Letter from the Editor

Dear Dancers and Teachers,

The IADMS Bulletin for Dancers and Teachers will be celebrating its seventh anniversary in 2016! Thank you for standing by us. A very special thank you to Ken Endelman and Balanced Body for supporting us from the very beginning. I wish to personally thank Marliese Kimmerle, Ph.D. for continuing to write the article summaries and provide invaluable consultation. We are grateful that Jane Baas, M.F.A., has joined our editorial board. IADMS and the Bulletin team are honored to have such impressive people supporting our efforts to bring our readers a scientific approach to improving teaching pedagogy free of charge.

To celebrate our seventh year, the Education Committee will be updating our Bulletin team, our look, and use of social media. Look for big announcements in the next issue. Please let me know if there is something you would like to see us include. You can email me at Bulletin@IADMS.org.

In this issue, we are pleased to have articles from four talented dance science researchers. Tom Welsh, Ph.D., has written an article on the effects of a spinal strengthening program for dancers. He discusses pain and arabesque height. We are publishing our first article on nutrition with more on that to come in future issues. Derrick Brown, M.Sc., and Matthew Wyon, Ph.D., are sharing their article on the positive nutritional effects of eating carbohydrates before dance class. Kimberly Hutt, M.Sc., has written an article on what happens to balance in dancers by training with the eyes closed. This is a very important and a newer concept in training techniques to improve balance.

Thank you to our loyal readers and welcome to our new ones.

Sincerely,
Gayanne Grossman P.T., Ed.M.
Editor-in-Chief