

**Saturday, May 24**

	CFA Clinic (for additional screenings)	126	Description	HFA 212	Description	111	Description
9:30	Set-up						
10:00		"A Performance Optimization Approach to Injury Prevention and Management."- <b>BRADLEY DONOHUE</b>	The Sport Interference Checklist (SIC), which identifies several factors in both training and competition/performance that include: thoughts/stress, academic, injury, pain, relationships, motivation, and confidence.			Pilates Pelvic Floor; Front and Back Core - <b>DOLLY KELEPECZ</b>	When you take your first Pilates class the teacher will talk about the pelvic floor. These are the muscles that support the most inner part of your core, connecting your pubic bone to your tailbone... Called the Pelvic Floor. This class is designed to help you to identify these muscles while using a device called the PFPole. Front core, is naturally what we all identify as our abdominal muscles. Back core are the muscles that control Scapular depression In this class today we will be including breath to help with the integration of all three of these concepts. This is natural and life changing to learn how to correctly connect your core strength.
10:30							
11:00		Screenings				Q&A	
11:30				Section Four: Body Mapping Masterclass: (1 hour & 20 mins)	How to cooperate actively with your anatomy, in macro and micro movement while singing or playing your instrument. 3-4 student volunteers	Ballet Class - <b>DANIELLE MAAS</b>	An engaging master ballet class for intermediate to advanced dancers conducted by Danielle Maas. She is an award-winning ballerina, nationally-recognized dance instructor, and solo-founder of three businesses including the online based technique enhancement platform that specializes in giving students the tools they need to become their best self.
12:00		Screenings					
12:30						Q&A	
1:00		Lunch				Nutrition for Performers- <b>NEDA AKHAVAN</b>	Optimal nutrition is essential for enhancing performance, sustaining energy, promoting recovery, and supporting overall wellness for performers. A well-balanced intake of macronutrients—carbohydrates, proteins, and fats—fuels endurance, strength, and cognitive function. Additionally, proper hydration maintains focus, prevents fatigue, and optimizes muscle function. Strategic timing of meals and snacks ensures a steady energy supply, preventing performance dips which can also aid with recovery. Prioritizing nutrient-dense food choices and hydration habits also contribute to long-term wellbeing, reducing stress and supporting immune function. Moreover, performers can optimize their physical, mental, and emotional wellness for sustained peak performance by incorporating these nutritional strategies.
1:30							
2:00		Screenings				Handstand Master Class - <b>ANASTASIA STRIZHANOVA</b>	Introduction of handstand balance drills. Learn how to safely enter into and exit from a Handstand. Learn how to practise the handstand safely on your own. Condition and strengthen your shoulders and core.
2:30				Section Five: Breathing (50 min)	Accurately map breathing structures for better breathing and better performance.		
3:00		Screenings				Q&A	
3:30				Section Six: Legs (50 min)	How the legs move and support your music making.	Hip Hop - <b>ANDRE FERNANDEZ</b>	A master class in Hip Hop dance by accomplished dancer Andre Fernandez.
4:00		Screenings					
4:30						Q&A	
5:00	Clean up & move out						
5:30	Clean up & move out						

Key:
Screening
Master Class
Health Lecture
Movement Session