
Letter from the Editors

Dear Dancers and Teachers,

We are pleased that so many of you find the information in the Bulletin useful. Our team is constantly updating the journal to continue sharing advances in dance science in the hope you can glean useful performance enhancement information for your studio and stage work. Along those lines you may have noticed that we have expanded our title to the IADMS Bulletin for Dancers and Teachers because our intent is that these articles are useful for everyone.

This issue is dedicated to Marliese Kimmerle, Ph.D., who is stepping down as Co-Editor. Her tireless work and expert knowledge have been instrumental in the preparation of the Bulletin. We are thankful she will continue to serve as editor for the section Abstracts from the Current Literature.

I wish to offer my personal welcome and congratulations to Matt Wyon, Ph.D. who has joined the Bulletin team as Co-Editor and on his election as IADMS Vice President/President-Elect.

The editors, Education Committee, and the IADMS Board of Directors wish to extend a warm word of ap-

preciation to Balanced Body and AFX for their generous support of the IADMS Bulletin for Dancers and Teachers.

We are very pleased to offer articles in this issue on the relationship between fitness and improved dancing: “Pilates technique for improving dance performance,” and “Encouraging Dancers to train for upper body fitness.” The abstract portion offers research that examines the initial learning processes of new skills, an exploration of training stressors in dance and how to assess them, and studies demonstrating the benefits of dance activities for adolescents as well as older adults.

We hope you will share this publication with other dancers and dance organizations. The Bulletin will remain free as an IADMS gift and public service to the dance community. If you have suggestions for additional topics or a question to be answered in the Bulletin from an IADMS expert please contact us at Bulletin@iadms.org.

Our 2014 IADMS Annual Meeting will be on October 16th-18th and A Day for Teachers on October 19th in Basel Switzerland. Please join us.

Editors:

Gayanne Grossman, P.T., Ed.M. and Matt Wyon, Ph.D.