

Healthy Dancer Canada

A Canadian alliance of dancers, dance educators, and health professionals

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

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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