
Education Committee Activities

Education Committee Report

The IADMS Education Committee is comprised of individuals who research, mentor, study and teach dance all around the world at all levels. This committee is one of the most active in the IADMS organization. As chair of this ambitious committee, I have the honor of relating the good work it has undertaken. Our efforts are primarily designed to enhance teaching with an understanding and incorporation 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, IADMS posters, and The IADMS Bulletin for Dancers and Teachers. All of these resources can be accessed on the IADMS website, <http://www.iadms.org>.

We have also replaced the Studio Teachers Network with the Dance Education Network (DEN), currently chaired by Maggie Lorraine. One of the reasons you may be receiving this bulletin is because we have you on a distribution

list from the Studio Teacher’s Network. Our goal with the Dance Education Network is to increase outreach to teachers working in the field. If you know of anyone who would like to receive the bulletin, please have them contact the education committee at education@iadms.org.

Two new papers are on the IADMS Resource Paper tab of the IADMS website: Mirrors in the classroom, Help or Hindrance, written by Sally Radell and Perfectionism, written by Sanna Nordin-Bates. Please visit the IADMS website to find out more about the resource papers and other exciting initiatives from the Education Committee. Finally, if you have any questions about the IADMS Education Committee or would like to find out more about working with us, please contact us at education@iadms.org.

Margaret Wilson, Ph.D.
Education Committee Chair



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



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

Introducing AFX – Ankle Foot maXimizer.

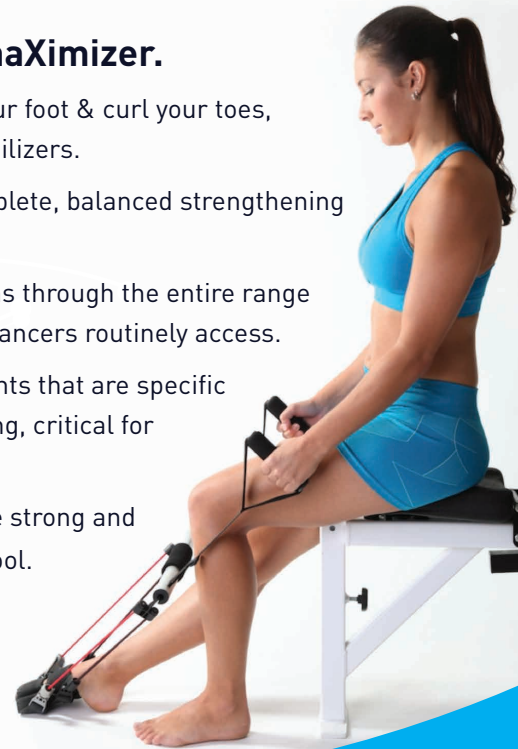
Flexible Foot Support: allows you to arch your foot & curl your toes, strengthening intrinsic muscles & ankle stabilizers.

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.



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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.

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 \$55 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