IADMS website: www.iadms.org
DANCE MEDICINE & SCIENCE POSTERS FOR SALE

The posters draw from research and knowledge outlined in the IADMS Resource Papers (available online) and are aimed at teachers, students, and health care specialists.

Series 1 topics are Pointe Readiness, Proprioception, and Adolescent Growth Spurt.

Series 2 topics are First Aid, Somatics, and Fueling the Dancer.

Series 3 topics are Turnout for Dancers: Hip Anatomy, Turnout For Dancers: Supplemental Training, and Dance Fitness.

Series 4 topics are Motor Learning, Bone Health & Female Dancers, and Stretching for Dancers.

The Posters:
- are large, full of color with beautiful photographs (24 inches x 36 inches / 61 centimeters x 91.4 centimeters).
- contain key information on health and well-being.
- include suggestions for safe practice and performance enhancement.

3 posters:
- US $65 for non-members
- US $40 for IADMS members

Single Posters:
- US $25 for non-members
- US $19 for IADMS members

Shipping and handling is additional.

Purchase posters online at www.iadms.org
The Education committee is proud to announce the inaugural IADMS Dance Educator Award: *Integrating Dance Medicine and Science into Practice*

The Education Committee seeks to recognize teachers who integrate principles of dance science in their teaching. The criteria for the award describe a dance educator who:

- demonstrates long standing support for the integration and implementation of dance science in the classroom and technique studio;
- has developed a system of training based on sound knowledge of human anatomy, physiology, and/or psychology;
- understands and effectively communicates the biomechanical components of movement and dance training principles, both intuitively and based on research, to augment artistic performance;
- can address artistic and pedagogical priorities within a scientific context to help researchers understand the art of dance and dance teaching;
- demonstrates innovative thinking in teaching, is not afraid to challenge myths and historical methods;
- demonstrates attention to physical development and emotional welfare of the student, working to train and educate independent artists fully able in mind, body, and spirit;
- has students who embody and practice the principles that underpin the teacher’s philosophy;
- demonstrates an ongoing commitment to furthering the field of dance and dance science and IADMS as an organization.

The recipient of this recognition shows evidence of substantial impact through teaching dance and has influenced future dance teachers.

Additional evidence for the award comes from service to the field of dance medicine and science as well as mentoring students participating in dance
medicine and science events and conferences.

Nominations from around the world will be solicited for this award. An initial letter of nomination will be used to address the candidate’s eligibility, and additional letters of support will be solicited from parents, school directors, and/or former students. Nomination submissions will be due June 1, 2014. The candidate will be selected by the Education Committee and will be recognized at the Annual Meeting in October. Please send in your nominations to Education@iadms.org.

Best wishes,

Maggie Lorraine, Dance Education Network Subcommittee

Margaret Wilson, IADMS Education Committee Chair

IADMS Education Committee: Education@IADMS.org