

YOUTH
DANCE
ENGLAND

in association with
NATIONAL YOUTH DANCE TRUST

New Directions
Nurturing young bodies and minds

YDE Practitioners' Training Course
Saturday 9th July or Sunday 10th July 2005
1.00 – 6.00pm DanceXchange – Birmingham

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ENGLAND

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NATIONAL YOUTH DANCE TRUST

Tel: 020 7924 7167 Email: info@yde.org.uk www.yde.org.uk

department for

education and skills

creating opportunity, releasing potential, achieving excellence



YDE Practitioners' Training Course

Nurturing young bodies and minds

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Youth Dance England presents a one day training course offered on Saturday 9th and repeated on Sunday 10th July. The course is designed to help dance practitioners deliver safe practice when teaching and leading dance with young people.

The courses will be run over the same weekend as the National Youth Dance Performance and participants attending the course will be offered a ticket to watch the performance as part of the course fee. (Performance – Sunday 10th July 7.00 p.m. in the Birmingham Hippodrome.)

COURSE INFORMATION

Nurturing young bodies and minds

How do we assist young people to develop their potential as dancers? What are the physical and psychological issues that we need to address when dealing with adolescents?

This course will include information on how to work towards creating healthier young dancers. Injury prevention and in particular the subject of accommodating growth spurts will be discussed: how do we recognise and deal with them and what modifications should we put in place? There will be a session demonstrating how stabilising exercises can be introduced to strengthen young, developing bodies.

An input on the psychological pressures facing young dancers will be included and advice given on how we can help them to overcome these pressures. Gaining the best results from young dancers taking into account the effects of: injury, depression, jealousy, stage fright, peer pressure, motivation and self-esteem.

The course will include lecture, discussion and practical exercises; with reference to current scientific research and led by nationally renowned teachers and researchers Peter Curtis and Emma Redding.

COURSE LEADERS:

Peter Curtis Head of the Pilates Studio, Laban

Peter Curtis danced as a soloist and principal with Ballet Rambert Dance Company for 11 years. On leaving the Company he became a lecturer in dance at Dartington College of Arts. He has served on the dance panels of South West Arts and the Arts Council of England. He has directed his own company 'Instep' and was formerly Rehearsal Director of both the National Youth Dance Company and the National Youth Ballet Company. He has taught at Laban since 1978 and currently is Head of Pilates, the Dance Injury Clinic and the Pilates Teacher Training Programme.

Emma Redding Programme Leader MSc Dance Science, Laban

Emma Redding graduated with a BA (Hons) Dance Theatre from Laban and a MSc Sports Science degree from University of Essex. She is a dancer, dance teacher and dance science researcher. Emma was also Modern Dance Lecturer at the Hong Kong Academy for Performing Arts. Emma is currently teaching contemporary dance technique, Health and Kinesiology and Applied Physiology at Laban. Four years ago, she helped write the first MSc Dance Science Degree Programme in Europe and is now leading the programme at Laban. Emma has been involved in various research projects over the years which have included the investigation of the physiological training needs of dancers.

Saturday and Sunday 1.00-6.00 pm (Provisional timetable)

1.00	Registration (Lunch will not be provided)
1.30 – 5.30	Course programme
5.30 – 6.00	Evaluation and feedback


On Sunday:

7.00 National Youth Dance Performance – Birmingham Hippodrome

Cost: £45 for practitioners based in the West Midlands region (10 places reserved at this concessionary price – allocated on a first come first served basis – others charged at the higher rate).

£55 for practitioners based outside of the region.

Fee will include coffee / tea served at an interval during the afternoon.
Course fee includes performance ticket.

 Cut along the dotted line

Booking form

Name

I enclose a cheque for:

Job Title

Please make cheques payable to Youth Dance England and send to: 36 Battersea Square, London SW11 3RA

Organisation

DanceXchange has services and facilities for deaf and disabled people. Please let us know if you have any special requirements:

Address

County

Postcode

Tel

Email

Deadline for delegate registration – Friday 17th June

We may from time to time share information we hold with other organisations we are working in partnership with. If you do not want us to share your details please tick this box