



10th Anniversary Conference

Create, Communicate, Collaborate

Harbourfront Centre, Toronto, ON
September 28-30, 2018

*Schedule may be subject to minor changes.

Friday, September 28, pre-conference events—Marilyn Brewer Community Space

- 5 - 6 PM Registration and Sign-Up
6 - 6:30 PM Meet and Greet
6:30 - 7 PM **Evening Workshop** (If participating in the movement, please bring a towel or mat)
 - *Neutral Pelvis, Core Support and Trunk Stabilization* (Donna Krasnow, Virginia Wilmerding)

7 - 8 PM Welcome Reception (casual dress)
Site-Specific Performance
 - *Always With Me—excerpt* (Candice Irwin)

Saturday, September 29—Studio Theatre / Lakeside Terrace / Marilyn Brewer / Canada Square

- 8:15 - 9 AM Registration and Sign-Up—Lobby
9 - 9:30 AM Conference Opening and HDC Celebration (Andrea Downie)—Studio Theatre
9:30 - 10:30 AM **Keynote Address**—Studio Theatre
 - *Practical Steps in Communication and Collaboration Among Dancers, Educators, Researchers and Health Professionals* (Donna Krasnow, Virginia Wilmerding)

10:30 - 10:50 AM BREAK and Visit Sponsors—North Bays
10:50 - 11:40 AM **Morning Lecture-Workshops**
 - *An Introduction to Krump Dance, and the Effects of Verbal Encouragement on the Muscular Output in Dance Performance* (Justin Cancio)—Studio Theatre
 - *Death of the Classical Port de Bras: Smart exercises to correct a generational problem* (Erika Mayall, Astrid Sherman)—Lakeside Terrace

11:40AM-1:10PM LUNCH (included with conference registration)—Marilyn Brewer Community Space
Interactive Lecture-Workshop
 - (12 - 12:35) *Collaborative Journeys to Healthy Dance Practice* (Andrea Downie, Maggie Morris, Karine Rathle)

Poster Presentations (12:35 - 12:55)
 - *The Effect of Mid-flight Whole-Body and Trunk Rotation on Landing Mechanics* (Meghan Critchley)
 - *The Role of Social Support from Teachers and Healthcare Providers for Pre-Professional Ballet Dancers Coping with Pain* (Vanessa Nicole Paglione, Sarah Kenny, Meghan McDonough)
 - *The Effects of a 9-Week Hip Focused Weight Training Program on Hip and Knee Kinematics and Kinetics in Amateur and Professional Dancers* (Sandro Rajic)
 - *Concurrent Validation of Internal Training Load Measures in Pre-Professional Ballet Dancers* (Valeriya Volkova, Sarah Kenny)

Visit Sponsors and Sponsor Events (12:55 - 1:10)—Canada Square / North Bays
1:20 - 1:35 PM **Site-Specific Performance**—Canada Square
 - *DiG: Dance in the Garden* (Carol Anderson, Arwyn Carpenter, Terrill Maguire, Claudia Moore, Michelle Silagy)

1:45 - 2:45 PM **Lectures and Panel 1**—Studio Theatre
 - (1:45 - 2) *'A Dancer-Centric Journey' - In pursuit of an interdisciplinary approach to training, healthcare and performance* (Clare Guss-West)
 - (2 - 2:30) *Dancer and Athlete Career and Life Transitions: A pioneering collaborative venture* (Michael Du Maresq, Amanda Hancox)

- (2:30 - 2:45) *Panel 1* (Carol Anderson, Michael Du Maresq, Clare Guss-West, Amanda Hancox; moderator: Karine Rathle)
- 2:45 - 3 PM BREAK and Visit Sponsors—North Bays
- 3 - 3:50 PM **Afternoon Lecture-Workshops**
 - *PRIMED™ for Transition, Primed for Life: Facilitating persistence, resilience, internal motivation, and excellence for dancers' transition, health and well-being through a mindful approach to contemporary dance* (Jennifer Bolt)—Studio Theatre
 - OR
 - *IMAGE TECH for dancers™ (ITD): Preparation for technique class using the energetic imagery of somatic practices* (Alexandra Wells)—Lakeside Terrace
- 3:50 - 4 PM BREAK and Visit Sponsors—North Bays
- 4 - 5 PM **Lectures and Panel 2**—Studio Theatre
 - (4 - 4:15) *Sleep Quality and Self-Reported Health Problems in Pre-Professional Dancers: Are they associated?* (Sarah Kenny)
 - (4:15 - 4:30) *Cheating with the Feet: How to identify and improve the relationship between foot posture and lumbopelvic stability in developing dancers* (Blessyl Buan)
 - (4:30 - 4:45) *Injury Prediction: Results from four years of prospective injury surveillance* (Marijeanne Liederbach)
 - (4:45 - 5) *Panel 2* (Blessyl Buan, Sarah Kenny, Marijeanne Liederbach); moderator: Tanya Berg)
- 5 - 5:15 PM BREAK and Visit Sponsors—North Bays
- 5:15 - 5:45 **Evening Workshop**
 - *Cheating with the Feet* (Blessyl Buan)—Studio Theatre
- 5:45 - 6 PM Networking—Studio Theatre

Sunday, September 30—Studio Theatre

- 8:15 - 8:45 AM **Morning Workshop**
 - *The Missing Link in Dance Training: Brain integration* (Mariah-Jane Thies)
- 8:50 - 9:40 AM **Morning Lecture-Workshop**
 - *The Effect of Neuromuscular Conditioning on Landing Progressions in Ballet Technique* (Karen Sudds, Sheahan Keinick)
- 9:40 - 10 AM BREAK and Visit Sponsors—North Bays
- 10 - 11 AM **Lectures and Panel 3**
 - (10 - 10:15) *Performance and Perfection: Risk factors and preventive interventions* (Anthony Ocana)
 - (10:15 - 10:30) *What Every Dancer and Dance Educator Needs to Know about Hypermobility Disorders* (Linda Bluestein)
 - (10:30 - 10:45) *Posterior Ankle Impingement: A clinical overview* (Erika Mayall)
 - (10:45 - 11) *Panel 3* (Linda Bluestein, Erika Mayall, Anthony Ocana; moderator: Carolina Rotondo)
- 11 - 11:15 AM BREAK and Visit Sponsors—North Bays
- 11:15 - 11:30 AM **Performance**
 - *Murphy* (Amber Downie-Back & Tamar Tabori)
- 11:40AM-12:30PM **Panel Discussion**
 - *Breaking Communication Barriers and Facilitating Creative Collaborations* (Heather Finn, Aviva Fleising, Donna Krasnow, Jo-Anne La Flèche Claudia Moore, Rhonda Roberts Smid; moderator: Andrea Downie)
- 12:30 - 1:45 PM LIGHT LUNCH (find / bring own) and Committee Meetings
- 1:45 - 2:45 PM Annual General Meeting (Karine Rathle)
(All are welcome - help shape the direction of dancers' well-being in Canada)
- 2:45 - 3PM Award Presentation and Conference Closing

*Download the conference app