

Nico Kolokythas

Birmingham, UK

Promoting evidence-based practice in the traditional environment

Ballet is an early-specialization discipline based on tradition. Young dancers who enter the vocational dance education at 11+ year of age, participate in 19 hours of structured activities/ training, that increases to 27-37 hours at the ages 16-19. Movement proficiency, with a limited movement vocabulary, is the priority of the training, whereas the physical preparedness is neglected. Injury prevalence in pre-professional dancers can reach 75%. Most of the injuries are overuse and in the lower limb.

The focus of the talk will be on the 5-year PhD journey in a vocational ballet school and how applied research can inform practice for the development of the adolescent dancer. Case studies, cross-sectional and randomised controlled studies that have formulated this PhD will be discussed. Finally, the presentation will also discuss management of change in a rigid environment.

SHORT BIOGRAPHY:

Nico Kolokythas is an accredited coach from the UK Strength and Conditioning Association (UKSCA) and has over 10 years experience in the athletic development of the adolescent in elite performance in a variety of sports. Based at Elmhurst Ballet School, U.K. he completed a PhD in injuries and the adolescent ballet and works as strength and conditioning coach at Birmingham Royal Ballet.

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