

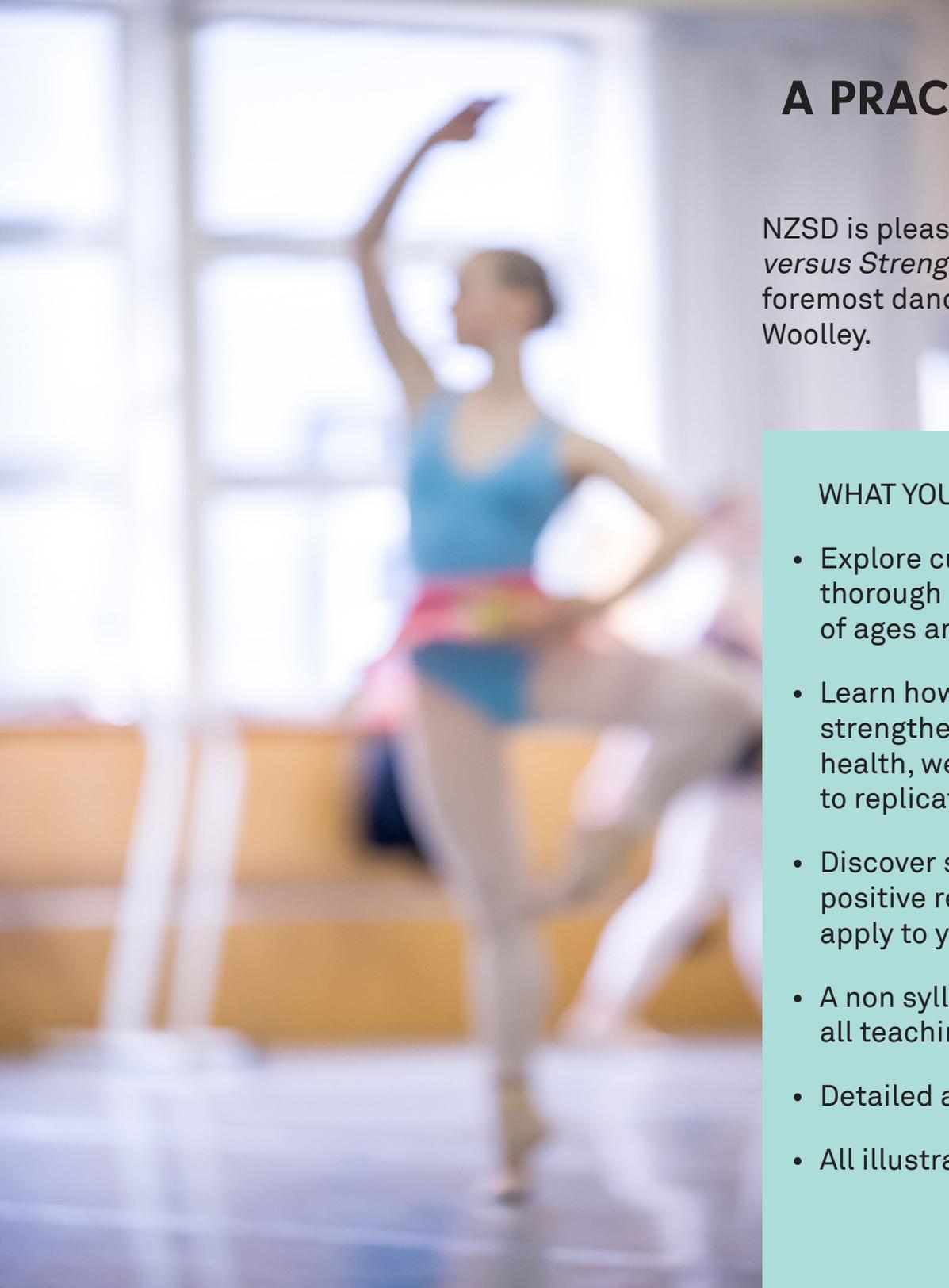
A blurred photograph of two dancers in a studio. The dancer in the foreground is wearing a dark blue tank top and has their arms extended horizontally. The dancer in the background is wearing a pink top and also has their arms extended horizontally. The background consists of large windows with a grid pattern, letting in bright light.

NEW ZEALAND SCHOOL OF DANCE

Kia kōrero te katoa
o te tinana

TOOLS FOR TEACHERS

with Jane Woolley & Sarah Fitzsimons



A PRACTICAL, INTERACTIVE SEMINAR

NZSD is pleased to offer you *Tools for Teachers 2 - "Stretch versus Strength"*. To be presented by two of New Zealand's foremost dance professionals: Sarah Fitzsimons and Jane Woolley.

WHAT YOU CAN EXPECT FROM THIS SEMINAR:

- Explore current teaching methodologies that are backed by thorough research and easily applicable across a broad range of ages and disciplines
- Learn how to guide students in safe stretching and strengthening techniques. This is essential for every dancer's health, wellbeing and injury prevention, as young dancers try to replicate the images they see on social media
- Discover specific methods Jane and Sarah use to achieve positive results, along with simple exercises that you can apply to your teaching immediately
- A non syllabus-based seminar open to dance educators from all teaching backgrounds and affiliations
- Detailed and practical
- All illustrated notes as well as a theraband included

BOOKING INFORMATION:

VENUE: Wellesley Studios, Auckland

DATE: Sunday 19 June, 2022

TIME: 12.30 - 2.30pm & 3.00 - 5.00pm

COST: \$120 per person for both sessions

Auckland reservations:

nzschoolofdance.ac.nz/toolsforteachers

VENUE: Garden City Dance Academy, Christchurch

DATE: Sunday 28 August, 2022

TIME: 09.45 - 11.45am & 12.30 - 2.30pm

COST: \$120 per person for both sessions

Christchurch reservations:

nzschoolofdance.ac.nz/chctoolsforteachers

VENUE: New Zealand School of Dance, Wellington

DATE: Sunday 18 September, 2022

TIME: 10.30am - 12.30pm & 1.30 - 3.30pm

COST: \$120 per person for both sessions

Wellington reservations:

nzschoolofdance.ac.nz/chctoolsforteachers



ABOUT JANE & SARAH

Jane and Sarah have more than 45 years collective experience as dance professionals and educators.

Sarah worked at NZSD for 20 years, where her teaching focused on integrating the principles of Pilates and **GYROTONIC®** movement methodologies. She holds an Advanced Diploma in Classical Ballet Teaching from the Australian Ballet School.

Jane began her career as a sports physiotherapist in private practice in New Zealand. Jane then moved to the UK and worked for the Royal Ballet in London for 4 years.

On returning to New Zealand, Jane continued her association with dancers by working for the Royal New Zealand Ballet and at the New Zealand School of Dance as a physiotherapist.

Jane and Sarah are delighted to have the opportunity to share their collective experience over the years with you, and hope to continue doing so in the future.



Jane Woolley. Photography by Stephen A'Court



Sarah Fitzsimons. Photography by Stephen A'Court



COURSE AIMS

- Help dance teachers of all genres to feel more confident in their understanding of what anatomical structures are being stretched and how to do this safely.
- Enable teachers to have a forum to discuss and acquire tools to help students understand and apply correct stretching and strengthening techniques.
- Ensure teachers are confident to incorporate some specific stretching and strengthening principles into dance technique classes for optimal performance and injury prevention.
- Promote discussion regarding the influence of social media images and how we balance that with safe dance practice and injury prevention.

LEARNING OUTCOMES

- Gain a better understanding of the anatomy of the synovial joints, nervous system, skeletal muscles and fascia and how to mobilise these safely;
- Have an understanding of the principles of strengthening in respect to the musculoskeletal system and how this can affect a dancer's technique and to prevent injury;
- Be able to identify and manage hypermobile joints and how this can affect the adolescent dancer.
- Learn specific strengthening exercises that can be easily incorporated into class time to enable students to feel the correct muscle recruitment for good technique;
- Be able to use verbal cues to encourage optimal performance with correct use of stretching and strengthening techniques; and
- Learn ways to assist students navigate social media images by helping students understand their body type and what will serve them best.