Healthy Dancer Canada 4th Annual Eastern Conference Program
Sunday September 25, 2011
Canada’s National Ballet School, Toronto, Ontario

9:30 to 10:00 am
Welcome and Registration

Morning session: Urban Dancer’s Health

10:00 to 10:15 am
Ballet meets Hip Hop in Canada’s National Ballet School’s Flashmob
Katharine Harris
Communications Manager, Canada’s National Ballet School

10:15 to 10:25 am
Mini movement session

10:30 to 11:00
Skills & Soul - Differences in Street Dance music and movement styles, and the Urban Dancer lifestyle
Ofilio Sinbadinho Portillo
Artistic Director, Gadfly

11:05 to 11:35
Dance Injuries - When and Where to see a Doctor, and what have they got to offer?
Dr. David Ng
B.A.Sc., M.D., CCFP(EM) Emergency Staff Physician University Health Network / Toronto East General Hospital

11:40 to noon
Panel discussion with morning speakers

Noon to 1:00 pm
Free Catered Lunch
Afternoon Session: Healthy Teaching Practices

1:05 to 1:35 pm
HDC Update

1:40 to 2:10 pm
Nurturing Creativity
Angela Caporiccio
Dance Director, Iona Catholic Secondary School

2:15 to 2:45 pm
Cultivating Creativity Inside the Box
Richelle Hirlehey
Educational Director, Dance Extreme London Ontario
Director of Education for Canadian Dance Masters of America Chapter #38

2:50 to 3:20 pm
Keeping the Butterflies at Bay; Performance Anxiety and Ways of Optimizing Performance
Carmen Duncan
Royal Academy of Dance Canada, Dip RBS (TC), BA (Hons) Dance Education, CBMN

3:25 to 3:45 pm
Panel discussion with afternoon speakers

3:50 to 4:00
Thank you and evaluations