



# Healthy Dancer Canada

The Dance Health Alliance of Canada

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## Table of Contents

Message from the President	p 1
About HDC	p 2
Services & Membership	p 4
Operations	p 5
Financial Report	p 9
2016 HDC Supporters	p 10

## 2017 Board of Directors

### Officers

Andrea Downie (President and  
A/ Secretary-Treasurer)  
Karine Rathle (Vice President)

### Directors

Jennifer Bezaire  
Nicole Hamilton  
Sarah Kenny  
Jo-Anne La Flèche  
Erika Mayall  
David Outevsky  
Karen Sudds  
Nefeli Tsiouti

## 2016 Board Farewells

Stuart Anderson, Sebastien Hamel,  
Carolina Rotondo, Anita Shack

*Cover: HDC member Jenna lee Hay  
Photography: CharG*

## Message from the President

It has been a privilege to continue serving as the Healthy Dancer Canada (HDC) President in 2017. I have learned much from the highly dedicated Board of Directors and many fine HDC members who serve on our committees. Together, we have helped the organization grow in significant ways. From memberships and member benefits, to education and outreach initiatives, HDC made important gains and contributions.

This year, we surpassed our membership target and now have more than 100 members, including dancers, educators, health professionals and organizations/institutions. We also doubled our operating budget, which enabled us to launch a Financial Assistance Program to support dancers, and those in financial need, in their pursuits. Additionally, the increasing revenue allowed us to rebrand HDC with an updated logo and a new, professionally designed template for our educational resources. Notably, we established a partnership with Human Kinetics (HK) Canada, which provides members with savings on HK books and earns HDC a small commission on books purchased via our website. In 2017, we also increased our presence at a variety of conferences and dance events. In Calgary, we delivered an exceptional HDC Conference that resulted in a marked increase in memberships in Alberta. In Toronto, we presented at the Performing Arts Medicine Association (PAMA) Regional Conference and hosted an educational booth at the Crystal Leaf Dancesport Championships. In Saskatoon, we presented at the Dance and the Child International Conference and supported the dancer screening efforts of Free Flow Dance Theatre. We were also represented at the Artists Emerge Street Dance Competition in Vancouver, the PAMA Conference in Snowmass, and at the International Association for Dance Medicine and Science Conference in Houston.

We are grateful to our sponsors, donors and volunteers for supporting these efforts, and we thank our valued members for

their contributions to our mission. I am proud of what Healthy Dancer Canada has accomplished this year, and in the last 9 years since our formation. It is truly a pleasure to share the year's highlights in the 2017 Healthy Dancer Canada Annual Report. As we move into 2018, I look forward to working closely with incoming President, Karine Rathle. She is certain to lead us in exciting directions!

Andrea Downie

HDC President 2016 & 2017



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## About HDC

Healthy Dancer Canada (HDC) is a small but ever-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.

### 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.

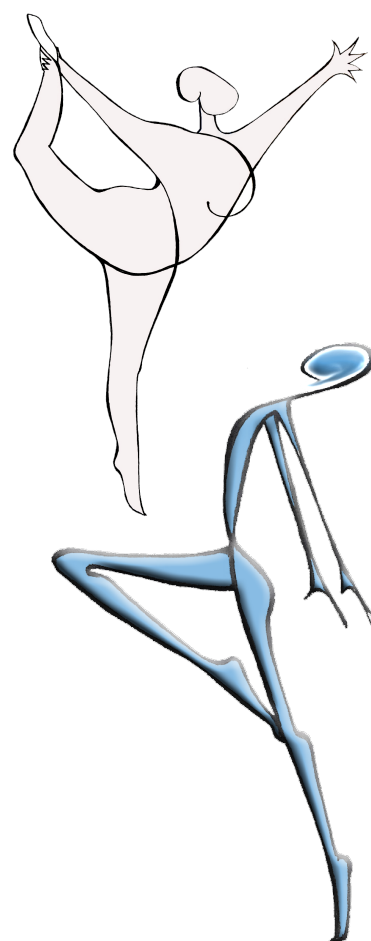
### Mission

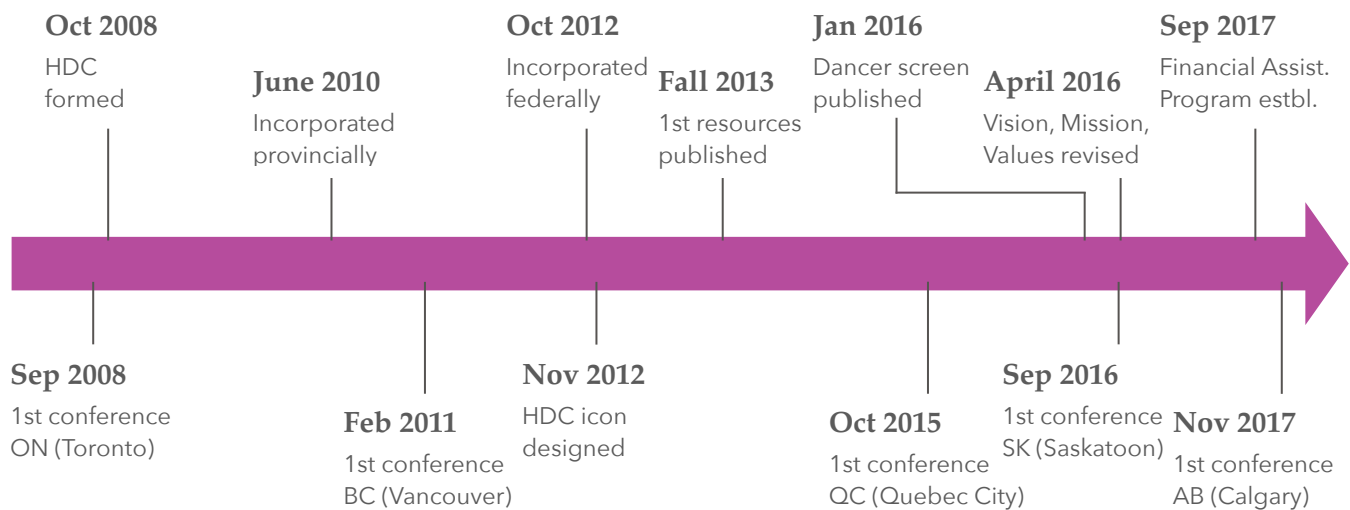
Healthy Dancer Canada's mission is to foster and facilitate communication and collaboration among the dance community, health professionals and researchers. We endeavour to enhance the health, well-being and performance of all dancers and to be the Canadian leader in this effort.

### Values

Healthy Dancer Canada is committed to

- **Advancement:** Advancing the health, well-being, fitness and performance of dancers in Canada, grounded in current, evidence-based information.
- **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 evidence-based 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 formed by 10 founding members 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 defined.

The dancing icon in Healthy Dancer Canada's logo was created in 2012. The figure was 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 company of website dancers were created in 2015 in the spirit of these original principles. In 2017, we added more dancers to the "company," in an effort to represent more body types and dance forms. We also updated the HDC logo with bolder text, while preserving the dancing icon.





## 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 10 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 platforms. 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 up to \$400, paid dance performances (at our Annual Conference) up to \$500, complimentary conference passes (for low income individuals/students/emerging artists) and an annual \$200 Research Award.

### Member Benefits

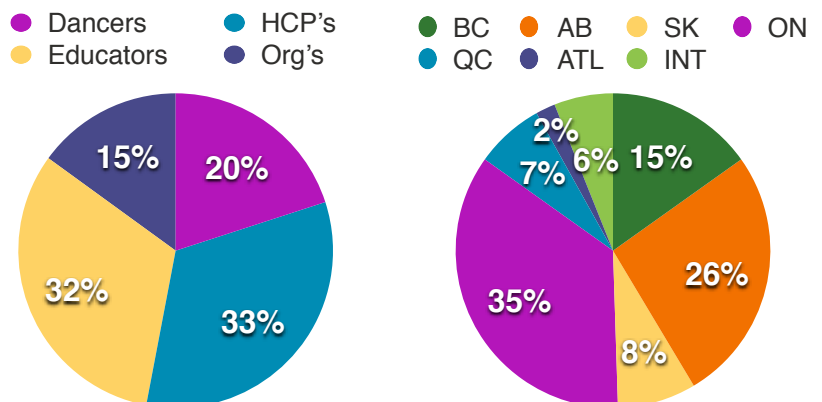
A membership to HDC demonstrates a commitment to dancers' health and wellness. HDC members can network with other dancers, dance educators, health care professionals and researchers with an interest in dance health. We feature a Member Directory with members' names and contact information. Members can 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.

New this year, members now have access to funds and other supports through the Healthy Dancer Canada Financial Assistance Program. Members now also receive significant savings on Human Kinetics books through the Newsletter Book Club. Additionally, our members can access continuing education and professional development through our quarterly Newsletters and Annual Conference. On the Members-Only area of the

website, members have exclusive access to the HDC Pre-Professional Dancer Screen: Health Care Professional Version, an archive of newsletter articles, and advance-access to all new HDC Resources.

### HDC's Members

HDC has surpassed the 100-members mark. We now have 105 members. We represent dancers, dance educators, health professionals, as well as dance studios, health clinics, and organizations/institutions. Our members come from across Canada and from well beyond our borders.



# Operations

## Committees

### Conference Committee

Hailey McLeod (Coordinator), Jennifer Bezaire, Jenna lee Hay, Alyssa Perron, Jonathan Okrainetz, Karen Sudds

### Dancer Screening Committee

Sarah Kenny, Erika Mayall & David Outevsky (Co-Chairs), Andrea Downie, Michaela Fernandes, Nicole Hamilton, Ellis Martin-Wylie, Karine Rathle, Nefeli Tsiouti

### Membership Committee

Scott Back (volunteer Coordinator), Andrea Downie, Jo-Anne La Flèche

### Newsletter Committee

Andrea Downie (Coordinator), Anne Downie

### Outreach & Communications Committee

Nicole Hamilton (Chair), Jennifer Bezaire, Hannah Etlin-Stein (Media Coordinator), Erika Mayall, Karine Rathle (Communications Coordinator), Nefeli Tsiouti, Avis Yang (Website Coordinator)

### Resources Committee

Andrea Downie & Jennifer lee Hay (Co-Chairs), Peter Benes, Michaela Fernandes, Ann Kipling Brown, Jo-Anne La Flèche, Ellis Martin-Wylie

## Conference Committee

The 2017 Healthy Dancer Canada Conference, *Science to Studio to Stage*, was successfully hosted in Calgary, AB from November 10-12th. It was a memorable time for HDC as this was the first time the conference was held in Alberta. Evidence of growing interest in the annual conference was present; this year we had 26 proposals submitted to the blind review committee, including proposals for lecture, workshop, poster and combined lecture-workshop presentations. With this expanding interest in mind, the conference was scheduled to take place over 1.5 days, with an additional afternoon for opening reception and early registration.

The conference was held at the joint facilities of the Kahanoff Conference Centre and Decidedly Jazz Danceworks in downtown Calgary, allowing our attendees to enjoy both a conference space and beautiful studio environment for the corresponding presentation types. The event welcomed attendees and presenters from across Canada and internationally.

On Friday November 10th, the attendees were treated to a rehearsal viewing of Decidedly Jazz Danceworks company members performing their dancer-choreographed show *Velocity*. Following the viewing and company member talk back session, attendees were invited to mingle, enjoy refreshments and register at a reception in the theatre lobby. On Saturday the 11th, the conference proceedings began in earnest with a light breakfast and lecture presentations.

Our presentation format this year was new for HDC, three lecture presentations would take place followed by a mini panel discussion/combined question period where the three presenters could present their unique views and opinions on the questions asked. According

Conference attendees, Calgary



to the feedback from the conference attendees, this format was hugely successful and highly recommended for the coming years. The round table style seating arrangement of the conference space also provided opportunity for networking and relationship building between old and new HDC members, which was also noted in the post conference survey.

Saturday evening and Sunday morning included our studio based embodied workshops and combined lecture/workshop presentations. Sunday also included a panel discussion with 6 HDC members of various backgrounds discussing questions on the topic of *Science to Studio to Stage*, and our Annual General Meeting.

Based on recommendations from last year's committee, we decided to use the Whova app again to help facilitate registration, communication among attendees, name badge generation, logistical information and sponsor credits. We also expanded our advertising platforms with an advertisement in The Dance Current magazine, a month long feature on the Human Kinetics website, and a radio interview on 89.5 FM Toronto between Conference Coordinator Hailey McLeod and Board Member/Outreach Committee Chair Nicole Hamilton on her show Career Buzz. We reached our goal of increasing the number of both conference committee members (6) and attendees from last year (up by 8).

Looking to the future, we aim to continue expanding our conference with increased attendees, workshop sessions and diverse representation of dance styles. We recommend the Whova app continued to be used for ease of facilitation, planning and communication. Our HDC 10th Anniversary Conference will be returning to its original home of Toronto to welcome attendees in 2018.

## 2017 Conference by Numbers

### Proposals

The Conference Committee received 26 proposals: 14 lectures, 6 workshops, 3 lecture-workshops and 3 posters. The proposals for presentations were blind peer reviewed by 5 experts in the field (dance educators, health professionals and dancers) from across Canada.

### Presentations

*Science to Studio to Stage* featured 13 presenters who contributed 11 lectures, 1 workshops, 2 lecture-workshops and 3 posters. 3 presenters were international. We did not pay dancers to perform at our conference this year, as attendees were invited to attend a Decidedly Jazz Danceworks rehearsal.

### Attendance

This year's conference had 61 attendees from across Canada (from BC to NS), the United States, United Kingdom and Cyprus. 35 attendees were HDC members, while 26 were non-members. 22 of the registrants self-identified as dancers, 22 as dance educators, and 17 as health professionals. 4 student attendees received financial assistance to attend the conference through the HDC Financial Assistance Program.

### Awards

Siobhan Mitchell of Bath, United Kingdom received the \$200 Research Award for her research "*Maturity timing: Implications for health, training and performance in dance*".

### Sponsors

13 local, national and international sponsors gave monetary support or in-kind services: 1 platinum level sponsor (\$650+), 2 gold level sponsors (\$500-\$649), 4 silver level sponsors (\$350-\$499) and 3 bronze level sponsor (\$200-\$349). We had 1 exhibitor (Momentum Health) and 1 vendor (Human Kinetics Canada) present at the conference.



## Dancer Screening Committee

The Dancer Screening Committee brings together dance educators and health care professionals to develop, implement and evaluate evidence-based, dance-specific screening programs for improved dancer health in communities across Canada.

During 2017, the Committee focused on developing a screening program appropriate for use by dance educators. The components of this screen are designed for teachers to implement with their students – across styles and level of dance – to gauge a better understanding of any shortfalls their dancers may be experiencing (e.g., functional movement, fitness). Following the screen, results are anticipated to support teachers’ planning of dance training (e.g. inclusion of specific content that may need to be addressed). A detailed description of how to conduct the screening program is also provided to support teachers’ decision making for when referrals to health care professionals may be warranted (e.g., targeting areas of concern prior to sustaining a possible injury). The Dance Educator Screen is in the final stages of development with an anticipated release to HDC members in 2018.

The Health Care Professional Screen has been in use for nearly 2 years. Of note is the use of this screen by a dance company in Saskatoon. In 2018, the Health Care Professional Screen will undergo a formal review by identified health

care professionals among the HDC membership. The goal of the review will be to evaluate components that require revision so as to best support all who are utilizing this tool for improved dancer health.

## Membership Committee

The Membership Committee endeavours to promote the benefits of membership with Healthy Dancer Canada. Committee members receive and process memberships, update the Member Directory on our website, and communicate with members regarding membership renewal.

This year, we continued in 2017 under the leadership of Scott Back, volunteer Membership Coordinator, who has acted in this role since March 2016. We exceeded our membership target and broke into the triple digits. Membership continues to grow internationally and we now have members in the United States, United Kingdom, Brazil, Cyprus and India. Despite these successes, the manual processing of memberships continues to be a time-consuming, multi-step process that is difficult to separate into manageable parts.

Our goals for 2018 are to find a new Membership Coordinator from within the HDC membership, and to find a suitable membership software system that will integrate with our website, in order to streamline the membership process for both the Membership Committee and for HDC members.



HDC member, Jasbir Singh, from India



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## Newsletter Committee

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

During 2017, we launched the Newsletter Book Club that provides members-only specials on dance and wellness books through our partnership with Human Kinetics Canada. We also shared 4 newsletter articles with our members, and now have 29 articles available to members in the newsletter archive.

In 2018, we hope to increase the size of this committee and to share the work of developing newsletters amongst its members. We will try creating the newsletters in Google Docs to allow committee members to work in concert on the same document, each developing specific sections of the newsletter.

## Outreach and Communications Committee

The Outreach and 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 on social media. The committee also aims to facilitate access to this information for dancers, dance educators and health care professionals.

Early in 2017, HDC became an Associate of Human Kinetics (HK) Canada. This new partnership offers our members discounts on

books featured in the quarterly Newsletter Book Club. Additionally, we added a Books page to our website to provide dance and health professionals with access to valuable resources. HK books purchased via the HDC website earn HDC a small commission that will be put toward HDC initiatives and furthering our mission.

This year was a busy year of outreach for HDC. In January, we gave a 3-part HCD presentation at the Performing Arts Medicine Association Regional (PAMA) Conference in Toronto. In March, we hosted an educational booth at the Crystal Leaf Dancesport Championships, also in Toronto. We were represented at the Artists Emerge Street Dance Competition in Vancouver in May, as well as at the Dance and the Child International Conference in Saskatoon in June. Finally, we were represented at the PAMA Conference in Snowmass, CO, in July, and also at the International Association for Dance Medicine and Science Conference in Houston, TX, in October.



HDC presenters at PAMA Toronto

### 2017 Social Media Stats

Website:	540 visitors/week
Facebook Page:	1,050 followers
Twitter:	425 followers
LinkedIn:	410 connections
Instagram:	350 followers

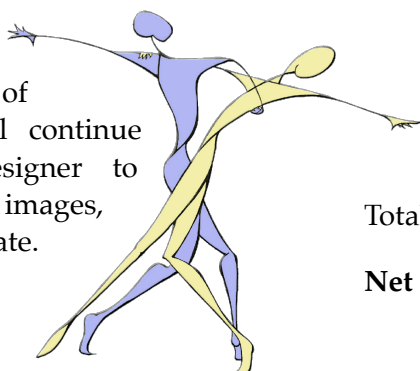
In 2018, the Outreach and Communications Committee will continue to form new relationships and partnerships, strive to have a presence on a variety of platforms, and at a broad spectrum of conferences and events. We will persist in our efforts to promote and share HDC's Vision and Mission with professionalism, nationally and internationally.

## Resources Committee

The goal of the Healthy Dancer Canada 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.

This year, we conducted a survey in both English and French to help guide the development of a potential resource on/for adolescent dancers. We began the process of reviewing and updating the resources *10 Stress Management Tools* and *The Art of Stress Management*, as well as translating the resource *The Art of Rest*. Through the fall, we worked with a professional designer to create a new look for HDC's resources. In December, we published a new resource entitled *A Guide to Neutral Pelvis, Core Support and Trunk Stabilization* (Krasnow & Wilmerding). This resource was immediately released to the public, as we know the next resource we publish will remain a members-only resource.

In 2018, the committee will publish a new resource on performance profiling and the begin development of a new resource on body dysmorphic disorder. We also intend to translate more of our resources, and will continue working with the designer to update all resources with images, and using the new template.



## Financial Report

Healthy Dancer Canada is 100% volunteer-operated. This year, we doubled our operating budget. Our revenue typically comes from membership dues, conference fees, sponsorships and donations. Our largest expense is incurred by our Annual Conference, with additional expenses for our website, promotion and education.

This year was an unusual year, as we decided to align the fiscal year with our operating cycle, which coincides with the calendar year. We completed our accounting year-end for the usual date of October 18. We then completed a shortened year, ending December 31, 2017. Our 2017 conference fell within the short year.

### Revenue and expenses for fiscal year ending October 18, 2017:

#### Revenue

Conference Fees	0.00
Conference Sponsorship	0.00
Membership Dues	4, 125.00
Donations	<u>5, 055.00</u>
<b>Total Revenue</b>	<b>9, 180.00</b>

#### Expenses

Accounting Fees	250.00
Bank/PayPal Fees	195.23
Conference Expenses	0.00
Membership Dues	220.00
Insurance	303.48
Misc. Expenses	209.13
Printing/Promotion	683.71
Supplies	198.47
Website	<u>354.00</u>
<b>Total Expenses</b>	<b><u>2, 414.02</u></b>
<b>Net Income</b>	<b>6, 765.98</b>

## Revenue and expenses for fiscal year ending December 31, 2017:

### Revenue

Conference Fees	2, 485.00
Conference Sponsorship	2, 793.20
Membership Dues	<u>1, 05.00</u>
Total Revenue	6, 313.20

### Expenses

Accounting Fees	75.00
AGM Expenses	530.45
Awards	202.98
Bank/ PayPal Fees	94.30
Conference Expenses	4, 587.18
Misc. Expenses	44.99
Printing/ Promotion	1, 573.78
Supplies/ Mailing	83.82
Website	<u>19.59</u>
Total Expenses	<u>7, 211.41</u>

**Net Income** -898.41

## Connect & Contact

### Website

[www.healthydancercanada.org](http://www.healthydancercanada.org)

### Email

[healthydancercanada@gmail.com](mailto:healthydancercanada@gmail.com)

### Follow Us

on [Facebook](#), [Instagram](#), [LinkedIn](#), [Twitter](#)



## 2017 HDC Supporters

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

### Partners

SAFE in DANCE INTERNATIONAL



### Silver:



### Sponsors

#### Platinum:

HOWARD A. BACK, CPA  
PROFESSIONAL CORPORATION

### Bronze:



#### Gold:



crossings dance



#### Donors:

- Anonymous

#### Volunteers:

- Scott Back
- Gary Lee