

Injury Prevention and First Aid in Irish Dancing

Weekend seminar on 18th - 19th November 2017 in Wiesbaden

Irish dancing is a high performance sport that involves a considerable number of injury risks, which are the nightmares of every trainer and dancer: from gradual inflammation of Achilles tendons to acute traumatic ankle injuries. This weekend seminar offers valuable insights on how to deal with these risks sensibly, reduce susceptibility to acute injuries and long-term damage and provide competent first aid if the worst does happen.

The seminar primarily focuses on the needs of teachers, trainers, and advanced dancers in the area of Irish dancing, although much of the content is equally applicable to dancers and teachers working in other areas of dance, incl. ballet.

Course content:

ANATOMY

- Topographical overview of the most important torso, gluteal and leg muscle groups and their functions
- Differentiation between voluntary muscles / reactive muscle responses
- The sense / nonsense of stretching
- Fascial energy and elasticity

FIRST AID

- Procedures in the case of acute injuries: supination trauma of the ankle – cushioning and applying a compression bandage

TAPING

- Overview: elastic tapes / stabilising tapes
- Various taping techniques: myofascial taping, ligament technique combined with manual correction technique
- Taping for conditions such as bunions, heel spur / plantaris and Achilles tendon conditions, patella tendinitis, ankle joint instability, lumbago, neck pain, postural problems
- Combined taping-training programme

PRACTICAL UNIT

- Active stretching
- Fascial stretching
- Reactive training
- Application in dancing

PLEASE READ THE NOTES BELOW CAREFULLY AND BRING THE FOLLOWING ITEMS WITH YOU:

- Sharp scissors
- Digital camera / video
- Water soluble pens (blue, red, yellow, green)
- Please wear a bikini / bathing trunks (or similar, we will be working over the whole back area!)
- Please do not apply any creams or oils to your skin on the day of or the day prior to the course as this reduces the lifespan of the tape. Remove thick body hair on legs and back approx. 24 hours before the course.

The Trainers:



MANUELA FRENZEL

State certified physiotherapist since 1993. Since then Manuela has completed a wide range of training courses in manual therapy, lymph drainage, Applied Kinesiology (University of Potsdam), osteopathy (BAO), sports physiotherapy, sports osteopathy and FDM therapy. A competitive athlete herself for many years (basketball) and Irish Dance Instructor (INFC), Manuela has been working with the SV Energie Cottbus women's volleyball team, which competes in the North Eastern regional league, since 2009. She has tended to the needs of the Irish Dance Summer Camps run by the INFC Dublin since 2007 and also works with individual athletes in the areas of road cycling, triathlon, marathon, track and field, martial arts, motocross, ballet and tap dance.

Further information (German language only) at:

<http://www.physiotherapie-frenzel.de>

NATALIE WESTERDALE

Senior instructor of the Irish National Folk Company, Natalie has attended regular courses provided by the INFC in Dublin for many years. Since 2002, she has been the senior trainer of the INFC-approved and examined Irish Dancing Instructor course in Germany.

She has been a guest teacher for Irish dancing at many dance teaching conventions and workshops (incl INTAKO 2002 and 2004, ÖTAKO 2000 and 2005, the Danish Dance Teachers' Congress 2004-2008, Norddeutsche Tanztage Worpsswede run by the DBfT 2012).

Natalie opened her own school, the Fiddle & Feet School of Dancing, in 2005 and regularly performs with bands such as "Scapa Flow", "Fiddle & Feet" and "Scotch4".

Further information at: www.fiddle-and-feet.de



Details, registration and costs:

Date:

The seminar **Injury Prevention and First Aid in Irish Dancing** will take place on 18th & 19th November 2017.

Place:

Fiddle & Feet School of Dancing
Dantestr. 1
D65189 Wiesbaden

Times:

Saturday 14:00 -20:00
Sunday 10:00 -15:00

Costs:

For the complete weekend incl. materials: € 190,00
Early-bird discount price until 3rd October 2017: € 170,00
Discount for members of TaMed: € 152,00

Payment:

Course fees should be paid to the account of the Fiddle & Feet School of Dancing:
Account no.: 110236015 at the Nassauische Sparkasse Wiesbaden, Bank code: 51050015
BIC: NASSDE55, IBAN: DE27510500150110236015

Your registration is only confirmed upon receipt of payment! The number of participants is limited to max. 16.

We will confirm that we have received your registration and inform you of any changes, if any, by email – so *please write your email address clearly and correctly.*

Unfortunately, we will be unable to refund your course fee if you cancel after 3rd October 2017.

Registration

I hereby register for the seminar "Injury Prevention & First Aid in Irish Dancing" on 18th -19th Nov. 2017.
I understand that this registration is binding:

Name _____

Address _____

Tel.: _____

Email: _____

I have paid the course fee of € _____ by bank transfer to the account of the Fiddle & Feet School of Dancing on _____.

Please send this registration to:

Fiddle & Feet School of Dancing

Das Studio für Steptanz

Natalie Westerdale & Tanja Cibulski

Dantestr. 1

D65189 Wiesbaden

Tel. & Fax: +49 (0)611-443544

Natalie@fiddle-and-feet.de

www.fiddle-and-feet.de