

Beyond Syllabus – Online Conference 2023 – Timetable

Wednesday 4th January

10.00am – 11.15am Lucy McCrudden – ‘Supporting Parents in Dance’

In this session, Lucy McCrudden, Founder/CEO guides us through how she created **Dance Mama™** a Community Interest Company advocating and celebrating professional dancing parents, highlighting the issues that they face and providing inspiration, information and support. Updating us on the latest developments on supporting professional parents in the dance sector as well as advancements being made in public health to encourage pre and postnatal activity in the general population, this session is highly relevant for those who either are parents or considering parenthood or work with colleagues who are and those who teach the general public. Lucy is currently undertaking a PhD at Christ Church Canterbury University in this area of research and recently won One Dance UK’s Change Maker Award for her work as Dance Mama.

Coffee Break

11.45am – 1.00pm Claire Farmer – ‘The interplay between strength and flexibility for dance performance’

In this lecture Claire will explore some of the commonly held preconceptions about strength and flexibility in dance, but how they can work in conjunction with each other to optimise performance, aid in stability and alignment and reduce the risk of injury. We will cover the importance of both components in relation to alignment and dance performance, as well as how to train both aspects to aid dancers in their training and performance.

Lunch

2.00pm – 3.15pm Jane Bartholomeusz – ‘Not too fast & not too slow, but somewhere in between...!’

This is not so much a lecture but an informal discussion and an opportunity for Jane to help you musically, as is her role as the dance accompanist supporting the teacher in the Ballet studio:

1. The Lesser Spotted Ballet Accompanist; almost like the dinosaur, an extinct species?
2. Exploring the ‘Special Relationship’ between dancer and musician.
3. Answering all those musical questions you were too frightened to ask!

Tea Break

3.45pm – 5.00pm Darcey Bussell DBE

Darcey joins us to discuss her career, the transition from dancing to coaching at the Royal Ballet School, starting DDMix and an exciting project on Dance for Mental Well-Being. She will also be taking part in a Q&A session, so this is your chance to put your questions forward for selection and ask one of the greatest ballerinas of our time that question you have always wanted to know the answer to!

Beyond Syllabus – Online Conference 2023 – Timetable

Thursday 5th January

10.00am – 11.15am John Byrne – ‘Beyond syllabus: Finding the right balance’

In this lecture John Byrne will discuss the pros and cons of syllabus-based approaches to classical ballet training and assessment. Do we rely on the syllabus too much? Does it effectively satisfy the requirements of both training and assessment in the best possible way? Or do we need to develop a training program independently of the syllabus so that the role of the teacher is more central to the process and a better balance is struck between the contribution made by the syllabus and the training provided by the teacher?

Coffee Break

11.45am – 1.00pm Joseph Powell Main – ‘Challenging yourself and changing perceptions’

Joseph Powell-Main is the first classically trained disabled dancer to have had a full contract with a ballet company. In this online event for the British Ballet organisation, Joe will be sharing highlights from his journey through the dance industry, from its humble beginnings through to his recent collaboration with the Royal Ballet and performing for the Rugby League World Cup Cultural Festival. Powell-Main will also provide a unique insight into the lived experience of being a person and dancer with a disability both in everyday life and in the dance studio.

Joe has many aspirations for his own future and for the future of inclusion in the classical ballet world. Joe hopes that through continued conversations and opportunities in the profession we can continue to progress further so that ballet and dance can truly be accessible for all.

Lunch

2.00pm – 3.15pm Mercy Nabirye – ‘Rethinking Education and Communities’

Mercy will focus her discussion on highlighting case studies of work from and with community leaders to hopefully spark ideas of rethinking education, training and supporting young practitioners in diverse communities, developing new formats of exchange and making space for self-care and community care.

Tea Break

3.45pm – 5.00pm Katy Chambers

Katy is a lecturer in Dance Science and a Senior Dance Specialist Physiotherapist. This session will cover practical elements as well as a Q & A. More information coming soon...