"I think I see stars??!!" Not the Hollywood Kind; Safety in the Studio

Authors: Sam Steinfeld/Kevin Dyck/Janine Didyk

Concussion has been a hot topic of conversation in the sports world of late with a few notable high profile athletes dealing with this injury. Although this is not a common injury in the world of dance, it can and does happen occasionally and could potentially go unrecognized and untreated. The medical community has begun to pay more attention to concussion injuries as we are learning from the research into concussions that many short and long term effects can result if this is not managed properly.

First of all, what is a concussion?

A concussion is a minor, traumatic head injury that may result from a moving object striking the head or the head striking an object. Examples of this might be in a slip and fall and striking your head on the floor or in a collision with another dancer. It is not necessarily the blow itself that is the problem, but the sudden acceleration/de-acceleration of the brain inside the skull that injures the brain.

The Dance of Respect

Author: Jacqui Davidson

Watching the exciting performances of the 2012 Olympians and Paralympians it is inspiring to witness the results of their high performance training, but to also see how they conduct themselves within the arena of the Olympics. In Canada, Respect for Sport is taught from a young age and is modeled at all levels and ages. This aspect of Olympic performance is a good reminder of the importance of teaching respect in dance as well.

Practical Suggestions for Positive Parent/Teacher Interactions

Author: Jacqui Davidson

When teaching young & new teachers in training one of the most common questions/fears is 'How do I talk to parents about their child?'

Here are a few pointers:

1. Be respectful and kind. Remember that you are speaking to them about their #1 priority in life – their precious child.
2. Express your concerns precisely, avoid over exaggeration.

To read the full articles and receive notifications of blog posts, subscribe to the AD4L Newsletter. Thank you!