

NEW YORK STATE *dance education* ASSOCIATION

A state affiliate of the National Dance Education Organization (NDEO)

In cooperation with the



**HARKNESS
CENTER**
for Dance Injuries

NYUSteinhardt
Steinhardt School of Culture, Education, and Human Development

Dance Medicine for Dance Educators: Specific Concerns Saturday & Sunday, March 6 - 7, 2010

Location: New York University, 35 West 4th Street, 3rd Floor, New York, NY 10012
Host: Dance Education Program, Susan Koff, Director; Department of Music & Performing Arts Professions; Steinhardt School of Culture, Education & Human Development

Saturday, March 6 8 a.m. to 5 p.m.
8:00 – Registration

Morning sessions:

Biopsychosocial Considerations Related to the Incidence of Dance Injuries

A review of intrinsic factors, such as the physical and psychometric attributes of the dancer and extrinsic factors, such as floors, shoes, set designs and costumes. (Lecture – Harkness faculty)

Debunking Common Myths: Science vs. Studio – a review of functional biomechanics

We will address beliefs such as: “pull up your inside ankle bone!”, “don’t sink in to your hip!”, “turnout should come only from your hip!”, “tuck your butt!”, don’t tuck your butt!”, “lifting weights is bad for you because it will give you bulky muscles!” How do I help a dancer with.....Lecture-Demonstration and Movement – Harkness faculty)

Lunch, Networking and Bookstore open

Afternoon sessions:

Studio Survival Tips: Strategies for safety and injury prevention; management of dance injuries

Should you or your student dance through pain? When do I go to the doctor? What exactly are “shin splints” and how can I help the dancer overcome them? The 10 most common dance injuries; why they come about and how they can be prevented. Screening methods to identify at-risk dancers. (Lecture-Demonstration and Movement – Harkness faculty)

Hip Hop

Adolescents today are very much part of the hip hop culture. Kim Elliott will share her interdisciplinary teaching approach, which incorporates both history and movement aspects of hip hop. Safety factors will be included. (Movement)

Teacher Health – Tips for keeping you, the teacher, healthy. (Lecture – Harkness faculty)

Sunday, March 7 8:30 a.m. to 5 p.m.
8:30 - Registration

Morning sessions:

Teaching Methods for Career Longevity

Keep your dancers dancing! The how, when and why of cross training, rest cycling and stretching techniques: Dynamic versus static stretching – the relationship between flexibility, stretching and injury. Safely implementing active warm-up and flexibility training into the dance class. (Movement – Harkness faculty)

Adolescents: Precautions and training considerations for the adolescent dancer.

Includes the remarkable physiological and psychological changes that occur during the growth spurt and the challenges they pose for the dancer and dance teacher alike. (Lecture – Harkness faculty)

Lunch, Networking and Bookstore open
NYSDEA Membership Meeting

Afternoon sessions:

African Dance Class

What kind of flooring supports your dance classes that require bare feet? Is it less-than-springy? Andrea Markus will share her expertise in West African dance, with commentary by noted podiatrist, Dr. Thomas Novella. (Movement – NYU/Steinhardt faculty and Dr. Novella)

Ballet Class – ABT Curriculum

Delve into the basics of ABT’s new and exciting curriculum by experiencing its progressions with Raymond Lukens. Commentary on the effect of ballet shoes and pointe shoes by Dr. Thomas Novella. (Movement)

Commentary – Dr. Thomas Novella

Meeting for potential NYU/ABT students with Raymond Lukens

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BIOS and REGISTRATION FORM

Harkness Center for Dance Injuries

The mission of the Harkness Center for Dance Injuries (HCDI) of the NYU Langone Medical Centers' Hospital for Joint Diseases is to enhance the health, well-being, and quality of life of dancers and dance companies by providing state-of-the-art, affordable medical care. HCDI offers a full variety of health care programs specifically designed for dancers, including orthopaedic medical care and consultations, orthopaedic surgery services, physical therapy and athletic training services, free preventative screenings, injury prevention lectures and workshops, therapeutic yoga and Pilates, fitness and private coaching, biomechanical research and analysis, and raked stage evaluations. www.danceinjury.org

Harkness Faculty

Marijeanne Liederbach, PhD, PT, ATC, CSCS- Director of Research and Education
 Alison Deleget, MS, ATC
 Megan Richardson, MS, ATC
 Leigh Heflin, MSc
www.danceinjury.org

NYU/Steinhardt Dance Education Faculty

Andrea Markus, MA
 Kim Elliott, MA
 Susan Koff, EdD - Program Director
 Patricia Cohen, MA - Workshop Coordinator
<http://steinhardt.nyu.edu/music/dance>

ABT Faculty

Raymond Lukens, Artistic Associate ABT/NYU Masters Program and faculty at ABT's Jacqueline Kennedy Onassis School, is a co-designer and writer of ABT's National Training Curriculum. www.abt.org

Commentary

Thomas Novella, DPM, is a podiatrist who is well known in the dance community for his diagnostic and therapeutic skills regarding the dancer's foot. <http://www.thomasnovelladpm.com>

Dance Medicine for Dance Educators: Specific Concerns - Registration Form

Name _____ Phone (work) _(____)_____

Address _____ Phone (home) (____)_____

City: _____ State _____ Zip _____ E-mail _____

Where do you work? _____ What age group do you teach? _____

(Early registration must be postmarked or email-dated February 21st. No refund after March 1st).

FEES

NYSDEA / NDEO

<u>Member</u>	<u>Early (Feb. 21)</u>	<u>After Feb. 21/On Site</u>	<u>Students</u>	<u>Early (Feb. 21)</u>	<u>After Feb. 21/On Site</u>
Saturday only	\$ 75	\$ 95	Saturday only	\$ 30	\$ 40
Sunday only	\$ 75	\$ 95	Sunday only	\$ 30	\$ 40
2 day discount	\$130	\$175			
<u>Non-member</u>					
Saturday only	\$ 90	\$110			
Sunday only	\$ 90	\$110			
2 day discount	\$170	\$200			

(Fee Includes lunch, all sessions, handouts)

Check enclosed (payable to NYSDEA): \$ _____ **OR** Pay by Credit Card Online at www.nysdea.org (check here) _____

Mail this form (and your check if paying by check): Patricia Cohen, Dance Education Program, Dept. of Music and Performing Arts, New York University, 35 West 4th St., Suite 777, New York, NY 10012.

Please note: As on-street parking is difficult in the NYU area, we recommend public transportation or a local parking garage. Closest subway stops are 8th St./NYU, Astor Place, and West 4th St.