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# Education Committee Activities

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## Greetings from the Chair of the IADMS Education Committee

The IADMS Education committee is comprised of individuals who research, mentor, study and teach dance all around the world. From Israel to Japan, and across the UK and US, this committee is one of the most active in the IADMS organization. As a new chair of this ambitious committee, I have the honor of relating the good work that the individuals on this committee have undertaken, efforts designed to enhance teaching and an understanding of dance science at all levels. We accomplish this in many ways – from “A Day for Teachers” during the IADMS Annual Meeting, to resource papers, posters, and *The IADMS Bulletin for Teachers*, all of which can be accessed on the IADMS website, to the Safe and Effective Dance Practice qualification. We also have a Studio Teachers’ Network who do outreach for the IADMS organization by recruiting new members from studio teachers around the world.

Ginny Wilmerding, former IADMS president, and program committee chair for the 2012 IADMS meeting, has organized “A Day for Teachers” which will take place during the Singapore Annual Meeting. The purpose of this year’s annual “A Day for Teachers” is to explore the psychological and physical essentials of disciplines that many dancers use to complement dance technique class. Morning lectures will begin with the psychological impact of these disciplines to enhance wellness. Lectures on the anatomy and reality of breathing, kinetic considerations, motor control and motor learning for rehabilitation in training will round out the morning program. After lunch, movement sessions will provide practical application of the morning’s lectures in three systems that are often a part of a dancer’s wellness training. The aim is to improve the quality of life of the dancer and dance teacher.

Two new papers are on the IADMS Resource Paper tab of the IADMS website: *Hip Anatomy and Factors Affecting Turnout* and *Turnout for Dancers: Supplemental training*. Written by Ginny Wilmerding and Donna Krasnow, these articles are full of important anatomical information on external rotation and supplemental exercises to create the correct neuromuscular patterns for using turnout.

Poster series 4 will be launched at the Annual Meeting in Singapore, and will be based on bone health and female dancers, stretching for dancers and motor learning. In addition, posters from the first three series are still available and can be purchased from the IADMS website.

The Studio Teachers’ Network grows each year, with new members this year from Colorado, Pennsylvania, Minnesota, North Carolina and California in the US and from Australia, Holland, England, the Philippines and New Zealand. Members of the Studio Teachers’ Network and Teachers’ Liaison are discussing outreach programming for the competition dance community.

I am pleased to report that the Trinity College London/ IADMS event, *Certificate in Safe and Effective Dance Practice Course Provider’s (SEDP)*, held last October in Washington DC was a huge success. As the Certificate continues to develop and attract interest in the UK, requests to increase its scope and potential worldwide are being voiced. Twenty-two delegates from several countries attended the course providers meeting before the 21<sup>st</sup> IADMS Annual Meeting and discussed how the Certificate might be developed in the future. The most valuable outcome was the creation of a group of individuals interested in becoming some of the first Course Providers in the US.

Recognition of the importance of safe practitioners to enhance the scope of teaching in all dance forms remains the primary aim of this joint qualification. Through the introduction of safe dance practice knowledge into University modules, encouragement of Continuing Professional Development for individuals, and through the development of registered centers of Course Providers, we hope to disseminate essential knowledge into the wider dance community, in as many countries as possible. We also hope to make the SEDP Course Provider’s Day a regular event at the IADMS Annual Meetings in the future.

Please visit the IADMS website to find out more about this and other exciting initiatives from the Education Committee.

Margaret Wilson  
Education Committee Chair



**“Dancing is like dreaming with your feet!” ~Constanze**  
*...but too often injuries turn dreams of dancing in to nightmares.*

### **Introducing AFX – Ankle Foot maXimizer.**

**Flexible Foot Support:** allows you to arch your foot & curl your toes, strengthening intrinsic muscles & ankle stabilizers.

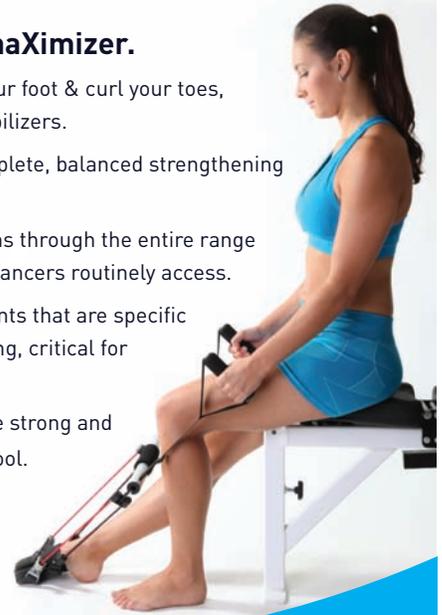
**Innovative Resistance System:** enables complete, balanced strengthening of the feet, toes and ankles.

**Multi-Directional Strengthening:** strengthens through the entire range of motion, including extreme positions that dancers routinely access.

**Functional Strengthening:** enables movements that are specific to dance. AFX also allows for eccentric loading, critical for strengthening tendons.

**Superior Stretching:** A dancer’s feet must be strong and mobile. AFX is a safe & effective stretching tool.

- Plantar Fasciitis
- Shin Splints
- Ankle Sprains
- Achilles Tendonitis
- Anterior Compartment Syn.
- Medial Tibial Stress Syn.
- Cuboid Syndrome
- Lisfranc
- ...and many others.



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# 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.

The posters:

- are large, full 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.

Purchase of three or more posters includes enrollment in the IADMS Studio Teachers' Network.

3 posters plus STN enrollment:  
US\$60 for non-members  
US\$50 for IADMS members

Single posters:  
US\$30 for non-members  
US\$25 for IADMS members

