

**Friday, May 23**

	HFA 126 (capacity 37)	Descriptions	HFA - 111 (capacity 127)	Descriptions	HFA 212 Dr. Caplan's classroom	Descriptions	214 classroom	Descriptions
9:30								
10:00	Welcome							
10:15	"Pre-Performance Motivation" - <b>KRISTIN BROOKS</b>	Using principles from the science supported "The Optimum Performance Program in Sports" Kristin Brooks will conduct a fun and interactive workshop on pre-performance preparation with an emphasis on motivation.	"I am too young for back pain! Anatomy and other considerations that lead to a high incidence of low back pain in dancers." - <b>NATALIE ANDERTON</b>	In this talk we will look at factors that contribute to the high risk of low back pain while dancing and across the lifespan by examining movement patterns, anatomical considerations, joint loading and other contributing factors. We will also discuss prevention, early signs to watch for, and independent management strategies to keep you performing.				
10:30								
11:00	"Managing and Transforming Performance Anxiety" - <b>TAM VILLAR</b>	How we recognize, manage, and transform anxiety matters. In this presentation, you'll learn about performance anxiety, its purpose, and practical strategies to manage anxiety to maintain your composure under pressure.	"So Where is That Pesky C-curve, Neutral or Imprint Anyway?" - <b>JULIETA ELLIOTT</b> , Clinical Pilates	We'll explore the C Curve, a fundamental element of Pilates that involves rounding the spine while maintaining length and control. Many Pilates exercises require this movement to fold forward, and achieving a long, evenly distributed C Curve is essential for avoiding lower back compression and maximising core engagement.	The Natural Hand and the Art of Practicing – the most ergonomic approach to playing instruments - <b>ULI GEISSENDOERFER</b> (50 minutes)	The Natural Hand and the Art of Practicing focuses on the body and the arms in their natural state of equilibrium. This state is then applied to any instrument and modified to pair minimal movement with maximal control. Thus I teach alignment and control with minimal strain.		
11:30								
12:00	Facilitated Discussion: "Identifying Common Challenges, Local Resources, and Shared Way Forward" - <b>KEONI KINS</b>	This facilitated discussion titled, "Identifying Common Challenges, Local Resources, and a Shared Way Forward", will facilitate active participation and small group discussions. Target participants include instructors, performers, and healthcare provider workshop attendees. We'll seek to identify common community challenges, share resources, and stimulate ideas for future Healthy Performers NV outreach services/programming.	Acrobats - movement session - <b>KATE PERLSWEIG &amp; JADE ESMERALDA</b>	A movement session in using your body to create a captivating display of skill and artistry.	Section One: An Introduction to Body Mapping- <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	Learn about how the way you think about your body changes your music making.	Section One: An Introduction to Body Mapping- <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	
12:30								
1:00	<b>Lunch</b>				Body Mapping Consultation- <b>STEPHEN CAPLAN</b> (20 minutes each participant)		Body Mapping Consultation- <b>SUZANNE STONE</b> (20 minutes each participant)	
1:30								
2:00	Emergency Basics - <b>NATHAN HOLLISTER</b>	We will discuss the different emergent scoring systems used in emergency medicine and how to apply them.	"How to Manage Hypermobility" - <b>ANGELINA VERA</b>	Hypermobility is common in performing artists, we will discuss methods to maintain strength and mobility to optimize performance.				
2:30								
3:00	Concussion - <b>DUSTIN CLOW</b>	Given the variety of movement and complexity of their environment, performing artists have unique needs when it comes to recovery from concussion. This class is directed towards artists and teachers/coaches and its objective is help them identify concussions, manage the first few days (some of the most important in recovery), and introduce some of the common challenges and pitfalls of recovery.	Cross training - <b>RYAN SANCHEZ</b>	In this session we will practice the kettlebell power training protocol for ballet dancers describing researched methods that work to optimize performance, reduce injury rates and missed performances.	Section Two: Dynamic Balance- <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	Understand your six places of balance to find freedom and dynamic buoyancy in movement.	Section Two: Dynamic Balance- <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	
3:30								
4:00	Common Orthopedic Pathologies in Female Gymnasts - <b>GINA TULIMERO</b>	This presentation will explore the orthopedic pathologies commonly seen in female gymnasts, including overuse injuries, fractures, and joint hypermobility. We will review the presentation of each diagnosis, identify treatment interventions, and discuss risk factors. Emphasis will also be placed on preventative measures to help promote long-term health and enhance performance in female gymnasts.	"How to Get Creative with Treatments" - <b>ANTHONY TABOR</b>	Recovering from an injury and training for optimization, require two very different approaches. Fold into this the complexities of sport specific training that come with the performing arts, and the water starts to get muddy very quickly. This course aims to teach individuals and practitioners how to incorporate researched based training protocols, sport specific movement, and therapeutic modalities that assist in the rehabilitation process.	Section Three: Arms - <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	Learn how to avoid injury by mapping the whole arm and its relationship to the torso.	Section Three: Arms - <b>STEPHEN CAPLAN &amp; SUZANNE STONE</b> (50 minutes)	Key:
4:30								Screening
5:00								Health Lecture
5:30								Movement Session