

## SESSION INFORMATION

*Here are some of the exciting sessions  
being planned for your conference  
weekend...*

### PROFESSIONAL SESSIONS

- ♫ 2011 Championship Step Lecture
- ♫ Judges Meeting
- ♫ Risk Management Seminar
- ♫ Professional Development Round Table Discussions
- ♫ Pilates and other core-strengthening classes
- ♫ National Dance Review
- ♫ And more...

### PRE PREMIER AND PREMIER DANCER SESSIONS

- ♫ Pre Premier Highland and National Dance classes
- ♫ Premier 2011 Championship Steps
- ♫ Pilates and other core-strengthening classes
- ♫ Premier National Dances
- ♫ Contemporary Dance Class

#### Conference Costs

**Professional Participants:** \$200.00

(Teachers, Judges)

Includes all sessions, welcome reception,  
2 breakfasts, 2 lunches

**Dancer Participants:** \$125.00

Includes all dancer sessions (2 breakfasts, 2 lunches)

## ACCOMODATIONS

### Richmond Airport Delta Hotel and Convention Center

3500 Cessna Drive  
Vancouver British Columbia,  
V7B 1C7

Phone: 604-278-1241



### Vancouver, British Columbia

#### Scotdance Canada Group rate

**\$129/night + tax**

room rate blocked until

**August 27, 2010.**

## REGISTRATION FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

email: \_\_\_\_\_

Please check:

Professional (\$200.00)

VANCOUVER NIGHTOUT

(16yrs and over)

(\$50.00)

**Or**

Dancer (\$125.00)

Classification:

Age: \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

Cheques made Payable to:

SCOTDANCE CANADA 2010 CONFERENCE

Registration deadline

September 10<sup>th</sup>, 2010

**Mail to:**

SDC Conference 2010

10 Sabine Crescent, Winnipeg MB R2Y2A5

**Or**

**ONLINE REGISTRATION**

[www.ScotdanceCanada.ca](http://www.ScotdanceCanada.ca)

## Conference Overview

- ♫ Professional Championship/National Dance Lectures
- ♫ **Premier** Championship/National Dance Workshops
- ♫ **Pre Premier** Highland/National Dance Workshops
- ♫ Professional Development Seminars
- ♫ Core Strength Classes
- ♫ Contemporary Dance Session
- ♫ Full schedule of classes on Saturday and Sunday
- ♫ Welcome Reception
- ♫ Breakfast and Lunches
- ♫ Extra Special Dinner and Night out at a Premier Vancouver City View Restaurant

**For more information please contact**

[sdconference@shaw.ca](mailto:sdconference@shaw.ca)

Or

[www.ScotDanceCanada.ca](http://www.ScotDanceCanada.ca)

**So why is core strength so important? Here are just a few reasons:**

- **Power** - A strong core enables you to perform weight-bearing movements and reduce your risk of injury. It will also help alleviate unnecessary joint stress. It builds back strength and helps to prevent low back pain.
- **Posture** - Strengthening the core muscles will naturally improve your posture, which will also help to alleviate back pain.
- **Agility** - a strong core leads to faster reaction time, better body awareness, improved coordination and flexibility.
- **Stability** - a strong core means better balance, which can prevent falls and other accidents



**Join us in Vancouver for a variety of sessions designed to teach the importance of core strength and incorporate this knowledge in the teaching and execution of Highland Dance.**



*Conference 2010*



*September 24 – 26, 2010*

**Getting to the 'Core' of it All!**

**Vancouver,  
British Columbia**

*Richmond Airport Delta Hotel  
and Convention Center*

