

Foundations for Excellence

Preventative Strategies & Performance Enhancement

Schedule

9:30 Registration

10:00 Introductory speech and welcomes (Robin Kiel)

10:05 Keynote speech 'The health of the performer'

10:15 Presentations

Screening and its applications

An informed approach to teaching (Rachel Rist, Aaron Williamon)

10:45 Fast referral and the team approach (Nick Allen)

11:15 Coffee

11:45 Presentations (continued)

Performance Flow (Elsa Bradley)

Performance Preparation & Health

(Karen O'Connor, Sanchita Farruque & Ioulia Papageorgi)

13:00 LUNCH

14:00 Proprioception – Talk and practical (Kim Pedrick)

15:00 Afternoon tea and pastries

15:15 Separate sessions

Room 1 : **Injury prevention for musicians** (Dr Jane Ginsborg)

Room 2 : **Practical considerations on eating problems among dancers**

(Helen Laws & Emma Redding)

16:00 Summary

'The way forward' (George Caird)

16:30 Performances from young people supported by the Music & Dance Scheme from Wells Cathedral School and Youth Dance Academy, Swindon



All details are correct at the time of going to press we do, however, reserve the right to alter details if necessary