



VIRTUAL NATIONAL DANCE COACHES CONFERENCE 2021

At the 2021 National Dance Coaches Conference we offer a variety of classes for the coaches to learn from the best in the industry. Our classes touch on the following topics: Choreography, Wellness, Coaching, and Movement. View class descriptions below.

All That Jazz: Mariterese Altosino

In this class we will take it back to the basics of jazz technique- weight shifts, direction changes, and execution of consistent skills. Building off these fundamentals, we will also explore ways to incorporate strong jazz technique, style, and dynamics into choreography to elevate complexity of movement and overall creativity!

Building a Mentally Tough, Mindful Program – Tara Yantis

The 2020 season taught us so much, but maybe nothing more clear than the importance of prioritizing mental toughness and mindfulness within your program. In this session, we'll explore how to take this universal life lesson to enhance and embolden your program. You'll walk away with *actionable* tips to make your team more mindfully focused as a unit and mentally tough heading into performances/competitions.

Coach + Choreographer Cohesion – Toya Ambrose & Jenny Eustice

A deep dive lesson on building a rock-solid working relationship that helps set your dance team up for success.

Elevating Your Program Culture Through Diversity and Inclusion- Brittani McLaurin

Here we will delve into effective ways to build a strong program culture that accepts and allows dancers from diverse backgrounds to grow, communicate and thrive cohesively. This session will

provide ideas that help shape a diverse culture of inclusion. Topics will address specific tools to efficiently relate coach and athletes from all walks of life.

Nurturing a growth mindset in today's dancers – Chelsea Pierotti

This class discusses a growth mindset and how coaches can use language, feedback, and communication to nurture a positive mindset. Going beyond a simple introduction of growth mindset, this class covers what to say when dancers are struggling, how to present challenges so they want to put in the work, and more.

Functional Movement Assessment for Dancers – Anda Udris

This course will provide a breakdown of a needs analysis and functional movement assessment for each style of dance - pom, jazz and hip-hop - providing coaches objective guidelines to measure their athletes' physical progress. They will then be provided with the basic framework for the development of a high school dance strength and conditioning program to prepare their athletes for the upcoming season.

Stretch for Success– Laila Hardman

This class will explore the most up-to-date practices for safely increasing flexibility and strength during warm up and is based on the dance conditioning program mUvmethod. This warmup will focus on activating the correct muscles, engaging hip, hamstring, and back flexibility/mobility, and increasing core strength/control. This class will arm coaches with tools to prevent injury and help dancers reach their flexibility goals safely.

Street Dance Style and Development – Bonita Saldana

In this class we will dive into what your team can learn to make them 'stand out' Hip-Hop dancers. We will discuss what street style is, how to incorporate it into your team training and how to develop it for your team.

Building an Intentional Culture – Amanda Gaines

Culture starts with coaches! Help your team achieve chemistry, build strong habits in and out of practice, and set a standard for excellence that continues to grow year over year.

Muscular Endurance and Flexibility Training – April Hamner

This technique is a full body muscle strengthening that hits every major muscle group in the body with addition of the short fire muscle that help to support the joints. This helps to ensure injury prevention, or even recovery in your dancers, and give them a deeper mind muscle connection to

maintain good alignment throughout movement.

Dance Conditioning to Improve Your Team's Technique-Rochelle Mapes

Looking for ways to improve the consistency, strength, alignment, and balance in technical skills for your team? In this Dance Conditioning class, Rochelle Mapes introduces cross-training exercises that utilize elements of dance technique combined with fitness fundamentals to improve your dancers' turns, extensions, and leaps.

Coaching Through It All – Tasha Hinex

This is a class about how to experience it all and still give 100%. It can be really hard to lose track of who you are based on situations you or your team are put in. The goal is to maintain consistency and no matter what, coach through it all!

More classes coming SOON!