A Healthier Dancer Day on The Adolescent Dancer

DanceEast in partnership with One Dance UK

Friday 26 May 2017
10.00am to 6.00pm
Jerwood DanceHouse, Ipswich
£80; £65 concessions
A blend of practical and discursive workshops, as well as keynote presentations, this day draws from the most recent research and practice in dance medicine and science to offer up-to-date information on the physiology and psychology of adolescent dancers to apply in the studio.

Friday 26 May Schedule

10.00-10.30am Arrived and coffee
10.30-11.00am Keynote Presentation; Speaker to be confirmed
11.00-12noon Training the Adolescent Dancer: Physiological and Psychological Perspectives; Siobhan Mitchell, University of Bath
12noon-12.30pm Coffee
12.30-1.30pm Parallel Sessions: Pointework Readiness; Katy Chambers, Royal Academy of Dance OR Resilience and Mental Health; Stella Howard, Trinity Laban Conservatoire of Music and Dance
1.30-2.15pm Lunch
2.15-2.30pm Dance Floors, Mark Rasmussen, Harlequin Dance Floors
2.30-3.30pm Panel Discussion: How Do We Support Adolescent Dancers to Dance Chair: Rachel Trist, Tring Park School for Performing Arts, Panellists: Sujata Banerjee (Classical Indian Dance Artist), Hakeem Onibudo (Impact Dance and Changemaker at The Place), Sarah Lewis (Glass House Dance and DanceEast Centre for Advanced Training), Tracy Witney (Head of Learning and Participation, Northern School of Contemporary Dance)
3.30-4.30pm Parallel sessions: Nutrition for the Young Dancer; Zerlina Mastin, Dance Dietician and Author of Nutrition for the Dancer OR The Widening Role of the Dance Teacher; Tom Hobden, UNIT and DanceEast Centre for Advanced Training
4.30-6.00pm Tea, followed by performances

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To book, call DanceEast Box Office on 01473 295230
or visit www.danceeast.co.uk
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