

# Healthier Dancer Programme Conference 2017

MIND THE GAP: Train Smart | Improve Performance

Thursday 11 May 2017

Stratford Circus Arts Centre and  
University of East London

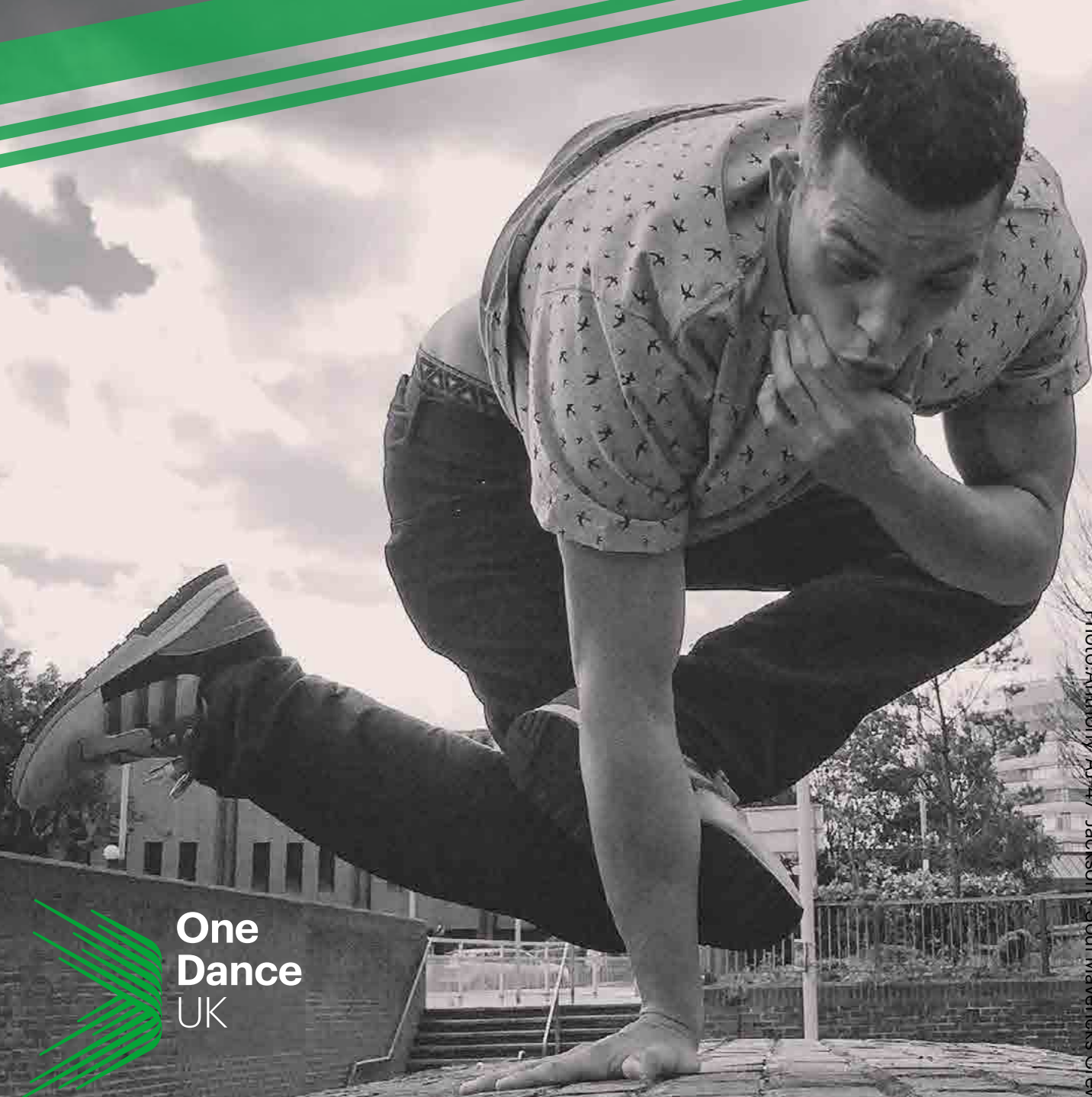


Photo: Anthony 'A147' Jackson - Soul Mavericks Crew



# One Dance UK

One Dance UK is a one-stop shop for dance, providing advocacy, championing dancers' health, running professional networks, and professional development programmes and producing events and performance platforms that bring the public closer to the art form.

One Dance UK was created from the merger of four national dance organisations: Dance UK, Association of Dance of the African Diaspora, National Dance Teachers Association, and Youth Dance England. One Dance UK works to improve the conditions in which dance is learned, created, performed and experienced, and strives to raise the profile of dance to ensure it thrives as a cherished and valued activity in the cultural life of UK society.

## Healthier Dancer Programme

One Dance UK's Healthier Dancer Programme (HDP) is a worldwide leader in the promotion of dancers' health and well-being.

Since 1990 it has undertaken a programme of awareness-raising and education for all those involved in dance, from grass roots to elite, providing information and advice and undertaking and facilitating research that leads to a better understanding of the relationship between dance, health, performance and the prevention of dance injuries.

The programme provides educational resources, educational talks for schools and companies, an annual conference, a listing of dance specialist Healthcare Practitioners working in private practice across the UK, and important advocacy work on behalf of the health and wellbeing of dancers.

### One Dance UK Board Members

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# nidms

national institute of dance  
medicine and science

Through shared expertise and a network of multidisciplinary partners, NIDMS works to provide the dance sector with access to high quality, affordable, dance specific health care and dance science support services in private practice and the NHS. These services are underpinned by dance medicine and science research, including that developed and implemented by NIDMS partners and disseminated to the wider dance and health communities through educational workshops, conferences and publications.

NIDMS was founded in 2012 by One Dance UK, Birmingham Royal Ballet's Jerwood Centre for the Treatment and Prevention of Dance Injuries, Royal National Orthopaedic Hospital, Trinity Laban Conservatoire of Music and Dance, University of Birmingham and University of Wolverhampton. In 2017, we welcomed The Royal Ballet as our most recent partner.

# Welcome.

Welcome to our first Healthier Dancer Programme conference for 2017, *Mind the Gap: Train Smart, Improve Performance*. Although our conferences always have a particular theme, this is our first conference to focus on a specific dance genre and we are so happy that we chose hip hop! This vibrant and ever-evolving art form offers new perspectives and is rapidly gaining recognition in the UK dance industry. At the Healthier Dancer Programme we strive to support these artists to push boundaries and remain fit and healthy to meet the high physical demands of their work through long and successful careers.

We have an exciting and varied programme on offer today to simultaneously cater to artists, teachers, choreographers, researchers, and health practitioners. World-class artists and practitioners have joined us as speakers and we hope you will enjoy hearing their perspectives and engaging in rich discussion throughout the day.

Thank you all for coming today and we hope you will join us for our *One Dance UK Conference Season* taking place 25-26 November 2017, which will include our next Healthier Dancer Programme Conference, focusing on psychological and social elements of care for the dancer. Register your interest in this today at the One Dance UK stand and gain access to the early bird priority booking rate.

We hope you enjoy today's programme of talks, seminars and workshops and thank you again for joining us.



Sarah



Erin



Helen

One Dance UK's Healthier Dancer Programme Team

“

*This Healthier Dancer Programme conference with its focus on hip hop is an exciting first for us and responds to the specific needs of these particular dance artists. We are really pleased to be able to welcome you and facilitate discussion between the artists, scientists and healthcare practitioners who share a passion for excellence in performance with fewer injuries!”*



Andrew Hurst  
Chief Executive  
One Dance UK

# Conference Partners

## Stratford Circus Arts Centre

Stratford Circus Arts Centre provides world-class, accessible creative experiences and performances on the doorstep of people in Newham and East London, driven by the belief that access to art brings joy, empowers people, and draws them together.

Stratford Circus Arts Centre is a vibrant place to create and experience art through world-class theatre, dance, music and circus and visual exhibitions and alongside work for families and young people.

Its extensive creative learning programme works with local schools and community organisations to introduce local people to artistic experiences through workshops and bespoke creative projects.

A modern and versatile building, it receives more than 125,000 visits a year and is a key resource for the local community. Stratford Circus Arts Centre is a National Portfolio Organisation of Arts Council England and a registered charity.

[www.stratford-circus.com](http://www.stratford-circus.com)



Photo, Savannah Photographic

## BA (HONS) DANCE: URBAN PRACTICE

As part of the school of Arts and Digital Industries (ADI), the BA (Hons) Dance: Urban Practice course, now in its 10th year, is a vibrant and distinctive course offering students the chance to study in the cultural hub of East London.

It covers hip-hop, club, social and popular dance styles, with contemporary techniques from across Europe, Africa and Asia.

For more information and to apply please go to <https://www.uel.ac.uk/dance>

## East London Dance

East London Dance brings dance to people and people to dance, producing ambitious performances that attract wide audiences alongside projects to get all ages dancing.

Uncovering diverse talent, we train young professionals, develop their careers and watch them fly.

We collaborate widely and attract world-class choreographers and artists to come and work with us. Across the dance world, and among our audiences and participants, we make friendships, partnerships and inspired connections.

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



Dancing Landscapes. Photo, Hugo Glendinning



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# Conference Guide

In another first for our Healthier Dancer Programme conferences we have two routes through today's programme, tailored for specific audiences to ensure you get the most out of your time with us! We are starting the day together to provide an open forum to discuss ideas and challenges and share practice across healthcare and artistic fields, prompted by provocations from world-leading practitioners.

After lunch we will then divide into the two strands. The practical workshop route is designed with the specific needs of artists, performers, choreographers, and teachers in mind, whereas the conference route allows researchers and healthcare specialists to delve deeper into the existing knowledge and challenges for furthering work in this area.

We are so excited by the great speakers who have demonstrated their interest in this conference and enabled us to offer up this great programme to you. Check it out over the next two pages.



## Harlequin Floors are proud to support One Dance UK

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# CONFERENCE SCHEDULE

## C1 - AUDITORIUM

09.00

8.30 • REGISTRATION

10.00

9.30 • WELCOME AND INTRODUCTION

Keynote: *What does it take to perform at your best?*

10.15 • TEA AND COFFEE

11.00

10.30 • WORLD CAFE


Chaired by: Helen Laws, One Dance UK & NIDMS


Featuring provocation speeches from:  
Michael 'Mikey J' Asante • Sunada Biswas 'AKA BGirl SunSun'  
Caroline Jubb • Olivia Daniell & Lauren Filer 'Exception-Elle' • Ithalia Forel

12.00

Panel interview:  
Emmanuel Adelekun 'BBoy Manny', Sonja Cimelli, Frederick 'Realness' Folkes, Silvia Fratelli, Anthony Jackson 'BBoy AJ-47' Theo 'Godson' Oloyade, and Nefeli 'sMash' Tsiouti.

Chaired by: Helen Laws

 All delegates

 Conference Route  
Chaired by Kim Hutt

 Workshop Route

13.00

12.30 • LUNCH

14.00

13.30 • Intro to healthcare and research in hip hop

Erin Sanchez & Dr. Sarah Needham-Beck, One Dance UK

14.00 • Clinical care of hip hop dancers

Dr. Roger Wolman & Caroline Jubb  
Mark Archer

15.00

14.45 • Research presentations

Nefeli 'sMash' Tsiouti  
Professor Matthew Wyon  
Dr. Keir Philip 'AKA BBoy Kid Keir'  
Sonja Cimelli

16.00

15.45 • TEA AND COFFEE

16.30 • Research networking session

Chaired by: Claire Farmer, NIDMS

17.00

17.30 • CLOSING PLENARY

UEL DANCE COLLECTIVE performance of  
*Unite Enlighten Love*. Choreographed by Kenrick Sandy

18.00

### WORKSHOPS

#### ROOM C3

13.30 •  
**Alternative hip hop**  
Luther 'London' Dyer

14.45 •  
**African Dance with live drumming**  
Ithalia Forel

15.45 • TEA AND COFFEE

16.30 • **Acrobatics with Mimbre**  
Silvia Fratelli

### SEMINARS

#### ROOM C4

13.30 •  
**Project Breakalign**  
Nefeli 'sMash' Tsiouti

14.45 • **Injury management**  
Stephanie De'Ath, NIDMS, Olivia Daniell & Lauren Filer

15.45 • TEA AND COFFEE

16.00 • **Nutrition**  
Zerlina Mastin & Miroslav Sekula 'BBoy Mayro'

### WORKSHOPS

#### UEL 1

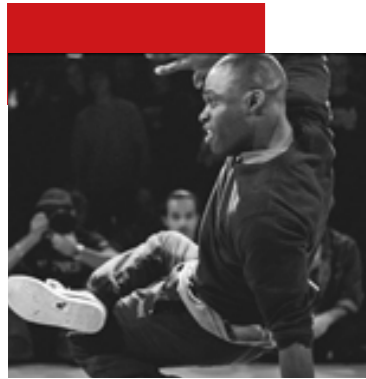
13.30 •  
**Krump fitness**  
Theo 'Godson' Oloyade

14.45 • **Breaking fitness with Soul Mavericks**  
Emmanuel Adelekun 'BBoy Manny'  
Anthony Jackson 'BBoy AJ-47'

15.45 • TEA AND COFFEE

16.30 • **Locking & popping fitness**  
Frederick 'Realness' Folkes

# SPEAKERS



## Emmanuel Adekun 'BBoy Manny'

BBoy,  
Teacher/Instructor,  
Writer/Journalist

### KEYNOTE PANEL

### WORKSHOP ROUTE

*Breaking Fitness*

Emmanuel Adekun (BBoy Manny) is a member of the international Bboy crew, Soul Mavericks, from London UK.

He has spent over a decade traveling the world, competing on the worldwide, international hip hop dance scene, as well as learning about the craft of Breaking as a dance form, and the history of the hip hop culture. Emmanuel teaches workshops, and classes, on the fundamental principles and foundations of Bboying as an art and dance form, as well as teaching the importance of body mechanics in developing as a dancer, and in understanding physical movement. He also teaches how to mentally and physically approach training in Breaking.

Emmanuel is also a journalist and blogger, who writes articles and blog pieces on methods of training, the hip hop dance scene and culture, and on self-growth and development.



## Mark Archer

Physiotherapist

### CONFERENCE ROUTE

*Clinical care of hip hop dancers: Capacity and Tolerance*

Mark is a Physiotherapist and all round movement enthusiast!

His primary clinical interest is in persistent pain states, particularly those injuries which should have resolved but for whatever reason seem to linger on and on.

He has been dealing with dancers for many years; treating at Trinity Laban Conservatoire of Music and Dance, lecturing on undergraduate degree courses, delivering workshops and Summer School events, as well as a wealth of experience with individuals and touring companies. He became involved with the early stages of Project Breakalign and has delivered treatment at Breakin' Convention for several years.

Mark has an integrative treatment approach blending movement, exercise and hands on therapy with relaxation, imagery and mindfulness techniques.



## Michael 'Mikey J' Asante

Co-Founder & Co-Artistic Director, Boy Blue Entertainment

**WORLD CAFÉ**  
*Hip Hop Matters*

Co-Founder & Co-Artistic Director of Boy Blue Entertainment, Barbican Artistic Associates, and a leading UK producer of live events, Michael 'Mikey J' Asante is a producer, composer, singer, dancer and DJ who is at the forefront of UK urban music.

Recent releases, include *George the Poet's Wotless* with production and musical direction for George's sold out *Search Party* tour; and engineering and production on Kano's critically acclaimed album *Made In the Manor* (Mercury Prize and BRIT nominated, and winner of the MOBO Best Album Award) with whom he has collaborated extensively on the albums *Home Sweet Home*, *London Town* and *140 Grime Street*. Mikey is currently collaborating with the new Sony/ Plan B signing Ryan De La Cruz. Mikey has produced music for TV, theatre and film including Boy Blue Entertainment's Olivier Award nominated *Blak Whyte Gray*, *The Five & the Prophecy of Prana*, *Touch*, *Legacy*, and *Pied Piper: A Hip-Hop Dance Revolution* and for the UK box office hits *Street Dance 3D* and *All Stars*.

In 2012, Mikey worked closely with Kenrick, director Danny Boyle and Musical Directors Underworld creating musical compositions for the Frankie and June say thanks Tim... section of London 2012 Olympic Games Opening Ceremony.



## Sunanda Biswas

'AKA BGirl SunSun'

Dancer, Teacher  
Choreographer,  
MC

One of UK's foremost B-girl's and founder of 'FLOWZAIC' UK's first all all female Breaking crew Sunanda aka 'SunSun' performed, judged and hosted at some of the biggest hip hop and B-boy events from UK B-Boy Championship, Nike Dance Clash to BOTY and B-Supreme women in hip hop festival at the South Bank Centre.

She was co-choreographer for the NHS segment of the London 2012 Olympics Opening Ceremony and is now Associate Director of 'Grounded' who gave their debut performance at Sadler's Wells Breakin' Convention's 2013 tenth anniversary. Other credits include: choreographer on the Bafta Award winning film *Fishtank* working with Andrea Arnold; Mel B, Gabriel and touring with 'Take That' as a featured rapper.



## Sonja Cimelli

Podiatrist

### KEYNOTE PANEL

### CONFERENCE ROUTE

*Research Presentation: Competitive Urban Dance, athleticism meets artistry embedded in the fabric of hip hop culture: Reflections on the Implications of Dance as Sport*

Sonja started her career in at the Northern School of Contemporary Dance with a Bachelor of Performing Arts (Dance). After sustaining a knee injury, she trained as a sports massage therapist which ignited her interest in healthcare. Sonja went on to gain a 1st class BSc (Hons) Podiatry degree, completing a dissertation titled *Influence of Turnout on Foot Posture and Its Relationship to Overuse Musculoskeletal Injury in Professional Contemporary Dancers*, which was later published in the Journal of the American Podiatric Medical Association. After gaining experience in the NHS, Sonja has worked as a podiatrist in private practice for eight years with a keen interest in biomechanics, dance and sport-related injury and is currently based at Bisham Abbey National Sports Centre. Sonja was a member of the London 2012 Olympic Games Medical Team and in 2014 was a guest of the Jamaican Athletics Association at the annual Jamaican Invitational Athletics Meet, in Kingston, Jamaica. Sonja's first passion however is dance; in 2012 she co-founded Soul Footwork Dance, and has performed at Summer Dance Forever Hip Hop Festival, Amsterdam 2014 and Breakin' Convention at Sadlers Wells in 2015.



## Olivia Daniell 'AKA BGirl Gravedigger'

Soft Tissue Therapist,  
Dancer

### WORLD CAFÉ

*Women in Hip Hop*

### WORKSHOP ROUTE

*Injury Management Seminar*

Olivia is a qualified Soft Tissue Therapist and runs her own clinic based in Bristol. As a former competitive gymnast and current professional dancer, specialising in Breakin' (Just4Funk Crew/ Exception-Elle), Olivia is well experienced in understanding the demands of training, how to recover from/ manage injuries, and ways to keep the body injury free. Over the years Olivia has done countless performances including events such as the London 2012 Olympic Opening Ceremony, Breakin' Convention, and Glastonbury festival to name a few. Olivia specialises in treating and supporting injured dancers and gymnasts, as well as athletes (both elite and amateur) from a range of sports and disciplines. Olivia works at dance battles and posts events in the UK and abroad, offering treatments both before and after competitions. Her work also includes treating those who suffer from the effects of sedentary work/ lifestyle.



## Stephanie De'Ath

Manager, National Institute of Dance Medicine and Science, Soft Tissue Therapist & Dance Science Educator

Stephanie is a graduate of Trinity Laban's MSc Dance Science programme and prior to this she trained professionally in contemporary dance at Middlesex University, achieving a BA (Hons) in Dance Studies. Since completing her MSc Stephanie also qualified as a Sports and Remedial Massage Therapist (SRMT) at North London School of Sports Massage (NLSSM). Since finishing her SRMT training, Stephanie now has a weekly clinic at London Contemporary Dance School and Central School of Ballet and has also become a tutor for NLSSM's diploma course. Since May 2016 Stephanie has been part-time manager of the National Institute of Dance Medicine and Science (NIDMS). Stephanie is a lecturer in Anatomy, Health and Fitness for dancers, with fixed appointments at Bird College and D&B Theatre School and guest lectures at London Studio Centre and Middlesex University. Alongside this Stephanie supervises BA dissertation projects in dance science at Middlesex University and London Studio Centre. Stephanie has presented at the International Association of Dance Medicine and Science (IADMS), with one submission winning the student travel award, and also published research. Stephanie continues to pursue research in her areas of interest; injury epidemiology and fascia.

**WORKSHOP ROUTE**  
*Injury Management Seminar*



## Luther 'London' Dyer

Choreographer

Luther 'London' Dyer founded Slums UK in 2005, he wanted to delve, explore and platform the grey area of dance fusing together several genres whilst focusing in on the intention behind the movement. "Challenging what it feels like over what it looks like" Bringing together unique individuals from all over the world who have a tiny red thread connecting them. Since then he has gone on to develop a mentoring programme and creative direct productions in the UK, Germany, Poland and Russia. He has also choreographed for TV shows such as *So You Think You Can Dance Poland*, *German Idol* and *The Voice Kids*.

**WORKSHOP ROUTE**  
*Alternative Hip Hop*

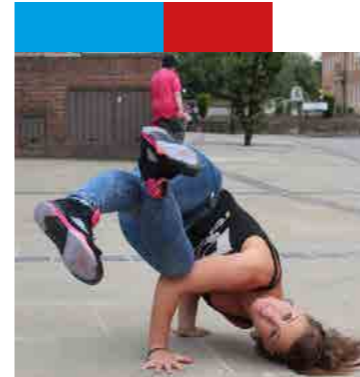


## Claire Farmer

Manager, National Institute of Dance Medicine and Science and Dance Science Educator

Claire holds a BA (hons) Dance Studies with Drama, Theatre and Performance Studies from Roehampton University and completed the MSc Dance Science at Trinity Laban Conservatoire of Music and Dance. In 2014 she launched Dance Longer Dance Stronger, a website to encourage dancers to share experiences of injury and supplementary training. This was followed in 2016 with the launch of the Performers Health Hub mobile application, to connect dancers easily with specialist healthcare and evidence based resources. Alongside her work at One Dance UK, Claire is an Associate Lecturer at Roehampton University and also has a keen research interest in upper body strength in dance. This research focus also transfers to her interest and training in circus arts including aerial hoop and Cyr wheel where she is keen to progress her knowledge.

**CONFERENCE ROUTE**  
*Research Networking Session Chair*



## Lauren Filer 'AKA BGirl Hot Feet'

Dancer, Teacher, Conditioning Coach

**WORLD CAFÉ**  
*Women in Hip Hop*

**WORKSHOP ROUTE**  
*Injury Management Seminar*

Lauren has been teaching breakin' and hip hop dance for over ten years and has extensive experience in both the dance world and fitness world. Lauren undertakes conditioning for dancers, functional training, and personal training alongside her dance classes which all contain a healthy body, healthy mind approach to dance. She runs regular breakin' classes in Bristol for beginners, intermediate, and advanced BBoys. She has worked with BBoys from around the world, training them and competing with them. Lauren is part of Zulu Nation, invited by Afrika Bambataa, where she toured for two years with Zulu Kings and Queens, runs her own small dance agency, and performs worldwide.



## Frederick 'Realness' Folkes

Founder, The Realness Dance

**KEYNOTE PANEL**  
**WORKSHOP ROUTE**  
*Locking & Popping Fitness*

Fred 'Realness', the Founder of The Realness Dance, has been teaching Popping and Locking in London since 2006 and is the recipient of the lifetime achievement to street dance award. He has a passion to teach the original history and styles, and has studied extensively since 2003 with the creators and pioneers of Popping and Locking.

Fred has been invited to teach with the Pioneers and innovators of the styles in various countries, his teaching style has become very popular and he is regularly invited to share Popping and Locking throughout Europe and other international locations. He has created a lecture called Safe Dance Practice and Injury Prevention, incorporating his 20 years of fitness knowledge to help Street Dancers learn how to dance safely and effectively to create longevity within their dance style. He is also a visiting lecturer and technical demonstrator at The University of East London, and teaches Safe Dance Practice and Injury Prevention as part of their Dance and Health module.



## Ithalia Forel

Co-Director, Movema Trailblazer Champion, One Dance UK 2016/17

**WORLD CAFÉ**  
*Culture*

**WORKSHOP ROUTE**  
*African dance with live drumming*

Having gained a HND in Dance (2007), Ithalia attended the Limon Professional Studies Programme in NYC (2008). She later toured the USA with CoCo Theatre Company, directed by Cynthia Oliver in the production "Rigididim De Bambe De: Ruptured Calypso;" a piece that explored Afro-Anglo Caribbean identity.

As a founder of Movema, Ithalia is passionate about providing access to world dance, breaking down barriers with knowledge, culture and showing how it can be fun. Ithalia has 10 years experience in teaching and working on international exchange programmes. Movema recently won the EPIC award for outstanding work with young people and has previously organised a youth trip to Brazil, enabling young people to understand themselves, their heritage and the power of dance. Previously she has won awards for Business Female of the Year and for Creative Arts Organisation of the Year with Movema.



## Silvia Fratelli

Joint Artistic Director,  
Mimbre

### KEYNOTE PANEL

### WORKSHOP ROUTE

Acrobatics workshop  
with Mimbre

After graduating from the National Centre for Circus Arts (NCCA) in 1998, Silvia founded Mimbre alongside Lina Johansson and Emma Norin with a vision of challenging the predominant gendered roles within contemporary circus. Silvia has been both an artistic director and performer within the company, taking part in all 10 productions and commissions that have toured nationally and internationally. Alongside her creative endeavours, she strives to understand the effects of training and touring on the performer's body. In 2015, she organised and curated the first UK Acrobatic Symposium alongside Glen Stewart (Head of Training at National Centre for Circus Arts). Currently, she leads on Mimbre's acrobatic training and well-being program and investigations, developing Mimbre's team of core acrobatic performers. She manages the company's international bookings and tours logistics, and has been on the steering committee for One Dance UK's Healthier Dancer Programme Conference taking place in May 2017. Silvia speaks Italian, English, Spanish and French.



## Kim Hutt

Head of Physical Support,  
London Contemporary  
Dance School

### CONFERENCE ROUTE

Conference Route Chair

Kim trained at The Royal Ballet School and Central School of Ballet. After a professional career as a dancer she gained a BSc (Hons) in Sports Therapy, a post graduate teaching certificate in higher education and an MSc in Dance Science from Trinity Laban. Kim lectured BSc and MSc students at London Metropolitan University in Sports Therapy and developed a course designed specifically to work with injured dancers.

Kim currently works as the lecturer in Physical Support at London Contemporary Dance School, where she is delighted to be able to use all of the knowledge gained through her Sports Therapy and Dance Science degrees. Kim is regularly invited to guest lecture at other dance schools, universities and colleges, such as University College London, Elmhurst Ballet School, Coventry University, Bedfordshire University, Trinity Laban, and London Metropolitan University. She is internal moderator for the Society of Sports Therapists, and a reviewer for the Journal of Dance Medicine and Science. Kim has published research that investigates the links between science and somatic practices, and ways to improve balance in dancers. She has written advice sheets for One Dance UK and the International Association for Dance Medicine and Science (IADMS), Bulletin for Teachers and Dancers. Kim has presented research at the IADMS annual conference. Kim's particular interest is exploring ways to prevent dance injury and promote healthy dance practice.



## Anthony Jackson 'BBoy AJ-47'

BBoy, Teacher/Instructor,  
Youtuber (BBoy Tutorials) &  
Sports Nutritionist

### KEYNOTE PANEL

### WORKSHOP ROUTE

Breaking Fitness

Anthony (BBoy AJ-47) Jackson is an original and now senior member of Soul Mavericks Crew from London, UK. Established in 2005, the most notorious and successful Bboy crew to come out of the UK in over 20 years. Honing his craft for over 13 years travelling and competing internationally on the global hip hop scene. AJ shares his knowledge and experience in the form of both mental and physical via teaching in many schools, private lessons, workshops for battles, self improvement, choreography creation, performances & shows from festivals, corporate and theatre to school talent show evenings.

In the last year AJ qualified as a Sports Nutritionist and has been coupling this with his other methods of getting the most out of his own personal training as well as with his students. AJ also creates tutorials on YouTube from breakin' fundamentals, fitness & conditioning exercises to push their personal level & longevity as a dancer, young or mature, to discussions and advice about the culture and how to function as a competitive crew.



## Caroline Jubb

Specialist ESP Physiotherapist,  
Royal National Orthopaedic Hospital

Caroline Jubb is the Specialist Dance Physiotherapist for the NIDMS Dance clinic at the RNOH in London. Her time is split working as an extended scope practitioner alongside Dr Wolman in clinic and treating patients in the dance therapy department. Prior to working at the RNOH Caroline was the Company Physio for Rambert Dance Company and helped set up the current medical provision for dancers which includes; regular Pilates, massage therapy and osteopathy. Before this, Caroline worked in a variety of different environments including the military, private practice and the NHS. Following the completion of an MSc in Sports and Exercise Medicine (2007) she worked within elite sports including 2 years with the U19s Women's England Football Team. Caroline also teaches on the degree program at New Bucks University. In September 2012 Caroline joined the NIDMS clinic where she feels the combination of her clinical expertise and knowledge of dance is best utilized.

### WORLD CAFÉ

Self reporting injuries; When  
is an injury an 'injury'?  
(Barriers to treatment)

### CONFERENCE ROUTE

Clinical care of hip hop  
dancers:

Hip Hop, Street and Break  
dancers treated at the NIDMS,  
NHS dance injury clinic, London



## Helen Laws

Head of Industry and Artist Support/  
NIDMS, One Dance UK

Since 1998 Helen has been instrumental in shaping One Dance UK's Healthier Dancer Programme's work in response to the needs of the dance sector. From an early age she studied ballet, tap, modern and contemporary dance and went on to complete a BA(Hons) Degree in Dance at Roehampton University, London, in 1996, followed by a Diploma in Arts Management. She is the author of *Fit to Dance 2* - The report of the second national inquiry into dancers' health and injury in the UK. Helen led on bringing together the UK's leaders in the field to form the National Institute of Dance Medicine and Science in 2012 for which she was recognised in the 2014 Evening Standard's 1000 most influential Londoners, alongside then Director, Caroline Miller. In her various roles Helen has delivered conferences, produced publications and managed networks for a range of dance professionals, encouraging communication across disciplines.

### Keynote Panel

Keynote Panel Chair

### WORLD CAFÉ

World Café Chair



## Dr Sarah Needham-Beck

Healthier Dancer Programme Manager,  
One Dance UK

Sarah graduated from the University of Exeter with a BSc (Hons) in Exercise and Sport Sciences in 2009, gained an MSc (dist.) in Dance Science in 2010 and her PhD in Dance Science in 2017 from Trinity Laban. Her PhD research focused on the cardiorespiratory demands of contemporary dance training and performance and examined appropriate methods for documenting this. Sarah has presented her research at both national and international conferences and published in journals such as *Frontiers in Psychology: Performance Science and Medical Problems of Performing Artists*. Sarah works part-time as the Healthier Dancer Programme Manager at One Dance UK, and has also worked as a guest lecturer at institutions such as Trinity Laban, University College London, the University of Bedfordshire, and the University of Zagreb. Sarah currently serves on the Promotion Committee for the International Association for Dance Medicine and Science (IADMS), and has previously served as Chair of the IADMS Student Committee.

### CONFERENCE ROUTE

Introduction to healthcare  
& research in hip hop





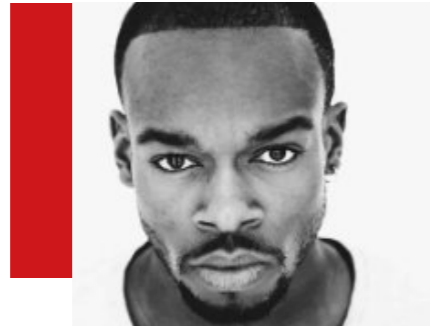
## Zerlina Mastin

Registered Sports Nutritionist

### WORKSHOP ROUTE

Nutrition Seminar

Zerlina Mastin has over 10 years' experience working in the Sports Nutrition sector. After gaining a BA Hons from the Royal Academy of Dance, Zerlina went on to study a BSc in Nutrition & Dietetics (Kings College London) and an MSc at the London School of Hygiene and Tropical Medicine. Initially working as a dietitian within the NHS, Zerlina went on to become a Registered Sports Nutritionist, specializing in nutrition for student and professional dancers giving seminars, lectures and 1-1 consultations. She currently holds a resident nutrition post at the London Studio Centre and runs a private clinic at Marylebone Physiotherapy. Zerlina also works as a nutrition writer and tutor for e-learning institutions in the UK and abroad. Zerlina has lectured widely to leading dance companies and dance schools, including the Northern School of Contemporary Dance and the Hofesh Schechter Company. In 2009, Zerlina authored the reference book Nutrition for the Dancer, published by Dance Books Ltd.



## Theo 'Godson' Oloyade

Creative Director, Choreographer, Dancer

### KEYNOTE PANEL

### WORKSHOP ROUTE

Krump Fitness

Theo 'Godson' Oloyade dances with the Laurence Olivier award winning company Boy Blue Entertainment and recently gained three gold stars on Sky1's Got To Dance. He has worked and choreographed for a number artists such as Tinie Tempah, Plan B, Ms Dynamite, and Mz Bratt.



## Dr Keir Philip 'AKA BBoy Kid Keir'

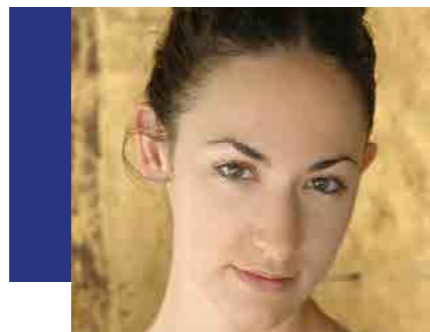
Doctor & Dancer

### CONFERENCE ROUTE

Research Presentation:

*Dance In the Acute Hospital Setting*

Keir is a Medical Doctor working for Barts Health NHS Trust, Dancer in Residence for Vital Arts, honorary Research Fellow at the UCL Institute for Health and Human Performance, member of Project Breakalign, founder of the DanceAble Collective ([www.danceable.co.uk](http://www.danceable.co.uk)) and a 2017 UCLPartners Improvement Fellow. He started Bboying over 15 years ago as a founding member of the Bristol based Physical Jerks Crew. Since then he has performed and taught dance across the UK and internationally. He is currently working on a number of projects combining dance and health, including projects using dance in the acute hospital setting.



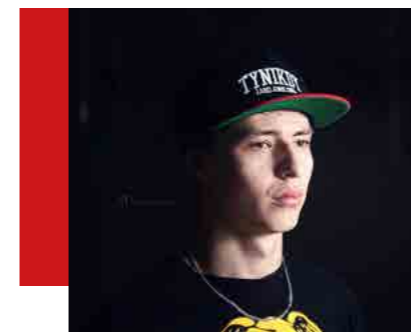
## Erin Sanchez

Healthier Dancer Programme Manager, One Dance UK

### CONFERENCE ROUTE

Introduction to healthcare & research in hip hop

Erin Sanchez is the Healthier Dancer Programme Manager at One Dance UK, administrates the Rudolf Nureyev Foundation's Medical Website for healthcare professionals and dancers, and manages the Dance Psychology Network. Erin pursued vocational dance training with American Ballet Theatre, Boston Ballet School and the Alvin Ailey School. She also holds a BA (Hons) in Dance and Sociology from the University of New Mexico and an MSc in Dance Science from Trinity Laban Conservatoire of Music and Dance in London. Erin is a registered provider for Safe in Dance International, a member of the International Association for Dance Medicine and Science and holds the qualification in Safe and Effective Dance Practice. She has lectured in dance science and taught dance technique in the United States, UK, Egypt and Malta.



### WORKSHOP ROUTE

Nutrition Seminar

## Miroslav Sekula 'BBoy Mayro'

Student

Mira is a 3rd year (BSc) Sport and Exercise Science student studying at University of Worcester. Mira is originally from the Czech Republic and is an active breakdancer (bboy), competing internationally, a dance teacher, and dance performer. Additionally, he is very interested in nutrition, supplements, fasting and caloric restriction and other areas related to sports performance, exercise, dance, and health. As part of his bachelor degree, Mira is currently writing a dissertation titled, *Dietary habits, nutrition knowledge and supplement use among breakdancers* which is undertaken in collaboration with Project Breakalign.



### KEYNOTE PANEL

### WORKSHOP ROUTE

Project Breakalign Seminar

## Nefeli 'sMash' Tsiouti

Founder & Director, Project Breakalign  
Associate Researcher Cyprus Musculoskeletal & Sports Trauma Research Centre

Nefeli holds a BA in French Language & Literature (University of Athens), an MA in Choreography (Middlesex University) and an MSc in Dance Science (Trinity Laban). Currently she is in the Bogliasco Foundation Fellowship Advisory Committee for Dance in Europe, an Associate Researcher in the Cyprus Musculoskeletal & Sports Trauma Research Centre, the Founder & Director of Project Breakalign, on the Board of Directors of Healthy Dancer Canada and the United Breakin' Association, working towards having Breaking in the Youth Olympics 2018. She is also a freelance Choreographer, Dancer, and a Sports Massage Therapist. Recently she has been added as a co-opted member of the Education Committee of the International Association for Dance Medicine & Science. Nefeli has been Breaking since 2007, and following surgery for a shoulder injury, starting Breaking with coach DJ Renegade, and has been competing internationally ever since. Nefeli has been awarded: Lisa Ullmann Travelling Scholarship Fund (USA), the Bogliasco Foundation Fellowship (Italy), the Gill Clarke Resource Fund, the 'Centre National de la Danse' research funding (France), 'Dance UK's Dancers' Mentoring Programme', and was a finalist for the *Change Maker Award* by London Inspires Awards and many more.



### CONFERENCE ROUTE

Clinical care of hip hop dancers:

*Hip Hop, Street and Break dancers treated at the NIDMS, NHS dance injury clinic, London*

## Dr Roger Wolman

Consultant in Rheumatology and SEM, Royal National Orthopaedic Hospital

Dr Wolman was appointed as Consultant in Rheumatology and SEM to the Royal National Orthopaedic Hospital in 1994. In the same year he was awarded a Winston Churchill travelling fellowship in Sports Medicine where he visited several centres in the USA over a 3 month period. He has a particular interest in bone stress injuries, exertional leg pain and exercise prescription. Dr Wolman has been involved with Dance Medicine since the late 1980's when he conducted research on the Female Athlete Triad in Dancers. His ongoing research has involved the bone health of dancers and this includes research on Vitamin D deficiency and bone stress injuries. Since 1993 he has run weekly Dance Medicine clinics at the Royal National Orthopaedic Hospital. He has worked with many dance schools and companies including the Royal Ballet, English National Ballet, Birmingham Royal Ballet, Central School of Ballet, Rambert Dance Company and Riverdance. He has been Medical Advisor to One Dance UK over the last 20 years and helped to set up the National Institute of Dance Medicine and Science which was launched in 2012. This has helped to develop the NHS Dance Medicine clinic where about 150 dancers are seen each year.



## Professor Matthew Wyon

Professor in Dance Science, University of Wolverhampton, NIDMS, President IADMS

Matthew Wyon, PhD, is a Professor in Dance Science at the University of Wolverhampton, UK and a Visiting Professor at University College London and Institute of the Arts, The Netherlands. He is the course leader for the MSc in Dance Science and Director of Studies for a number of dance science and medicine doctoral candidates. He is a founding partner of the National Institute of Dance Medicine and Science, UK and President of the International Association for Dance Medicine & Science. He has worked with numerous dancers and companies within the UK and Europe as an applied physiologist and strength and conditioning coach. His research focuses on performance enhancement and injury epidemiology in dance; presently he has published over 90 peer-reviewed articles in dance medicine and science.

### CONFERENCE ROUTE

Research Presentation:  
*Physiological demand of hip hop and breaking*

## UEL Dance Collective

Established in September 2015, the UEL Dance Collective is an undergraduate dance company which gives opportunities for the BA (Hons) Dance: Urban Practice students at UEL to work with professional choreographers and perform at external dance platforms. Unite Enlighten Love is a new work, choreographed by Kenrick Sandy and was premiered at MOVE IT 2017 (Excel Centre).

Title of piece: Unite Enlighten Love

Choreographer: Kenrick Sandy, Co-Founder & Co-Artistic Director, Boy Blue Entertainment

Performers: Santeena Reid, Florian Kabasubabo, Jan Abuton, Lauren Willis, Sergei Kundik, Jack Manley, Svantje Buchholz, Kristine Brante, Sharni Chisholm, Sophie Bradbury, Kyron Anthony, Tanaka Bingwa, Dani Pimental, Dennis Zimmerman, Lee Halls, Fern Crosbie, Saskia Davis, Charli-P, Karla Mckeown

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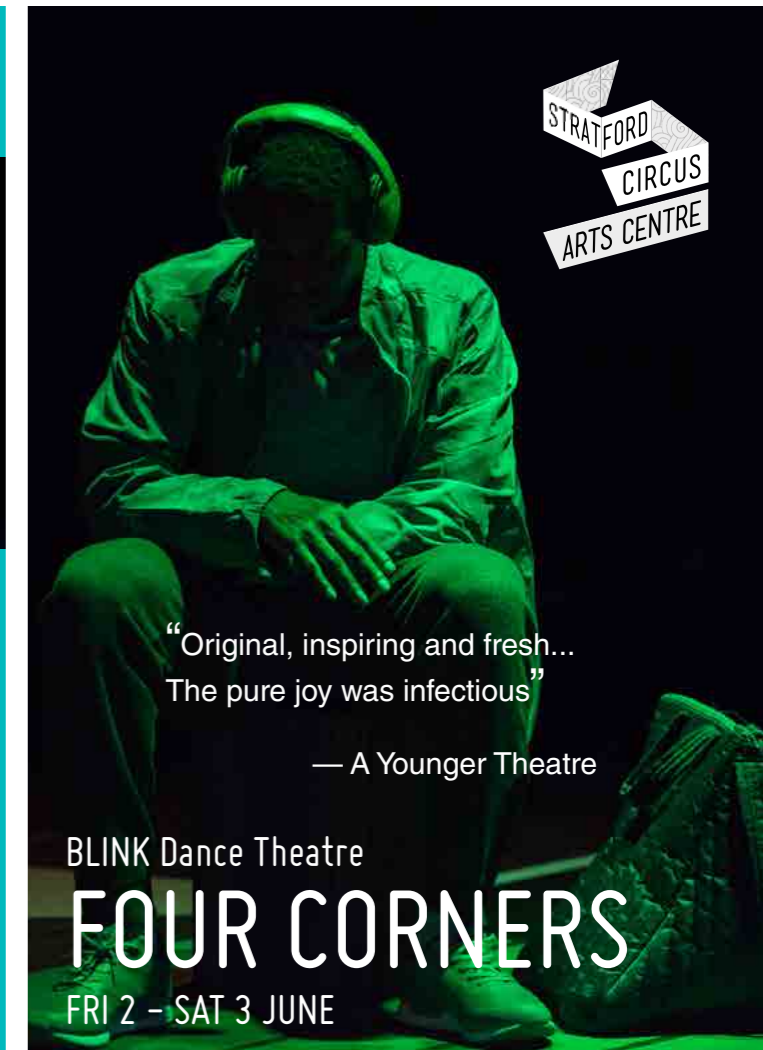
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[eastlondondance.org/opportunities](http://eastlondondance.org/opportunities)



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