



IADMS International Association
for Dance Medicine & Science

The Hormone High Kick Starting the Conversation

September 10

Dancers, Ages 13-18

FREE; Registration Required

September 17

Dancers, Pre-Professional & College
Teachers & Parents

FREE IADMS Members

\$10 Non-Members

Registration Required

*IADMS Members must be logged in to receive
discounted registration

Cassia Slager photographed by Pam & Scott McFarlane

The Hormone High Kick Starting the Conversation

A Two-Part Webinar | September 2023

OVERVIEW

DESCRIPTION	<p>The International Association for Dance Medicine & Science (IADMS) will host two sessions in a series focused on hormonal health in dance entitled, The Hormone High Kick: Starting the Conversation. Nicky Keay, BA, MA, MB, BChir, MRCP, a renowned expert in the subject and author of <i>Hormones, Health, and Human Potential</i>, will lead these discussions and introduce concepts on how hormones play a role in a dancer's performance. Specific focus will be given on developing awareness of hormonal health and its effect on the dancers' energy/endurance, strength, flexibility, memory, focus, and mental health, as well as its impact on later health.</p> <p>The session will also provide practical tips and tools and allow time for participant Q&A.</p>
REGISTRATION	<p>Sunday, September 10th for Student Dancers ages 13-18</p> <p>10:00AM PDT/1:00 PM EDT/5:00 PM GMT - 1.5 hrs</p> <p>Free. Registration Required</p> <p>.....</p> <p>Sunday, September 17th for College & Professional Dancers, Teachers, and Parents</p> <p>10:00 AM GMT/7:00 PM AEST - 1.5 hrs</p> <p>Free for IADMS Members, Registration Required; \$ 10 USD for IADMS Non-Members.</p>

The Hormone High Kick Starting the Conversation

September 10 & 17, 2023 | IADMS Online

AGENDA

WELCOME	IADMS Dance Educators' Committee Member, Astrid Sherman
INTRODUCTION	What are Hormones? Nicky Keay A brief introduction to "What are hormones?", including adrenaline, cortisol, insulin, testosterone, estrogen, and progesterone, and how they affect dance performance.
SESSION 1	Hormones and Their Effect on Flexibility. Nicky Keay Sex hormone cycle/male flexibility/growth spurts.
SESSION 2	Hormones and Their Effect on Strength. Nicky Keay Testosterone/adrenaline/strength training and hypertrophy (bulking) for females. Growth spurt considerations.
SESSION 3	Hormones and Their Effect on Energy/Endurance. Stephanie Potreck Adrenaline/sex hormone cycle/sleep disturbances.
SESSION 4	Hormones and Their Effect on Memory, Mood, and Mental Health. Inês Pinto Cortisol/sex hormone cycle.
SESSION 5	What Can Dancers Control: Self-Care. Stephanie Potreck Nutrition/Rest/Periodization.
Q&A	Questions & Debunking Myths. Keay, Pinto, Potreck, Sherman

PRESENTERS

GUEST SPEAKERS	Nicky Keay , BA, MA, MB, BChir, MRCP, Sports & Dance Endocrinologist Inês Pinto , MD, PhD, Child and Adolescent Psychiatrist Stephanie Potreck , MD, AusDance Overseas
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