



Healthy Dancer Canada

The Dance Health Alliance of Canada



2016 Annual Report

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2016 Board of Directors

Officers

Andrea Downie (President)
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vacant (Secretary/Treasurer)

Directors

Jennifer Bezaire
Nicole Hamilton
David Outevsky
Carolina Rotondo
Anita Shack

2015 Board Farewells

Heather Finn
Anita (Vandenberg) Lambert

Cover: HDC member Nefeli Tsiouti
Photography: MovingProductions

Message from the President

It has been a great honour to serve as President in 2016, working with a dedicated Board of Directors and HDC's members that serve on our committees. Together, we have made many positive changes and forward strides for the organization. I am pleased to present the highlights of this year in the 2016 Healthy Dancer Canada Annual Report.

2016 was a year of connections for HDC, both within and outside of Canada. Our membership grew to more than 75, including several international members. This year also saw a significant increase in our connections with the dance community on social media. We made important connections with individuals, businesses and organizations through 3 conferences. The highly successful HDC conference in Saskatoon this fall was directly responsible for a spike in memberships in Saskatchewan and a relationship with Dance Saskatchewan, among others. *Dancing Through Life*, featured workshops, seminars and performances by both Canadian and international presenters. Additionally, HDC was invited to present at the inaugural Royal Academy of Dance Canada *En Avant Dance Teacher Conference* in Toronto this summer. We were also invited to present at the International Association for Dance Medicine & Science day for teachers, *The Injured Student*, in Vancouver this fall.

HDC demonstrated our on-going commitment to the health, well-being and performance of dancers through 3 significant initiatives. We designated \$900 of our modest budget for awards, grants and paid dance performances. We released the HDC Pre-Professional Dancer Screen: Health Professional Version. We also articulated a pivotal partnership with Safe in Dance International, in which we committed to work together toward a shared vision of healthy dance practice.

We are grateful to our sponsors for supporting these efforts. We would also like to thank our valued members for their contributions to our mission. I look forward to working with you in 2017, to build upon our successes and momentum.

Andrea Downie

HDC President 2016 & 2017



About HDC

Healthy Dancer Canada (HDC) is a small but growing federal non-profit organization. Our members, volunteers and supporters include dancers, dance educators, health professionals, researchers, dance scientists and dance enthusiasts from across Canada, and beyond, interested in collaborating to improve the health, well-being and performance of dancers. We achieve our mission through the work of our committees. In 2016, the Board of Directors reviewed and updated HDC's Vision and Mission statements and developed the organization's Value Statement.

Vision

Healthy Dancer Canada envisions a dynamic community of dancers, dance educators, health professionals and researchers dedicated to promoting dancers' health and wellness, optimizing performance, understanding and addressing the unique challenges facing the dance community, and creating a culture of healthy dance practice in Canada.

Mission

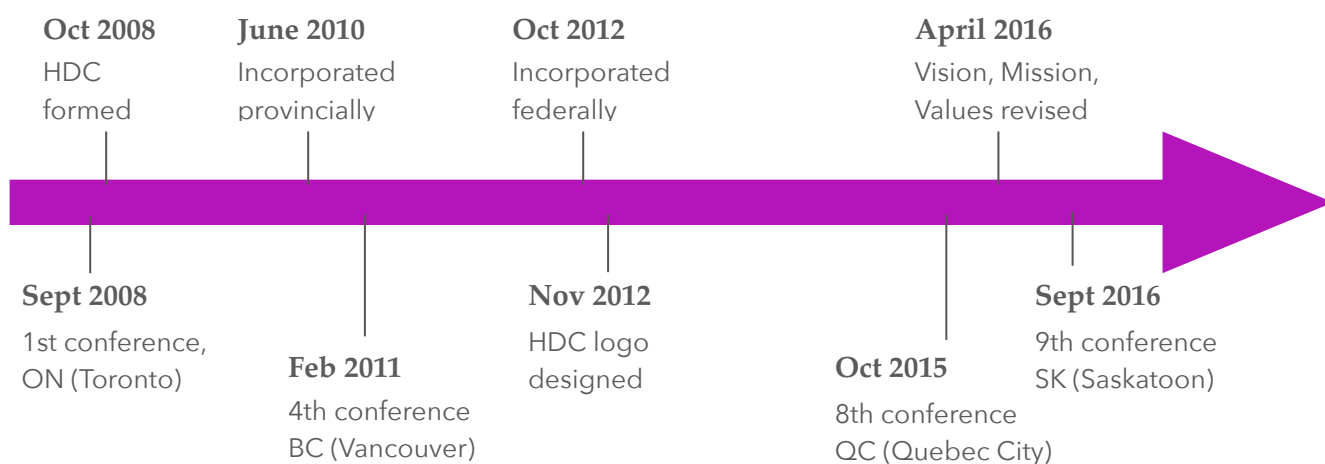
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

Values

Healthy Dancer Canada is committed to

- **Advancement:** Advancing the health, well-being, fitness and performance of dancers in Canada.
- **Community:** Building community by
 - Fostering respect, understanding and knowledge-sharing among members of the dance community, including dancers and their families, dance educators and other dance professionals, dance researchers and health professionals.
 - Offering networking, leadership and volunteer opportunities.
- **Education:** Providing accessible and current information, continuing education and professional development to the dance community and health professionals.
- **Expertise:** Being the leading experts in the health and wellness of Canadian dancers.
- **Leadership:** Supporting and promoting healthy approaches to dance in Canada through ongoing initiatives.





History

The Dance Health Alliance of Canada Inc., operating as Healthy Dancer Canada, is a non-profit organization that formed in 2008 to help strengthen the national voice of dance health promotion, prevention and treatment in Canada. In 2010, the mission was articulated and the organization took on a more formal structure to create a solid foundation to grow HDC. We incorporated federally in 2012 in order to increase our reach nationally. In 2016, the mission statement was revised and the organization's vision and values were also redefined.

The Healthy Dancer Canada logo was created in 2012, featuring a figure designed to represent every dancer (male/female, young/mature, professional/recreational) and all dance forms. The colours surrounding the dancer symbolize our goal to have equal representation from dancers, dance educators, health professionals and researchers within our organization. HDC's official poster and website images were created in 2015 in the spirit of these original principles.



Services & Membership

Healthy Dancer Canada and its members contribute to improving the health, well-being and performance of dancers. We provide networking opportunities, access to current information and educational events for both our members and the public.

HDC Services & Support

Public Services

HDC provides the public with access to information about dance health, well-being and performance. We have 9 open-access, peer-reviewed resources on our website, 6 are in both English and French. We provide links to relevant information, events and organizations through our website, Facebook page and other social media. Our Annual Conference and outreach initiatives provide dance communities across Canada with access to current information.

Financial Support

HDC provides financial support to the dance community through Dancer/Student Bursaries totalling \$500 yearly, paid dance performances (at our Annual Conference), complimentary conference passes (for low income individuals/students/emerging artists) and an annual \$200 Research Award.

Member Benefits

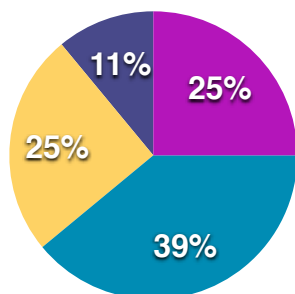
A membership to HDC demonstrates a commitment to dancers' health and wellness. HDC members can network with other dancers, dance educators, health care professionals and researchers with an interest in dance health. We feature a Member Directory with members' names and contact information. Members can share their news and events on the HDC website, social media platforms and in our Newsletters. Members also have the opportunity to serve on our committees, to vote at our Annual General Meeting of Members, and to collaborate with key organizations within the global dance community.

Our members can access continuing education and professional development, through our quarterly Newsletters and Annual Conference. Members also have access to the HDC Pre-Professional Dancer Screen: Health Care Professional Version, an archive of newsletter articles, and advance-access to new HDC Resources.

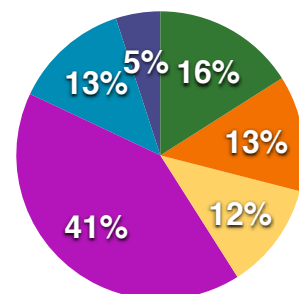
HDC's Members

HDC has 76 members. We represent dancers, dance educators, health professionals, as well as dance studios and organizations/institutions. Our members come from across Canada and beyond.

● Dancers ● HCP's
● Educators ● Org's



● BC ● AB ● SK
● ON ● QC ● INT'L



Operations

Committees

Conference Committee

Jennifer Bezaire (Chair & Coordinator), Andrea Downie, Gary Lee (volunteer)

Dancer Screening Committee

Carolina Rotondo (Chair), Andrea Downie, Nicole Hamilton, Sarah Kenny, David Outevsky, Karine Rathle, Anita Shack

Membership Coordination

vacant (Coordinator), Scott Back (volunteer)

Newsletter Committee

Andrea Downie (Coordinator), Cori Ramsay

Outreach & Communications Committee

Nicole Hamilton (Chair), Hannah Etlin-Stein (Media Coordinator), Karine Rathle (Communications Coordinator), Avis Yang (Website Coordinator)

Resources Committee

Jennifer Bezaire, Andrea Downie, Sebastien Hamel, Anita Shack (Resources Committee)

Conference Committee

The Conference Committee endeavours to provide its members, the dance community, and interested health professionals with a high-quality, non-biased conference annually. We strive for an equal representation of dancers, dance educators, and health professionals/researchers on the committee, as well as presenting at and attending the annual conference. We solicit sponsorship and assist with on-line registration. The committee is also responsible for selecting a panel to peer-review all proposal submissions, developing a contract to pay the dance performers, and selecting and presenting a Research Award and Dancer/Student Bursary.

HDC's 9th Annual Conference demonstrated a positive impact on the dance community locally, nationally and internationally. Dancers, dance educators, dance scientists/researchers and health professionals from across Canada and beyond joined us for the well-attended 2016 conference, *Dancing Through Life*. Due to the overwhelming volume of proposals this year and popular demand from attendees, the Conference Committee elected to trial a 1.5 day conference.

Loops and Crinkles dancers



HDC partnered with Affinity Credit Union, Dance Saskatchewan Inc. and Free Flow Dance Theatre Company's Works in Progress Series to provide an afternoon and evening of pre-conference events for all attendees, at no extra cost, on Saturday September 24. Events included: a free community dance workshop; facilitated creative explorations, food and refreshments during the check-in/meet and greet; an information session and announcement about HDC's new partnership with Safe In Dance International and their Healthy Dance Certificates; as well as an evening of performances.

A full-day conference was held at Dance Saskatchewan Inc. on Sunday September 25. The performance, lectures, workshops, and poster presentations examined the impact of dance practices on the health of individuals and the health of our communities. Conference attendees were invited to consider strategies that we, the

dance community, can adopt to improve our health and well-being, maximize our longevity and maintain joy in dance.

This year we built an app to make navigating the conference more user friendly. The app provided the conference program, presenter PowerPoints and handouts, as well as the opportunity for attendees to communicate and network before, during and for 6 months after the conference. Via the Whova app, the committee was able to track agenda and profile views, networking, obtain feedback from participants, and to conduct a poll.

In 2017, the committee intends to increase the efficiency of conference planning and communications for everyone involved by utilizing event planning technology, including the Whova app, which has already been negotiated for 2017. We hope to match or increase our conference attendance compared to previous years, and find more and new ways to advertise the conference. We also hope to increase the number of people involved on the Conference Committee to achieve stated goals, and will attempt live web-streaming of the conference and charge a registration fee for remote attendance.

While the conference location has historically alternated annually between Eastern Canada (Toronto) and Western Canada (Vancouver), the past 2 conferences were held in Quebec City (2015) and Saskatoon (2016), in an effort to expand HDC's reach, representation, and to stimulate interest and increased membership with the organization. Based on the past 2 year's successes, with more conference attendance than previously achieved, the committee looks forward to continuing to host the conference in a new city each year with Calgary, AB on the horizon for the 2017 conference.

2016 Conference Facts

Proposals

The Conference Committee received 26 proposals: the highest response rate in the history of HDC. Proposals were categorized as follows: 4 dance performances, 7 lectures, 11 workshops, and 4 posters. The proposals for presentations, performances and workshops were blind peer reviewed by 7 experts in the field (dance educators, health professionals and dancers) from across Canada.

Presentations

Dancing Through Life featured 12 presenters who contributed 4 lectures, 3 workshops and 1 dance performance. We displayed 4 poster-presentations. 2 presenters were international. The dancers were paid \$200 for their performance of the multigenerational piece, *Loops and Crinkles*, choreographed for the conference.

Attendance

This year's conference had 53 attendees; all were paying registrants except for the presenters and 2 attendees who received complimentary conference bursary passes. Registrants came from Saskatoon, Regina, Calgary, Montreal, Toronto, London England and more. 27% of the registrants were HDC members, 73% were non-members. 50% of the registrants self-identified as dancers, 44% as dance educators, and 6% as health professionals.

Awards

Jo-Anne La Flèche received the \$200 Research Award for her research presented in *The Body-Self of the Ballerina: Body Image, Self-Esteem and Somatics*. Nefeli Tsiouti received a \$500 Dancer/Student Bursary to assist with her travel expenses from London England to present a poster and give a workshop entitled *The BreakAlign Method*.

Sponsors

14 sponsors gave monetary support or in-kind services: 1 anonymous individual donor, 1 bronze level sponsor (\$100-\$249), 10 silver level sponsors (\$250-\$499), and 2 gold level sponsors (\$500+).



Dancer Screening Committee

The mission of the Dancer Screening Committee is to develop and promote standardized screening methods, and to assist dancers, dance educators and health professionals to implement them in their communities.

In 2016, we released to members the HDC Pre-Professional Dancer Screen: Health Care Professionals Version for health care professionals to use as a pre-season screening protocol. No modifications were made to the screen this year, however, a complete review is scheduled for 2017. For this review, the health professional sub-committee will take into consideration any changes or updates that need to be made as more practitioners use the screen and potentially encounter flaws.

This year, the dance educator sub-committee put together the first draft of a pre-season dance screen for dance educators to use in the studio. This screen was developed to help all dance educators, with various educational backgrounds, spot movement dysfunctions and potentially pick out any red flags that would warrant further referral to a health care practitioner. This screen is currently undergoing a peer review. In the early part of 2017, the dance educator screening sub-committee will meet to see how this screen can be trimmed for a more abbreviated, user-friendly version before final editing and formatting. Our goal is to have a completed screen available to HDC dance educator members for the 2017 HDC conference.

Membership Coordination

The role of Membership Coordinator has been vacant since March 2016. A volunteer is currently acting in this role until the next coordinator is found. The duties of the coordinator include to receive and process memberships, update the member directory on the website and communicate with members about membership renewal.

In September, we moved to an electronic registration form on the website and expanded payment options to include PayPal, e-transfer and cheque. While this has improved the registration experience for new and returning members, the coordinator is still tasked with numerous and time-consuming steps in order to complete a new registration/renewal. One of the changes made to stream-line the process for future coordinators was to move the expiry date of all memberships to the end of the month registered. In 2017, we will continue to look for ways to reduce the number of steps involved in the registration process for the Membership Coordinator.

Newsletter Committee

The Newsletter Committee aims to connect with dancers, dance educators, health professionals and researchers across the country via the quarterly newsletter and the News page on the website. We highlight the work being accomplished by the organization, and those being offered by HDC, our members and our partners. The newsletter provides current perspectives on dance performance, health and well-being via short newsletter articles.

In 2016, we re-designed the look of the newsletter to include the HDC colours, more graphics and photos. We launched a Members News section in the newsletter and began a News blog on the website. In 2017, we hope to increase member engagement with more member-authored articles.

Outreach & Communications Committee

The Outreach & Communications Committee presents and communicates HDC initiatives and those of our partners. We promote the growth and membership of HDC, oversee the sharing of information about dance health and wellness on our website and social media. The committee also aims to facilitate access to this information for dancers, dance educators and health care professionals.

This year, the committee developed the following 3 new roles: Communications Coordinator, Social Media Coordinator and Website Coordinator. This allowed the committee to accomplish many of its objectives.

In the early part of the year, we worked with the Conference Coordinator, Membership Coordinator and Newsletter Coordinator to provide them with the ability to access and update their respective pages on the website. We re-worked our social media platforms, including creating a brand new Instagram page, and created a new bilingual HDC flyer and HDC brochure for distribution at our conference and outreach activities. We also established a relationship with Dance Saskatchewan Inc. who post monthly HDC news in their e-bulletin.

In August, members of the HDC Board of Directors gave 3 seminars at the inaugural Royal Academy of Dance *En Avant Dance Teacher Conference* in Toronto. For this outreach initiative, HDC received \$580. We also gave away 2 free memberships at this event.



HDC presenters at En Avant

2016 Social Media Stats

Website:	1600 views/month
Facebook Page:	750 likes
Twitter:	350 followers
LinkedIn:	340 connections
Instagram:	120 followers

This fall, HDC signed a Memorandum of Understanding with our new partners, Safe in Dance International (SiDI), articulating a agreement to work toward our common vision of healthy dance practice. This agreement includes HDC endorsing and promoting SiDI's Healthy Dance Certificates, for which we will receive 10% of the income after direct costs from SiDI certificate entries originating from Canada. We developed a relationship with Human Kinetics and are in the process of articulating a partnership with them. We were also represented on CIUT 98.5 FM's the *Turn Out* show providing information about mental health in dance.

In October, HDC gave 2 seminars at *The Injured Student* seminar in Vancouver. This professional development day for teachers was offered by The International Association for Dance Medicine & Science in association HDC and Anderson Performance Clinic. HDC received \$290 for our participation in this event.

Our goals for 2017 include to form new relationships and partnerships, to have a presence at a broad variety of conferences and events across Canada, and to promote and share our Vision and Mission nationally and internationally.

Resources Committee

The goal of the Resources Committee is to develop, peer-review, edit and translate our Dance Resources. We review, update and evaluate the effectiveness of existing HDC resources and help disseminate them.

In July, we conducted a test webinar entitled *Hip Anatomy and Functional Turnout for Dancers* to evaluate the reliability of the technology. Due to the success of this interactive educational webinar, we will look at the feasibility of offering HDC webinars for a fee in the coming year.

This fall, we released to the public 3 resources that were published in 2015: *The Art of Rest*, *Providing Support to Dancers*, and *Dancer Screening Information*. We also gathered a small team of writers to begin work on a new resource for adult recreational dancers.

In 2017, the committee's goal is to complete, peer-review and publish the new resource in time for the Annual Conference. Additionally, we will translate the 3 resources published in 2015, and review and update the 6 resources last revised/written in 2014.



Financial Report

Healthy Dancer Canada is volunteer-operated with a budget of approx. \$7,000. Income comes from membership dues, conference fees, sponsorships and, for the first time this year, paid outreach workshops/presentations. Expenses are incurred by our Annual Conference, website fees, printing and distribution of our promotional materials.

HDC Income and Expenses for fiscal year ended October 18, 2016:

Income

Conference Fees	2,855.00
Conference Sponsorship	720.00
Membership Dues	2,920.00
Presentation Revenue	<u>870.42</u>

Total Income	7,365.42
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Expenses

Accounting Fees	250.00
Bank/PayPal Fees	208.63
Conference Expenses	3,149.91
Awards, Grants, Performance	900.00
Membership Dues	175.00
Insurance	303.48
Misc. Expenses	131.37
Printing/Promotion	391.39
Supplies	26.98
Website	<u>441.66</u>

Total Expenses	<u>5,978.42</u>
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Net Income	1,387.00
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2016 HDC Supporters

Healthy Dancer Canada gratefully acknowledges the support of our partners, sponsors and volunteers.

Partners



Sponsors

Gold:

HOWARD A. BACK, CPA
PROFESSIONAL CORPORATION



Silver:



Connect & Contact

Website

www.healthydancercanada.org

Email

healthydancercanada@gmail.com

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Bronze:

Richard Normand

Diplômé en thérapie manuelle
Président

Siège social PCN

3081, ch. Ste-Foy
Québec, Qc G1X 1P9
T. 418.780.1771 poste 3
F. 418.653.2188

richard.normand@me.com



Friends:

- Anonymous

Volunteers:

- Scott Back
- Gary Lee

