

2019 ASPAH Conference Schedule

NB: This draft is correct as at 17 August 2019. It is subject to change.

KEY:	Dance	Music	Drama	Circus	Cross-discipline	Plenaries	Catering
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SATURDAY 30 November

SUNDAY 1 December

	Amcor Lounge	State Theatre Lounge
8.20am	Upload presentations	Registration, refreshments
9.00am	Opening address	
9.10am	KEYNOTE ADDRESS <i>Optimising artistic performance and health</i> Dr Sue Mayes	
9.20am		
9.30am		
9.40am		
9.50am		
10.00am	<i>The key to fitting pianists to pianos—Interaction between hand span and different keyboard sizes</i> Ju-Yang Chi	
10.10am		
10.20am		
10.30am		Morning tea
10.40am		
10.50am	<i>Development of a field-based wearable sensor system to detect internal loads in ballet</i> Danica Hendry	WORKSHOP <i>Myofascia, movement & voice</i> Annie Strauch
11am		
11.10am	<i>Developing an athlete management system for professional ballet dancers</i> Carly Harrison	
11.20am		
11.30am	<i>Leading with the front foot: Eating disorder prevention, identification and intervention</i> Fiona Sutherland & Philippa Ziegenardt	The Arts Wellbeing Collective Tracy Margieson
11.40am		
11.50am		
12noon		
12.10pm		
12.20pm		
12.30pm		Lunch
12.40pm	ASPAH Annual General Meeting All welcome	
12.50pm		
1pm		

	Amcor Lounge	State Theatre Lounge
8.20am	Upload presentations	Registration, refreshments
9.00am	<i>Wellness monitoring in elite performers: Comparing professional ballet dancers and athletes</i> Carly Harrison	WORKSHOP <i>Pilates for singers: Increasing body awareness through movement</i> Catherine ETTY-Leal
9.10am		
9.20am	<i>Ankle and foot contributions to extreme plantar flexion in ballet dancers</i> Sarah Carter	
9.30am		
9.40am	<i>Surgery: A performing act</i> Dr Nikos Reissis	WORKSHOP <i>Care and caring structures in dance practice</i> Ebony Muller
9.50am		
10.00am	<i>Sensory characteristics in young string musicians with playing-related musculoskeletal problems</i> Dr Sonia Ranelli	
10.10am		
10.20am		
10.30am		Morning tea
10.40am		
10.50am	<i>The impact of health promotion and education programs in university dancers</i> Isabel Artigues	WORKSHOP <i>Connecting with your blueprint for movement</i> Jane Shellshear
11am		
11.10am	<i>Mindfulness training for vocational dance students</i> Dr Peta Blevins	
11.20am		
11.30am	<i>Stepping sideways: Career transition from dance to health</i> Isaac Campbell	WORKSHOP <i>Character, persona and shape: How healthier creation of a role can enable healthier 'letting go' of a role</i> Dr Mark Seton
11.40am		
11.50am	<i>Pilates for singers: Increasing body awareness to optimise voice</i> Catherine ETTY-Leal	
12noon		
12.10pm		
12.20pm		
12.30pm	Discussion groups	
12.40pm	Numbers limited Apply at Registration Desk from Saturday 8.30am	Lunch
12.50pm		
1pm		

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SATURDAY 30 November

SUNDAY 1 December

	Amcor Lounge	State Theatre Lounge		Amcor Lounge	State Theatre Lounge
1.10pm	<i>Posture, functional movement and its relationship with injuries in university dancers</i> Isabel Artigues Cano	WORKSHOP <i>Developing, sustaining and correcting co-ordination: In service of a healthy lifetime of performance</i> Greg Holdaway	1.10pm	<i>The well-being of culturally and linguistically diverse artists in Australia</i> Trisnasari Fraser	
1.20pm			1.20pm		
1.30pm	<i>Pre-pointe testing and your child's ability to dance on pointe</i> Georgina Barr		1.30pm	<i>Variability and the myth of perfect performance</i> Janet Karin	
1.40pm			1.40pm		
1.50pm	<i>Injuries across a tertiary dance training program: a 3 year retrospective cohort study</i> Melanie Fuller	WORKSHOP <i>A somatic movement exploration of the finger and hand to scapula connection</i> Simone Maurer	1.50pm	<i>Dueling with dancers' injuries: The bio, the psycho and the social</i> Danica Hendry & Melanie Fuller	
2pm			2pm		
2.10pm	<i>Developing evidence-based policy and practice in psychosocial health in the performing arts</i> Claire Cordeaux		2.10pm		Afternoon tea
2.20pm			2.20pm		
2.30pm			2.30pm		
2.40pm		Afternoon tea	2.40pm	<i>The show must go on</i> A new film shining a spotlight on mental wellbeing in the entertainment industry	<i>Putting dance on the sports medicine agenda</i> SMA working group meeting By invitation only
2.50pm			2.50pm		
3pm	<i>Mental health initiatives for performing arts training institutions</i> William Centurion	WORKSHOP <i>Promoting hip health in the performing arts</i> Dr Sue Mayes	3pm	Followed by a panel discussion with Dr Mark Seton (Chair), Dr Margaret Osborne, Ben Steel and Tracy Margieson	
3.10pm			3.10pm		
3.20pm	<i>Ergonomic adaptability of upper string instruments</i> Sarah Lesjak		3.20pm		
3.30pm			3.30pm	All delegates are welcome	
3.40pm	<i>ACT for music performance anxiety</i> Laura Clarke		3.40pm		
3.50pm			3.50pm		
4pm	<i>The earlier the better! Embedding performance skills training into music lessons and practice</i> Anneliese Gill		4pm		
4.10pm			4.10pm		
4.20pm	<i>The origins of pains in musicians</i> Dr Hara Trouli		4.20pm		
4.30pm			4.30pm		
4.40pm	<i>Towards a better understanding of accidents and near misses in contemporary circus arts</i> Dr Fleur van Rens		4.40pm		
4.50pm			4.50pm	Conference awards and closing remarks	
5pm	End of Day One presentations		5pm	End of Day Two presentations	
	Walk to ABS (5 minutes)				
5.20pm to 5.40pm	<i>The Australian Ballet Centre guided tour with Dr Sue Mayes</i>				