Dear Colleagues,

Please enjoy this Dance Education Network (DEN) Newsletter. The DEN is a project of the Education committee of the International Association for Dance Medicine & Science (IADMS).

**Items in this Newsletter include:**
- Report from the 2015 IADMS Day for Teachers and Annual Meeting
- Presentation of the 2015 IADMS Dance Education Award

**IADMS Annual Meeting Report – Esther Juon**

The 25th Annual Meeting of the International Association for Dance Medicine & Science (IADMS) was held in Pittsburgh, Pennsylvania, USA from October 9 - 11, 2015. Esther Juon, who is a member of the IADMS Education Committee, lives in New Zealand and shares with us some of her personal memories of the meeting held in Pittsburgh.

As spring was arriving in New Zealand, I traveled to Pittsburgh, PA in the USA for the IADMS 25th Annual Meeting. It is always a long journey to the US from New Zealand and yet attending the IADMS meeting is always a wonderful and inspiring event for me. Arriving at the conference I am reacquainted with other delegates who have become friends over the course of many meetings.

**IADMS Day for Teachers**

Two Special Interest Groups (SIG) Days precede the IADMS Annual Meeting: A Day for Teachers or a Colloquium on the Clinical Care of Dancers. According to IADMS, the goals of the SIG Days are to provide the participants with: (1) insights into the causes and treatments of musculoskeletal problems in dancers, as well as strategies for prevention; (2) enhancement of your understanding of recent research and its application to the training and treatment of dancers; (3) enhancement of your knowledge regarding the psychological and nutritional issues that affect dancers; (4) inspiration to move in new ways and to incorporate new techniques into your teaching after participating in a variety of movement sessions; and (5) increased ability to communicate effectively with other dance professionals, be they dancers, dance educators, dance scientists, movement specialists, or health care professionals.

I attended the Day for Teachers. The first presentation, **Optimizing the Teaching Environment: Psychology and Motivation for Teachers and Dancers**, was delivered by Tom Welsh, PhD Florida State University, USA. Tom shared a quote in the workshop: “The great pleasure of teaching is also balanced by the constant challenge of transmitting the art of dance that tests us every time we face a student in a dance studio. As we ask ourselves how best to awaken our student’s sensations so they can express with their bodies what their hearts and minds desire, we need a master craftsman’s tool box of keys to open the connections in order to observe results”. Tom’s toolbox recommendations included: Applying principles of physics to dance (thank you Dr. Kenneth Laws), enhance technique
through placement, biomechanics and focus, and offer useful tools to dancers from beginners to professional alike”.

The session provided opportunities for discussion among attendees who shared ideas in small group discussion. Topics for these small group discussion included: How to: strengthen good performance, extend existing skills to create new abilities, how to perform on cue and in context, and how to reduce problematic performances. This was a thought provoking session and an opportunity for some self-reflection.

Emma defined principles of training and provided a rationale for dance specific work followed by a vigorous class which illustrated how fitness and conditioning can be included in dance training. As you can see in the photograph we were all actively involved and we are in awe of Emma!

The second session, Fitness and Conditioning for Dancers was led by Emma Redding, PhD. As Emma discussed in the opening of her session, “Dance training is rigorous and demanding in its own right, but research tells us that supplemental conditioning will enhance performance, minimize injury risk and help prolong a dancer’s career. The challenge for teachers is to address the need for more continuous higher intensity movement for fitness, alongside the necessity for thoughtful and reflective technical practice.”

Lunchtime at the Special Interest Day:

Lunch gave us the opportunity for networking with other dance professionals. IADMS provides name badges with the delegate’s country of origin and their occupation. This makes introductions very easy. To quote Catherine L. Tully, 4dancers blog, “Without question the single largest benefit to attending this meeting is the networking. The IADMS gathering brings professionals together from all over the world, giving them a chance to compare notes, talk dance medicine, and, perhaps most importantly, get to know one another. Even with the magic of connecting via the web, there is just no substitute for face-to-face interaction.”

The final presentation of the day, The Science and the Art: More than just a Tendu, was given by Peter Lewton-Brain. DO, MA, Association Danse Médecine Recherche, Monaco. Peter is a dancer, osteopath and teacher at The Rosella Hightower “Ecole Superieur” in Cannes, France. He discussed artistry in dance and how the dancer can find the perfect balance through understanding how dance builds upon the logic of the body, and how this should be developed in training. Examples included expressivity coming from the body (not just the face) and how to train the dancer to point the foot in a logical way to minimize physical stress and support the choreography. Peter is a very engaging speaker and it was wonderful to watch his movement qualities when demonstrating his ideas.

In the evening the delegates could attend a Pittsburgh Ballet company rehearsal of Jiri Kylian’s Sinfonietta. It was lovely to watch these young dancers rehearsing a masterpiece of choreography two weeks before their premiere. After the rehearsal we were offered refreshments and another opportunity to meet the dancers and medical staff who support the company.
The IADMS Annual Meeting was called to order by IADMS president, Janet Karin. An inspiring video for the 25th anniversary which recognized the history, growth and future of the organization was presented. This was followed by Stephen Chatfield, Chief Financial Officer and Membership Director, who welcomed all nationalities attending the meeting, identifying all 47 countries who are members of IADMS. It was to realize that you are part of a truly international organization of like-minded people all caring for dancers. IADMS honorary member and Artistic Director of Pittsburgh Ballet Theatre Terrence Orr also gave the Annual Meeting opening address.

Following the opening address, the Clinical Symposium was presented by Paula Thomson, PsyD, from California State University, Differences between dancers with high and low internalized shame: a psychological profile. This presentation focused on how past experience, stress, depression, eating disorders, over-exercising, and substance abuse can lead to a negative self-image and can affect the brain. Paula presented a film of a choreographic project created with the dancers she currently works with which was very moving and highlighted the issues in a most effective way.

One of the most difficult tasks is to making choices of which sessions to attend from the amazing smorgasbord of offerings at the IADMS Annual Meetings and this meeting was no exception. I had the opportunity to attend sessions which looked at:

- Core Stability and the concerns associated with the over emphasis on this training. The presenters advocated that strengthening programs should assist the dancer’s movement quality.
- Winging shoulder blades. Eva Powers identified a lack of muscular strength in the shoulder girdle. Exercises to address strength were presented.
- Sonia De Ville demonstrated how to find and feel the functioning of the hip joint.
- Astrid Sherman and Susanne Higgins shared their experiences of looking after dancers with Scoliosis emphasizing collaboration between the dance teacher, physiotherapist and Pilates. This presentation emphasized that dancers with scoliosis can dance and achieve their goals.
- Suzanne Koucheravy offered a practical session on scoliosis, demonstrating how to support the dancer’s body in a way that the spine is brought back into alignment.
- Technology in the studio – a new use for the IPad!
- IADMS social media. Social has introduced IADMS to people worldwide that may not otherwise engage with dance science.

As you can see the range of information is vast and inspiring. I hope you will be able to join the friendly IADMS community next year in Hong Kong.  – Esther Juon
IADMS Dance Educator Award
The 2nd IADMS Dance Educator Award was awarded to Janet Karin, OAM, for her passion and commitment to dance and for her tireless contribution to Dance Medicine and the benefits her work brings to countless dancers.

Janet is pictured with Janice Plastino, recipient of the first Dance Educator Award, and both recipients are pictured with Margaret Wilson, Education committee chair, and Robin Kish, Education committee Vice chair and Dance Educator Award chair.

Calls for nominations for the Dance Educator Award will be included in the next newsletter, but be thinking about colleagues who have demonstrated a commitment to the art and science of teaching dance that you wish to nominate.

Finally, we thank Janet Karin for a great 2 years as IADMS President and welcome Matt Wyon as the newest IADMS President.

Best wishes,
Maggie Lorraine, Dance Education Network Subcommittee
Margaret Wilson, IADMS Education Committee Chair
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