Greetings from the Chair of the IADMS Education Committee

Rachel Rist, M.A., Director of Dance, Tring Park School for the Performing Arts, Tring, UK

In the past year, the various subcommittees of the Education Committee have been busy producing resources for dance teachers that will bring useful and important information into the heart of the dance studio. The first set of posters has been produced, giving condensed information from the full Resource Papers available on the IADMS web site. More details can be found in the section following this report. These posters are visually stunning and would make a useful addition to any dance studio or administration center, or to give as presents. Work has begun on the next set of posters on Nutrition, Somatics, and First Aid.

The Resources Papers subcommittee continues to produce important papers. “Motor Learning and Dance” and “Somatic Studies in Dance” have been added to the existing papers already posted on the IADMS web site. Future topics proposed are “Fitness,” “First Aid” and “Turnout.” Please make good use of these by downloading them at no charge from the web site and passing them on to students, parents and other teachers. The information they contain has been especially written for dance teachers.

The new IADMS and Trinity qualification, Safe and Effective Dance Practice, was launched last year and already has been taken by many dance teachers who have been pleased at how user-friendly the qualification is and also how much more confidence it has given them as teachers on a daily basis. This qualification can be used to advertise the dance studio and assure parents and students that the highest possible standards of knowledge and care will be taken in training and that this “gold standard” of training is available at the studio. Please see the IADMS web site or Trinity College web site (www.trinitycollege.co.uk/site/?id=1598) for more information on how to do this.

A very successful A Day for Teachers was held at the October 2009 IADMS conference in The Hague (see Sonia Rafferty’s report) and we are excited about plans for the 2010 Day for Teachers (see advertisement on the last page).

The stunning success of this Bulletin has reached many dance teachers across the globe and we are daily hearing about new countries and places that have found it useful. The Teacher Liaison subcommittee has been key in setting up the distribution of the Bulletin, but it needs constant updating so please get in touch with us if you would like us to add your email to our database (education@iadms.org). We also DO want more Letters to the Editors for our team so please continue to send them.

My humble thanks and deep respect to the editors of the Bulletin and to all the members of the Education Committee who work hard for dance teachers. Finally, we would like to hear from you, the readers, with advice, feedback, suggestions and comments.

Rachel Rist
Chair, Education Committee

IADMS Inaugurates Studio Teachers’ Network and Educational Posters

The International Association for Dance Medicine and Science (IADMS) aims to enhance the health, well-being, training, and performance of dancers by cultivating educational, medical, and scientific excellence. A further key aim of the association is to disseminate dance science research findings to those working directly with dancers, and IADMS recognizes the vital role teachers play in bridging the gap between research and practice. As such, a number of initiatives have been launched to augment this process, and one of the most recent is the production of a set of educational posters designed for use in dance studios. The posters draw from the previous research and current knowledge outlined in the IADMS Resource Papers (available on the web site at www.iadms.org under Resources) and are aimed at both teachers and students. Three posters will
be produced per year, with the first three focusing on the Adolescent Growth Spurt, Pointe Readiness, and Proprioception. The posters are large and full-color with beautiful photographs. They contain key information regarding dancers’ health and well-being, including suggestions for safe practice and performance enhancement. The posters are available for purchase from the IADMS web site at www.iadms.org/storeindex.cfm.

The second new initiative is the formation of the IADMS Studio Teachers’ Network. Teachers who join the IADMS Studio Teachers’ Network (STN) will receive these benefits:

- Three educational posters — this year’s posters (described above) focus on the Adolescent Growth Spurt, Pointe Readiness, and Proprioception
- A 10% discount on one registration for Teachers’ Day at the IADMS Annual Meeting immediately following joining the STN
- Emails with hyper-links to this publication, the IADMS Bulletin for Teachers
- Email notification of IADMS conferences
- A listing in the IADMS Studio Teachers’ Network On-Line Directory

If you are interested in joining the IADMS Studio Teachers’ Network, you will find complete information on the IADMS web site at www.iadms.org/displaycommon.cfm?an=1&subarticlenbr=268.

Report on A Day for Teachers 2009
Sonia Rafferty – Program Planning Committee

The theme for A Day for Teachers 2009 in The Hague was The Reality of Teaching. The program addressed the need to adapt teaching methodology, moving away from the focus on the “ideal” teacher or dancer to accepting more realistic expectations in the dance class. The beautiful Louis XVI style rooms of the Royal Theatre provided an inspiring environment for the lectures and interactive, experiential and movement-based sessions. Invited presenters from a range of countries, including Australia, UK, Finland, Germany, Canada and The Netherlands, shared their in-depth knowledge and invited comment and discussion from the attending local and visiting teachers.

The day began by looking at training in a psychologically aware environment. Lucinda Sharp explained how behavior could be affected by individuals’ thinking patterns and core beliefs. Linda Hamilton described skills that might help teachers, who are often facing multiple stressors and juggling demands, to avoid burnout and keep the passion for dance alive. Later, Jacques Van Rossum discussed ideal teaching behavior, Glenna Batson examined the tendu with emphasis on fundamental postural control, and Javier Torres explored optimizing performance in the ballet class through positive feedback. Dealing with “Real Bodies,” Gayanne Grossman and Liane Simmel provided practical solutions on how to deal with hypermobility, scoliosis and dysplastic hips in class, while Marliese Kimmerle approached the challenges of teaching both novice and experienced dancers from a motor learning perspective.

Finally, Maggie Morris and Sonia Rafferty introduced the new IADMS/Trinity College London qualification in Safe and Effective Dance Practice, which aims to evidence safe practice in all genres of dance. There was a wealth of possible strategies and relevant take-home information. The annual Day for Teachers is also an excellent opportunity to exchange information and contacts with colleagues who have a common interest and curiosity in developing their practice.