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
- 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)

11:40 AM-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