



Schedule - BDP conference - August 5-7, 2022

All sessions at Embassy Suites hotel, downtown Denver, except Welcome Reception - Chambers Grant Salon, Ellie Caulkins Opera House, Denver Performing Arts Complex

<u>Friday August 5:</u>			
Time	Event	Location	Notes
3:00 PM - 5:30 PM	Conference Registration + Exhibits Open	Crestone + Crystal Foyer	After we receive your registration, we will assign you to either Track 1 or 2 for Saturday, then you will switch to the other track on Sunday. - i.e, everyone is able to take all sessions, and do not have to pick and choose. You will be assigned to track 1 or 2 after registration.
6:00 PM	Welcome Reception	Chambers Grant Salon, Ellie Caulkins Opera House, Denver Performing Arts Complex - 2 block walk from hotel	

<u>Saturday August 6:</u>			
7:30 AM	Open Registration (also available on Friday)	Crestone Foyer	
9:00 AM	BDP Welcome from CO-Chairs Jan Dunn + Kaycee Cope Jones	Crystal Ballroom	
9:15 – 9:50 AM	Keynote Speaker: Kathryn McCormick	Crystal Ballroom	
10:00-10:50 AM	Track 1 - Strength and Conditioning - Katie Schaar Cutri/ Traci Ferguson, DPT	Crestone A	
	Track 2 - Nutrition Panel- <i>with a focus on research and education, helping to understand eating disorders, red flags, and caloric requirements for dancers, changing a teacher and parents' language:</i> Jasmine Challis, RDN Caroline Lewis Jones Kristin Koskinen, RDN	Crestone B	

10:50-11:25 AM	Vendor Coffee Time in lobby / vendor area:	Crestone & Crystal Foyers	<i>Sponsors will have the opportunity for a brief presentation in the ballroom.</i>
11:30-12:20 AM	Track 1 - Strength and Conditioning Considerations for Competition Dancers– Rob Tsai, DPT	Crestone A	
	Track 2 -Mental Health Panel: <i>Discussions on the DM&S research around the various pressures and anxiety demands of dancers and how to breed and whole healthy dancer mindset.</i> Bonnie Robson, MD Ashley Mowrey, BA Jacqui Haas, ATC Susan Tasker, PhD Bonnie Weigert, MD	Crestone B	
12:30 - 2:00 PM	Lunch with speakers: 12:30 - 1:15: Leslie Scott Zanovitch / YPAD - The impact of Sexualization and Objectification in Dance 1:15 - 2:00 - Cleo Parker Robinson: Bringing Diversity into Competition Dance	Crystal Ballroom	<i>All together in ballroom. We will have box lunches in the lobby area, for conference attendees to pick up and eat as they listen to these two speakers.</i>
2:10 -3:00 PM	Nutrition divided into 2 sections -Plant-based nutrition with Caroline Lewis Jones -Performance nutrition with Kristin Koskinen	Crystal Ballroom	

3:05 -3:40 PM	Coffee Break & Vendor Time	Crestone & Crystal Foyers	<i>Vendor time with sponsor presentations</i>
4:00 -4:50 PM	Master Dance Class with Kathryn McCormick	Crystal Ballroom	
5:00 - 5:50 PM	Track 1 -Technique - Cara Dixon <i>Why more technique doesn't necessarily make better dancers. Exercises that can be incorporated into classes to improve technique.</i>	Crestone A	
	Track 2 - Strength and Conditioning -- <i>A focus on Hypermobility and Overstretching.</i> Linda Bluestein, MD and Jennifer Milner	Crestone B	
6:00-6:30 PM	Dance performance with Starstruck Academy of Dance	Crystal Ballroom	
<i>Evening free for dinner and networking</i>			

<u>Sunday August 7:</u>			
8:00 - 8:50 AM	<p>Jeff Russell, PhD and Steven Karageanes, DO: Help! My Eyes are Glazing Over!</p> <p>Why Science and Research are important in competition dance.</p>	Crystal Ballroom	
9:00 -9:50 AM	Track 1 - Strength and Cond. - Katie Schaar Cutri/ Traci Ferguson, DPT	Crestone A	
	Track 2 - Nutrition Panel- <i>with a focus on research and education, helping to understand eating disorders, red flags, and caloric requirements for dancers, changing a teacher and parents' language:</i> Jasmine Challis, RDN Caroline Lewis Jones Kristin Koskinen, RDN	Crestone B	
9:55 -10:25 AM	Coffee Break and Vendor Time	Crestone & Crystal Foyers	<i>Vendor time with sponsor presentations</i>
10:30 -11:20 AM	Track 1 -Technique - Cara Dixon	Crestone A	
	<p><i>Why more technique doesn't necessarily make better dancers. Exercises that can be incorporated into classes to improve technique.</i></p> <p>Track 2 -Mental Health Panel: <i>Discussions on the DM&S research around the various pressures and anxiety demands of dancers and how to breed and whole healthy dancer mindset.</i></p> <p>Bonnie Robson, MD Ashley Mowry, BA Jacqui Haas, ATC Susan Tasker, PhD Bonnie Weigert, MD</p>	Crestone B	

11:30 - 12:55 PM	Lunch Roundtables	Crystal Ballroom	<i>Round tables are set up -- 10 people per table. Each table has a topic and someone to serve as moderator. Vendors and presenters can have tables as well, to interact with attendees. Attendees grab a box lunch from the lobby and join the table they have chosen to sit at. Halfway thru the lunch (45 min), they switch tables.</i>
1:00-1:50 PM	An Introduction to NeuroSculpting - Kathryn McCormick	Crystal Ballroom	
2:00 -2:50 PM	Track 1 - Strength and Conditioning - Rob Tsai, DPT	Crestone A	
	Track 2 - Strength and Conditioning -- <i>A focus on Hypermobility and Overstretching.</i> Linda Bluestein, MD and Jennifer Milner	Crestone B	
3:00 - 3:45 PM	<i>Ending wrap-up class, all together -- brief cool-down & breathing period</i> – Katie Schaar Cutri and Ashley Mowry, BA.	Crystal Ballroom	
3:45 - 4:00 PM	Final Comments from Jan, Kaycee and the BDP Board of Directors	Crystal Ballroom	

