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In this issue...

Interviews...

- We interview Richard & Morgan
- Andrey & Alex tell us how diet affects their dancing
- Hanna Cresswell: Born to Dance
- Meet the EADA Council

Dear Friends,
By the time that you read this - Blackpool, the Greatest Dance Festival in the World, will be underway with, I understand, record entries. Mary and I have danced in the May Festival for the last forty years but have decided to give the younger persons a chance this year!!!!

I have been involved in the management of the Amateur Organisation's affairs on and off for the last thirty years and on countless occasions I have heard the phrase: "What do they do for me?". Your Council is currently working on a document that will (hopefully) help to answer this question but quite simply, as I see it, the answer as follows: Our members just wish to go out and compete with the minimum of interference. My job and the job of your Council is to work, behind the scenes, to ensure that, in spite of Politics -both internal, domestic or international - and Government Legislation, we provide a stable environment in which you can do just that. I must say that in all the years that I have been involved with the dancing world, I have never known a more complex and difficult Dance Scene, both domestically and internationally. This does involve the senior members of your Council in an awful lot of unproductive work.

All your Council members work extremely hard for you. There is no glory or wish for it, just a desire to put back into Dance, something in return for the immense pleasure that it has given to us all. I am delighted that the vacancies on the Council have been filled and that Keith Hateley has agreed to take on the responsibilities of Vice President until the next AGM. We will be launching the redesigned Website soon and there are plans afoot to improve communications and make better use of modern technology.

I hope that you have enjoyed the more frequently published E-motion and I should like to thank the directors of Dance News for allowing us a regular "slot".

Almost immediately after Blackpool, Mary and I will be representing you all at the IDSF AGM in Macau. You will be interested to know that there are proposals for additional World championships in the Senior field in 2010. A full report will follow.

I wish you all every success during the remainder of the year and look forward to seeing you on the competition floor.

Yours,

David Corfield
President of EADA

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If you would like to contribute an article or photographs for inclusion in the next edition of InMotion please mail them to Rachele at publicity@eada.org.uk

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We would like to thank all contributors and advertisers for this edition - their help is greatly appreciated.

Did you know?

EADA members are entitled to 10% discount from the following dance suppliers:
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News...

EADA News

The start of the year saw the introduction of the legislation permitting Permanent Residents to compete in NREs. Those wishing to do so, must join EADA and show that they have been granted "indefinite leave to remain" by the UK Borders Agency or prove that they have been resident in the UK continuously for a period of five years by showing such evidence as NI forms, P60 forms or income tax returns. Such couples will be awarded points and will appear in the charts but please note that the eligibility criteria to compete for England has not changed - at least one half of the couple must hold a current, valid British passport.

2009 has also seen a change in the roles of our Council members. Please see the contact us section of the website and the who's who in this magazine for more information. We will relaunch our website by next month. It will offer improved functionality with a calendar and search facility and is designed to act as a comprehensive source of information for our members and even the danceworld. If you have any comments or suggestions please contact publicity@eada.org.uk

We are pleased to announce that EADA is drugs free! Of the 28 tests conducted last year all of them were negative. Further drugs tests will be taking place throughout the year. If you are on medication please ensure you have completed a TUE (Therapeutic Use Exemption Form), contact Jack on antidoping@eada.org.uk for details of where to send it. If you have any questions see the website or contact Jack.

The IDSF AGM will take place in June in Macau and EADA will be represented by David & Mary Corfield. There is a proposal to add the following new age groups: Senior I 10 dance, Senior II Latin and Senior III Ballroom. We also hope to extend the Youth age category by a year.

The £1000 we received from Bingolotto last year will be used within the next few months to fund instructing school-teachers in the basic dance syllabus so they can teach dance to pupils within school hours. We intend to run at least five training sessions with a minimum of 12 school teachers at each session. On average they have 16 pupils in each class so we will hopefully bring dance to 200 children in this way.

Members News...

We welcome the Bedfordshire Dancesport Club and the British National Rock n Roll federation who have both affiliated to EADA for the first time this year.

Congratulations to Marco Cavallaro & Joanne Clifton for making the finals of the IDSF European Amateur Ballroom Championships in Germany in April.

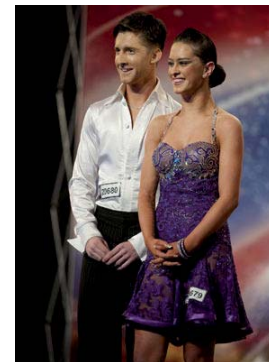
Congratulations to Richard Still & Morgan Hemphill, the first of our Amateurs to pass Level I and II on the Coaching Scheme. We are pleased to say we now have 50 amateurs registered on the scheme. Richard & Morgan were also nominated for a Carl Alan award this year - read more about it in their interview on page 6.

We are sad to say goodbye to former British Amateur Latin champion Lisa Darby who retired after the UK Open in January and also to Daniele Gallaro and Kimberley Taylor who turned Pro at the start of the year. Good luck to Martyn & Elaine Long, current British Senior Latin Champions, who turned Professional last November. We also wish good luck to Gregor Rebula who has turned Pro to dance with Rachael Heron, and will be representing England.

Thanks to Ben & Becky Milan-Vega and Michael Foskett & Carla Garrett who represented EADA at the Youth Showcase at Move It, in Olympia London in March. www.moveitdance.co.uk

Other couples have also been involved in a variety of shows across the country: Mark & Olga Elsbury performed at the re-opening of The Regency Ballroom Place in Sutton in Ashfield, Nottinghamshire following a total refurbishment of the venue earlier this year. Two of our Senior couples, John and Linda Rippon and John and Linda West have formed a small dance group and

have and will perform as 'Dance 4 You', mainly in the Essex area. They have already performed for the 'air ambulance' charity.



Ben & Becky

Good Luck to Ben & Becky Milan-Vega who are currently

appearing in "Britain's Got Talent" on ITV Support them by joining their Facebook group.

Dance & Charity

It seems dance is the new way to raise funds for charity. CLIC Sargent, the UK's leading children's cancer charity is calling on dancers of all ages to sign up to Practice-a-thon Dance throughout the year, see clicsargent.org.uk

Camilla Dallerup is encouraging dance clubs in the UK to take part in Breast cancer campaign's new £100 Dancing Club Challenge. See breastcancercampaign.org.uk

Tea dances are currently being held across the country to raise funds for the Royal British Legion, Comic Relief offered "Let's dance for Comic Relief" and also in March Marie Curie cancer care invited everyone to take part in a specially choreographed Daffodil dance to raise funds.

Dance in the Press

From the Sunday Times:

"Strictly Come Dancing has inspired Health Secretary Alan Johnson to a new step in the battle against obesity. He has told the Sunday Times he was gripped by the spectacle of former journalist John Sergeant attempting to dance in the contest. It was not the dancing style which struck Mr Johnson but the fact he lost two stone in 10 weeks on the BBC show. Now he plans to create a "dance working group" including judges from the programme, to expand the availability of dance classes to adults." However, Liberal Democrat health spokesman Norman Lamb said: "The idea that the Government can waltz the nation to fitness by central direction is ludicrous. While it is important for people to get regular exercise, which can include dancing, these are not serious announcements - they are government by gimmick."

Dates for the Diary

TRAINING DAY DATES

May 30 Senior Latin,	Willenhall*,
June 13 Senior Elite Ballroom	Egham*
(by invite only)	
June 27 Open Amateur Latin	Willenhall
July 4 Open Amateur Ballroom	Egham
July 25 Juvenile Ballroom & Latin	Willenhall
August 15 Senior Elite Latin	Egham
October 17 Youth/Amateur Ballroom	Egham
October 31 Junior Ballroom & Latin	Willenhall

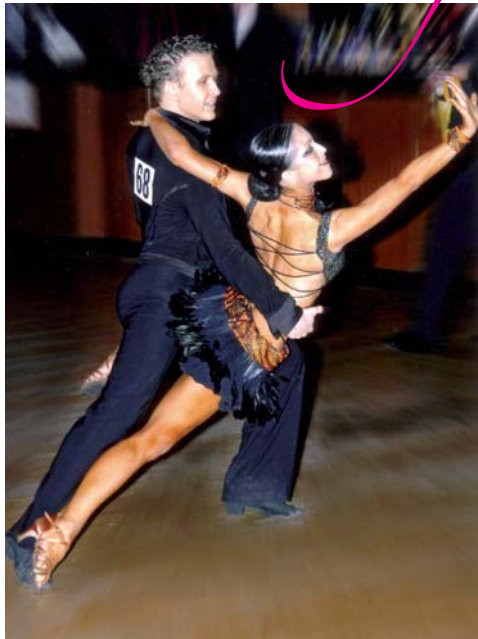
Dates are subject to change in exceptional circumstances, please see the website and Forum for more information on lecturers when they are announced and booking opens. Keith can be contacted on training@eada.org.uk

*Egham - TW20 8NL, Willenhall - WV13 2EY

PROVISIONAL AGM DATE

Saturday 21st November from 10am-1pm in Blackpool

Richard & Morgan



Richard & Morgan are currently England's top Amateur 10-dance couple. They have represented England in the European and World Ten Dance Championships twice and hope to do so again this year.

Richard & Morgan would like to thank Supadance, DSI, Vesa, Thomas Persson and Brackleys.

How did you start dancing?

Richard - I started dancing at the age of 4 with my two sisters and cousins, who no longer dance.

Morgan - I started dancing aged 14 with my sister. I wanted to start flamenco dancing but was drawn into ballroom and Latin after seeing an advert in the local newspaper.

Did you do any other forms of dancing?

Richard - I did some ballet as a young child and also street dance classes.

Morgan - When I was 10, I did tap and modern but had to stop when I changed schools due to location. I now do some ballet to help strengthen and stretch muscles and to improve flexibility and posture.

Morgan, have you found that starting ballroom and latin later than many of your contemporaries has been a problem?

Morgan - No, I work hard to try to make up those years I missed. However, if I could go back in time, I'd have definitely gone into dancing at a younger age and focussed heavily on basics, as having a strong fundamental training and sound technique is important. Also gaining experience through competing would have also been of benefit.

When did you realise you wanted to be a Professional dancer?

Richard - I realised I wanted to one day be professional, when I started to become successful. Also when I got my first job, I realised that I wanted something far different. I found that sitting in an office all day wasn't my thing.

Anyone who knows me will know I can't sit still!

Morgan - Before dancing with Richard, I was somewhat unaware of the extent of the dance world so turning professional seemed far out of

reach. I just knew I loved to dance and spent every free minute doing it, travelling or working for it. As soon as we started training together I knew that it was what I wanted and would drive for!

How did you start dancing together?

Morgan - I had only danced in beginner, novice and intermediate comps but I was going to classes most evenings. Richard and I had met on the Sunday circuit and had spoken to each other at a few competitions. Richard's partner went home to Russia for Christmas and could not get a visa to return to England to dance. He was keen to find a partner with the same goals; when he approached me about dancing he explained what would be involved and also the opportunities that we would experience. Richard was 20 at the time and I was 18.

Richard what were your most memorable results before dancing with Morgan?

Richard - Having done so many competitions from a young age, it's hard to remember them all! 11th in the World Youth Ten Dance Championships was a great result. Also being at the top of the Junior and Youth charts was an achievement.

Which dancers inspire you?

Richard - In ballroom we are both inspired by William Pino's musicality. I also like Andrei Zaitsev for his charisma and obvious joy to dance.

Morgan - For me, it's Yulia Zagaruychenko and in ballroom by Tania Kehlet.

What is your favourite dance?

Richard - In ballroom our favourite dance is Quickstep, but in Latin I like Jive (it's fast!)


Morgan - I like Rumba.

Do you have a favourite venue?

The Winter Gardens definitely has a special atmosphere and is our favourite place to dance although the Royal Albert Hall is spectacular!

Why do you think your partnership works so well?

We work well together because we have the same goals and are both determined people. Although we are similar in work ethic and motivation, we are quite different in character and they do say that opposites attract!! We rarely argue and try to work together on things. We work together, dance together, live together, and



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travel together... so we get a lot of chance to communicate with one another!!

Do you think that competing in 10-dance is much harder than specialising in one discipline?

Both - Yes, Ten Dance is harder particularly with management of time and money. Practice sessions are longer, so physically it is more demanding and also mentally it's tiring as you needed to concentrate on two disciplines and for a longer time frame. We tend to dance more rounds on a competition day too. We try to spend the same amount of time on both although some weeks will be different to others depending on what becomes a priority. We constantly have to analyse and prioritise what to work on and how long for in order to maintain a good level in both.

Richard - I find Ballroom harder than Latin

Morgan - I find both difficult in different ways.

Where do you train?

Richard - We train mainly at County School of Dance, Dance Warehouse, Options (Cheam), Semley, Starlight and Zig Zag Dance Factory.

What have you been working on recently?

Morgan - We have just finished working on a new show for demonstrations. Although it takes time to develop it is ready! Dance wise, we are working on developing and consolidating everything in the run up to the British in May to be prepared as possible.

What's a normal week like for you?

A normal week... what is normal?! Our routine usually changes. We practise every night although the time varies and we have several lessons through the week including theory, ballet and our ballroom and Latin lessons. We usually do stamina practices particularly running up to a big competition. When we average it out we spend the same amount of time on both ballroom and Latin.

Do you do any other dancing or fitness training to help?

Morgan - I do ballet, aerobics, yoga and cardio work in the gym about 3 times per week.

Richard - I do some weights and cardio work in the gym and running.

How often do you compete?

Richard - We aim to compete every week, whether this is in England or abroad. As it stands we have over 240 registered competitions. Usually when we attend a competition, we dance both the ballroom and Latin events.

Morgan - We try to travel abroad at least once a month to compete although we try to support as many competitions, both EADA and championships, in England as we can so we try to balance competing in England and travelling abroad to gain international experience.

How many demonstrations do you do?

Richard - We do quite a lot of shows throughout the year, the majority being a mix of ballroom and Latin. It is always important to support charity events and ensure you do shows for the right reasons. We like to show how much we enjoy dancing and hopefully through that, it encourages and promotes dancing in England.

Do you have any memorable shows?

Morgan - We really enjoyed doing a Bond themed show for the turn of 2007, then there are those that are memorable for other reasons like when we both fell over, or the demonstration on carpet, and Richard giving me a nose bleed...

What is it like representing your country?

Dancing abroad and representing the country is obviously fantastic! We see some amazing places

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and get to know our competitors. On the other hand it can be lonely in a way. In Ten Dance unlike ballroom and Latin, only one couple from each country attends. Many couples from other countries have a coach or even a physio travel with them.

What are your best achievements so far?

The semi final of the World Cup Ten Dance in Vancouver, UK Amateur Ten Dance Champions and British National Ballroom finalists.

How do you prepare for major competitions?

Before big competitions and major championships we increase training and often do stamina practices. This improves and maintains stamina but also ensures the routines flow and work well. As well as this, we try to rest and ensure we are fit to perform. We try to eat well the majority of the time but often before competitions like the Open British in May (which lasts over a week for us), we eat lots of pasta and energy foods.

Do you find international comps very different to NREs?

Promoters abroad seem to do a lot of marketing around their competitions so quite often the audience is huge! They also host it like a dinner dance. So the semi final and finals are later in the evening. The good thing about our EADA competitions is that they are so heavily supported

by all levels of competitors- Juvenile, Junior, Youth, Amateur and Senior. It would be good to see them supported by people in the community as well though, as we're sure this would encourage more to start dancing.

How many costumes do you go through per year?

Morgan - We tend to have new outfits for big competitions. I'd say it's probably about three each year. We are sponsored by Supadance for our shoes but we work with DSI for ballroom dresses and Vesa and Luca are great to work with for Latin.

Richard - Thomas Persson makes my Latin outfits and Tony of Brackleys makes my tail suits!

What improvement would you like to see in the world of British dancing - what can be done to help young English couples?

"Strictly" has helped to bring people in Britain back to dancing by populating classes in schools but we'd love to see these increased numbers at competitions. For this to happen though, training needs to be affordable so that more people can access it. There are many controls on British dancers and sometimes this can restrict their development. The cost associated with dancing is astronomical and the more expensive things become, the fewer can afford to stay dancing. We need a system that allows young dancers to train up through the levels, very much like the Italian and Russian club systems. In this system more people enter the bottom of the chain and receive affordable and therefore regular lessons from those of a higher ability. Those of higher ability will then be able to afford their own lessons on a regular basis and so the process spirals up to a top class level. Not only will these dancers stay in dancing but they will improve faster and gain the knowledge and ability to compete at a much higher level.

What are your plans for the future?

Our plans are to continue to progress on an international scale and improve our dancing to a high level as amateurs and then as professionals. We aim to be Professional Ten Dance champions and one day to be part of a successful dance business.

You have been the first couple to pass your Level I and II exams on the Amateur Coaching Scheme, how has the scheme helped you?

Richard - We have had theory lessons each week for just over a year and extra in the run up to the exam. Taking theory lessons has definitely helped us to have a better understanding of our dancing and also may help in the future to give back to our schools which have given us such a lot of support, by helping.

Morgan - I believe that the EADA Coaching scheme allows English amateurs to be on more of a level playing field as our competitors.

Would you recommend the scheme to others?

Definitely. Amateurs should realise that even though they may not like some rules/restrictions, they cannot be changed by ignoring them. The scheme needs promoting as a positive development in British competitive dancing.

I understand you were nominated for a Carl Allen award this year?

We were nominated and short-listed for a Carl Allen Performers' Award and were invited to

the Royal Lancaster for the Awards! Michael Malitowski and Joanna Leunis won!

You both try and fit dancing in around jobs and Richard you had to fit dancing in around a degree, how do you manage it?

Morgan - We both work at Thames Valley Police. We have flexible working and so get in as many hours as we can. Our managers are very understanding and we're lucky to be able to work enough hours to pay for dancing and still fit in our training.

Richard - I have very supportive parents who helped me a lot through my degree so I could keep a balance of further education and dance. On the other hand, my BSc didn't take up as much time as my job does now!

What do you like to do in your spare time?

Morgan - Free time? What's that!?

Richard - When we do get the chance, we both like films and the cinema. I like cars.

Morgan - I also like aerobics, yoga, walking and seeing and spending time with family.

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LIGHTS, CAMERA, ACTION!



For those who have seen the recent film the Young Victoria, a dance scene plays a pivotal role in the relationship between Victoria and Albert. What you may not know is that one of EADA's members, Stephen Arnold, is actually on screen alongside them. He tells us of his experience in the auditions, rehearsing and filming:

I hadn't thought much about the audition and it was quite nerve-racking turning up at Dance attic in Fulham, to see a queue of male dancers waiting outside wearing all sorts of dance wear, who all appeared to know each other from stage and theatre schools. We were told that the audition would take around 3 hours and that there were only 14 spaces available and around 40 guys were auditioning. The Choreographer was Jack Murphy who has done a vast amount of

work in film, stage and television. The audition had become like one of my dance competitions, and every man was a threat! We started by learning the choreography for the two dances we would have to perform in the film, starting with the Quadrille and then moving onto the Regency waltz. However gradually the numbers were cut down throughout the morning until just 14 were left and I had been chosen.

Now I had a place in the film confirmed the next stage was to attend a costume fitting in London; here I was dressed in a 19th Century Prussian Officers uniform. After struggling to work out how to piece the clothes together I soon realised it was going to be much more uncomfortable than a tail-suit. Things became much worse when I discovered my trousers were so tight I couldn't sit down in them! I got no sympathy from any of the girls, as they were all wearing corsets.

Once the fitting was out of the way all the dancers were scheduled to go to a rehearsal day at Shepperton film studios. This was the first time all the male and female dancers met each other, and Jack proceeded to partner people up. We then had to re-learn the dances we had all forgotten from the audition day and be taught how the whole dance fitted in the ballroom we would eventually dance in. In Jack's attempt to make the dance scene flawless he worked everybody incredibly hard all day, but he made it a great deal of fun and we all had a great time. Once Jack was happy with our performance he invited the director Jean-Marc Vallee to assess us. We waited with anticipation as we had been made aware that the main actors Emily Blunt and Rupert Friend were going to be joining us in the rehearsal. Once Jean-Marc had adjusted the patterns to match his vision, we could finally leave after 6 hours of rehearsing.

The only phase of the experience that was left was the most important, the day of filming. We

were all quite privileged as the ball scene was to be set in the grand ballroom of Lancaster House, London. I was quite excited, until I discovered our call time of 5am! After a late night practising I wasn't too pleased to hear my alarm ringing in my ears at 3.30am on a Sunday morning, but I made my way into London in the cold October rain. As we arrived we were told to get into our costumes and head to make up. Once I had squeezed into my fashionable, skin tight trousers I then proceeded to have fake hair stuck on my face and my hair styled in a way much like it had been when I woke up that morning. Once we looked the part we were told we could sit down and were provided with breakfast; but with my constricting trousers I, of course, stood.

Once the ballroom was ready, we all made our way inside and the first part of filming started with great enthusiasm from everybody. After a few hours the enthusiasm started to expire and the energy level started to drop. Jack had warned everybody that the hard part of the filming would be not just doing it right once, it would be getting the same enthusiasm on every take. With Jean-Marc being an absolute perfectionist we knew we would have a lot more work to do yet. All the dancers were starting to feel tired, but we made sure we had some fun which helped us through the day. There were some breaks throughout the day, but we couldn't have a respite from our costumes we had to keep them on. To rest my legs I soon invented a way of sitting on a chair without bending my hips or legs. The filming continued through the afternoon and into the night and finally, to our relief, it was 'wrapped' at 9pm.

The writer Julian Fellowes (Gosford Park and Vanity Fair) explained the significance of the ballroom scene: 'In the film we used dance very deliberately. The first half of the film shows Prince Albert essentially being trained as Victoria's future partner, and learning her interests. Victoria amongst many things loves to waltz. We see

Albert learning to dance and suffering some humiliation on the way. The day comes when he is present at the Coronation Ball, and Queen Victoria decides to open the dancing with him and we find out if he has learnt enough to take up his place by her side.' As this scene was so important it was easy to see why Jean-Marc wanted to get this scene exactly right, and why we had all been through such a meticulous process of selection and rehearsing, whilst still only being extras!

It was definitely a great experience. I learnt a vast amount about the lives of many up and coming stage dancers, whilst they were fascinated with the competitive aspect of ballroom and Latin. We also got to witness some interesting parts of filming between Emily and Rupert. Both the male and female dancers that took part now have a new found respect for the Victorians for the way they put themselves through wearing such uncomfortable clothing, and I vow never to complain about the discomfort of a tail-suit again!

This article first appeared in full in the March & April issues of Dance Today www.dance-today.co.uk Many thanks to Julian Fellowes and Jack Murphy.

Free practice session!

Laurie and Iris have kindly offered to hold a practice session at their Stardust Studio in Essex, free of charge for all EADA members.

This will be held every Saturday from 2-4pm and will include a mixture of Ballroom and Latin. Their studio is in Elm Park, Hornchurch, RM12 4PT. Please take your EADA cards with you.

You are what you eat



Photo by Norman Large, dress by Sparkle designs

Andrey Sirbu and Alexandra Hixson achieved 6th place in the Amateur Ballroom Rising Stars event at the UK Open a few months ago. Preparation before the event was key, and whilst fitness training and practice is fundamental, they believe that to improve even further there was something that needed to change quite drastically - their diet.

"We were constantly reaching for unhealthy sugary snacks to boost our energy throughout the day and we were also eating a lot of "white" foods like bread and pasta which was only giving us an energy spike and then bringing us down very low" Alex explains. She was finding the training schedules gruelling and felt she needed more energy. So, as a result of her mum's advice, they decided to book a consultation with Barbara Cox from Nutrichief, an award-winning company which offers consultations about diet and advises on the best meal plan to suit individuals whether this might be for weight loss or sports training. Danielle Pietruszka a British trampolinist, Jeff Lawson a martial artist and Clayton Fredricks the equestrianist, have all worked with Barbara and

they all believe the change in their diet gave them increased energy levels and improved concentration and thereby helped their performance in their sport. Barbara is one of the nutritional advisors to the British Olympic athletics team and supplied Andrew Castle with healthy snacks when he was training for 'Strictly Come Dancing'.

Andrey and Alex went along to meet Barbara for a consultation at her office in February last year and she asked them to prepare a food diary. They explained to Barbara that inconsistent energy levels were a major problem for them. Barbara analysed their food diary and concluded that the cause of the problem was that they were eating too much wheat and also consuming too many sugary drinks. Wheat is difficult to digest and therefore energy sapping and although sugary drinks might give an initial kick there is an inevitable dip in energy levels afterwards. The initial consultation took about an hour but then Andrey and Alex also had weekly check-ups within the first month to check that the meals Barbara recommended were raising energy and improving arterial flexibility, and to measure changes in weight and body mass. Barbara uses a cardio track machine to test the flexibility of the arteries which can impact on energy levels, and also has a machine to measure hydration levels and devise weight:water ratios. Andrey and Alex were shocked to find out their results came up as severely dehydrated, despite thinking they consumed lots of water.


After the consultation, Barbara devised a meal plan for Andrey and Alex which completely changed their diet. "We rotated Alex's breakfasts every 2 weeks and lunches and dinners every 4 weeks. We made sure she had the correct amount of carbs and proteins in her diet for sustained energy instead of the peaks and troughs she experienced with her own meals." explains Barbara, "We also recommended her to

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be wheat and dairy free. Wheat can be very bloating for some individuals and dairy can also cause digestion issues.”

Now Andrey and Alex only eat only wholegrain or gluten-free foods. “We didn’t find it easy for the first couple of weeks and Andrey really struggled with it,” Alex admits. “I had awful headaches for the first week but this was purely the change in diet for the better and our new high water intake. After the initial shock, we got used to it and it is normal to us now.” They admit it is not always easy to stick to the regime with such a hectic lifestyle: “It was hard to adapt at first as most convenience food nowadays is really unhealthy, but with a bit of organisation we now find it easy to get food on the run and can fit in the diet with a hectic schedule.”

They feel that the change has certainly helped, that their energy levels are more constant throughout the day and it means they can train harder and more effectively. “If our results and performance from last year to this year are anything to go by then I think changing our diet did help contribute to our success at the UK Open.” Alex admits. “We were ecstatic to make the UK Open Rising Star final this year; to make the semi final was our goal and we were happy to achieve that, so to make the final was incredible”.

Changing their diet may have helped but Andrey and Alex also have a gruelling training schedule. They practice for two hours every morning from 8-10am, go to work (Andrey works in a computer shop and Alex works at a gym) and then practice for another couple of hours in the evening. They train mainly at the Boyce’s studio in Bournemouth but also Practice at Cheam and in Dublin. Before the UK Open they refused to take time off for new year: “Andrey took a big sacrifice and did not go home to see his family and friends over Christmas so that we could train all the way through to the UK. We only had Christmas day off” admits Alex. They also improved their stamina work with finals practice, spinning and circuits classes. They also take ballet lessons from a teacher who is able to tailor the class to their needs as ballroom dancers so that they can

work on posture and core strength. Andrey and Alex are also ensuring they compete regularly to gain more and more experience. In order to prepare for Blackpool they are continuing along these lines but are also seeing a sports massage therapist and physiotherapist. Changing their diet has enabled them to have the energy to make the most of all this training.

Diets for dancers:

Barbara recommends that all sportspeople have a balanced diet. Five days before an event they should increase their intake of complex carbohydrate and on the day of the event the proportion of complex carbohydrates should be increased even further. Brown rice, oats, other cereals, starchy vegetables such as potato, and rye or whole-wheat bread are all ‘complex carbohydrates’, which provide energy slowly and steadily. “Simple carbohydrates” like cakes, chocolate and sweets cause undesirable peaks and troughs of energy. High levels of protein should also be avoided on the day of a competition as it is difficult to digest.

Barbara also suggests that you should drink 2 to 3litres of water per day and if you are training this can go up to four litres. Her guideline for marathon runners is to drink 200ml of water or sports drink five minutes before a long distance run and then 100ml every 15mins during the run.

Barbara’s recommendation:

Day before event:

Breakfast:

Granola, quinoa or oats with milk, fresh fruit

Lunch:

Hearty soups and protein wrap/sandwich

Dinner:

Wheat free pasta with protein, vegetables and salad

Snacks:

Nutrichef flapjacks, fruit, nuts, seeds

Drinks:

Water, colloidal mineral solution drink for hydration

Supplementation:

Energy elixirs, soya protein powder mix, daily multi-vitamins



Barbara from Nutrichef

On the day of an event:

Breakfast:

Eggs, spinach (blanched) on rye bread with hollandaise sauce and cracked pepper. You can add smoked salmon to this if you wish

Lunch:

Hearty soups, salads, wraps, smoothies

Dinner:

Protein (meat, chicken, fish, beans, pulses) with vegetables

Snacks:

Nutrichef flapjacks, crudités of raw vegetables with Hummus, nuts, seeds, dried fruit, smoothies

Supplements:

Energy elixirs, colloidal minerals for hydration, soya protein powder, TNT (carbohydrate drink)

Recipes are available from their website www.nutrichef.co.uk and there is a list of food types which can help with common ailments.

This article first appeared in full in Dance Today, May 09 issue. www.dance-today.co.uk

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TRAVEL AND COMPETING OVERSEAS

By Colin Hanson-New

Many of our couples who have competed overseas strongly advise that other English couples to do the same as it will help gain a wealth of experience. Please note that couples, who wish to attend an overseas competition as private individuals and not at the invitation of EADA, must make their own travel arrangements including any visas and insurances. Please send me an e-mail on travel@eada.org.uk prior to travelling for two reasons:

1. I will check the IDSF web page for “unregistered events” to ensure that no EADA member is travelling to a banned competition. You can also check this information on the IDSF website. If the event is an “unregistered event”, then I will advise the couple not to attend and I will also inform the President and Executive Committee. If the couple ignore my advice as Travel Representative, or does not notify EADA of their intent to attend, then any subsequent action by any governing body cannot be attributed to EADA or the Travel Representative.
2. In order to complete in an IDSF event, the individuals are required to have a current active IDSF registration number. I will check the status of the registration and advise the individuals of their registration number as appropriate. If you do not have an active registration then I can arrange for you to be registered.

Please also ensure that you have a valid passport and where applicable the travel visa to cover the whole length of your stay. EADA also strongly recommends that all couples take

out adequate travel insurance - we advise checking details of your policy to ensure you are covered for competing.

For Couples Representing England:

You will receive an invitation by post which will include the EADA Travel Representatives contact details. I will wait to be contacted by the invitees to research and approve travel arrangements. Upon contact, I will send you a copy of the Competitors Information form that will need to be completed and returned to me. I will then search for an economy class return ticket from the nearest location to the dancers' home to the destination of the competition. This can include road/rail/ferry and flights. The travel cost, determined by myself as Travel Representative, will be the maximum that EADA will contribute towards the cost of the travel. Any deviation from this procedure will need to be agreed with the EADA President and the EADA Treasurer. I will then email or post to the couple(s) a completed Costs Response form and blank Travel Claim form, with screen shots of the appropriate travel arrangements including times, costs and, any other relevant information.

Please note that it is the responsibility of the couple(s) to book the travel using a credit card, to ensure that adequate travel insurance is in place (especially for costumes, etc) and/or to obtain an E111 form (now a card) to cover medical emergencies. The new website will give detailed information on what expenses EADA can and can't cover. Please note that for couples under 16 EADA recommends two chaperones attend the competition.

Don't forget to send your competition reports and photos to Rachele on publicity@eada.org.uk



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HANNA

CRESSWELL MELSTROM:

Born to Dance



The Born to Dance initiative grew out of an idea from Alan Homer, an Amateur dancer, based on a scheme started by the Lawn Tennis Association. "In the 1990s dance was in the doldrums," he explained "I believe we need to encourage children in schools to start dancing. In China every four year old is taught to waltz to improve fitness and learn respect; in Russia and Japan as well many schoolchildren do at least 40minutes of ballroom dancing per week, England is lagging behind." He liaised with the Sports and Education Minister and worked with several Professional dancers to devise a way to encourage people to dance. The slogan became "Everyone is born to dance" and in 1998 the Born to Dance Committee was formed of Amateurs and Professionals, with support of Government sports officials.

The initial idea was to encourage dance Professionals to offer after school clubs at local schools and the pilot scheme involved 20 professionals offering their services for free to teach children at Key Stage level 1 and 2. When concerns were raised that Professionals might not have enough time to offer these classes on a

regular basis in the long-term, the idea evolved. Professionals could teach a basic one-day dance course to school teachers, who could then hold dance lessons for the pupils during school hours. The teachers would learn a basic syllabus which could be taught to the children, aged 4 to 7, over six weeks, and those who wanted to continue would then be directed to dance Professionals within the local dance school who initially advised the school teachers. The British Dance Council would award a certificate to any school teachers who completed this training. As the idea developed the Committee grew and included representatives from all the teaching associations and Alan asked local governments to endorse the scheme. When dance became part of the Curriculum, the scheme was a way of ensuring that teachers had a fun and structured syllabus that they could teach to the children. "We believe over 100,000 children have learnt ballroom dancing as a result of this scheme over the past ten years and the number of medallists has increased," explained Alan, "it has been particularly successful in Newcastle, Birmingham and Reading and some professionals now even have waiting lists for their dance schools!" The committee recently worked with Nestlé's £1 million scheme and 250 Professionals signed up to offer a free group lesson to those with vouchers from Nestlé wrappers.

The scheme has even helped to produce a British Juvenile Champion. Mary Richardson and her daughter Anna Dieguez were involved with setting up and teaching a 45minutes after school class at Redlands Primary School near Reading every Thursday. They had been asked to start an after school club there as one of the boys who went to

their dance school also attended Redlands and his mother thought it would be good for other children to get involved. The class covered Waltz, Cha, Jive, Disco and the Polka. The class started up four years ago when Hanna Cresswell-Melstrom was in year 3 and had just turned 8. Hanna attended the after-school class, having not expressed an interest in dance before. "It was the first after school club that Hanna showed any interest in joining," explains her mother Kristin, "She had never been interested in PE at school or in joining any after-school sports; so we signed her up for the class straight away, being delighted that she finally wanted to try something that involved organised physical exercise! And she just loved it".

Hanna persuaded her parents to let her join Mary Richardsons' beginners' Ballroom & Latin class on Saturday mornings, a few months after starting the after school class. She then took tap and ballet at the school and when the Ballroom



classes broke up for the summer she started having private lessons with her first partner, Bethany Jones. "What set Hanna apart from the start was her work ethic and determination" explains Anna. "She also simply loves dancing" adds Mary "you can see how much she enjoys it when you watch her compete".

Hanna did medallist comps with Bethany and then her first boy partner, Daniel Martin. She started to become more interested in open competitions and starting competing with George Whelan. Her natural talent was spotted by Richard & Lynn Miller at the UK Closed and they asked

Hanna to partner their son Luke. Hanna and Luke started dancing together in September 2007 in the Juvenile category and moved up to Juniors last year when Luke was 12 and Hanna was 10.

So just two years after the class started at her school Hanna was competing as one of England's top Juvenile competitors and was winning most of the competitions she entered. After just 7 weeks of dancing together Luke and Hanna were placed 2nd in ballroom and 3rd in Latin at the International Championships and were the only British couple to make the final. They won the Juvenile event at the British National Championships in both disciplines in 2007. Last year they won the Juvenile events at the Blackpool Junior Festival and they were 2nd in Ballroom and 3rd in Latin in the Junior category at the British National Championships. They are now working on improving their ranking in the National Junior charts.

Hanna has 4 single lessons per week at the school in Reading and then has 3 lessons with Luke at weekends with a further 3-6 hours practice. "She is forever dancing around the house", admits her parents "she seems to have found her true love in dancing and if she is not dancing she is watching dance clips on u-tube!"

Mary Richardson has 14 teachers at her school and all are helping out with teaching at primary and secondary schools in the area. The after-school club at Redlands is still continuing and they perform some Ballroom and Latin as part of their annual school show. Public and private schools, secondary and primary schools are all getting involved and contacting Mary's school for help teaching dancing and many of the children who learn are taking further lessons at her dance school. "Strictly has helped make a difference and has meant children want to Ballroom dance, girls want to do ballroom instead of ballet now", explains Mary "and the numbers in our classes are increasing as a result."

This article first appeared in full in Dance Today May 2009. www.dance-today.co.uk



DANCEWORLD NEWS

Essentially Dance - the latest scheme to get schoolchildren dancing



Darren & Lilia have produced a training package, including booklets, CDs and DVD resources, which are aimed at encouraging school teachers to teach dance Ballroom & Latin American dance within their schools. The resources are designed for those teaching key stages 1 to 5 and will

accompany the training of two teachers from each school by Professional dancers over three separate days, at beginner, intermediate and advanced levels. The Essentially Dance resources were created by a working group formed by Dale Bennett, Darren Bennett, Sue Cooper and Lorraine Drolet. Dance is now factored into the school curriculum for a minimum of six weeks each year, but the working group felt that teachers did not have a good enough knowledge of dances that would be enjoyable for children to learn and needed additional resources. The scheme was launched on 22 January when 400 pupils from Salford and Darwen gathered at the Lowry to watch Darren and Lilia demonstrate some of the dances they would be learning. 52 teachers will be receiving training from dance Professionals over the next few months and will be supported by Darren and Lilia's training resources. The scheme is being piloted in 26 schools in five locations: Darwen, Salford, Rotherham, Bromley and Falmer, with the aim of launching nationally in June this year after an independent review of

the programme by the University of Roehampton. It is estimated that 2,500 children aged 5 to 16 will benefit from the pilot scheme. The idea has been encouraged by the Children's Minister, Ed Balls: "We want to encourage everyone to take part in physical education and we know that dance is a great way to improve fitness and can attract young people who perhaps do not enjoy competitive sport such as football or netball." Rod Aldridge of the Aldridge Foundation which brought the project together said, "I have a passion for encouraging both young people and adults to take up Ballroom and Latin American dance, and by giving them an activity they can enjoy with their whole family, we can encourage inter-generational engagement while improving fitness."

Darren and Lilia said, "We are delighted to be giving every child the opportunity to learn to dance like their favourite celebrities on TV, and hopefully inspire the next generation of talented dancers."

Dancesport at the World Games

Just 20 minutes after ticket for this year's World Games went on sale in Taiwan, all 440 floorside VIP seats to the DanceSport competitions at the Kaohsiung Arena were sold out. 115 Euros had to be paid per ticket to be able to watch the 68 top couples in Latin, Standard and Rock 'n' Roll from the most privileged vantage point on either 24 or 25 July. Over 26,000 tickets for DanceSport's regular arena seating are available. They range from 400 NT\$ to 900 NT\$.

Eurovision Dance Contest

The IDSF is pleased to announce that the third Eurovision Dance Contest will take place in Baku, the capital of Azerbaijan, in September 2009. The Eurovision Dance Contest is organised by the European Broadcasting Union (EBU) and will be hosted by its Azerbaijani Member, Ictimai Television in the 8,000-capacity Heydar Aliiev Sports and Concert Complex. The 135-minute programme will again be broadcast live across Europe. Participating EBU broadcasters will each

be represented by a couple dancing a freestyle choreography inspired by the country they represent. In addition to being judged by a panel of IDSF Adjudicators in the arena, the European audiences at home will cast their vote by televoting to determine this year's winner of the EDC title. The concept of the competition was initiated by the International DanceSport Federation (IDSF) and transformed into a TV show by two British production companies: Splash Media and Sunset Vine. The first two editions of the EDC were hosted successfully by the BBC in 2007 (London) and 2008 (Glasgow). See <http://www.eurovisiondance.tv/index/main>

BDC

Bryan Allen has been elected as the new Chairman of the BDC following the retirement of Len Armstrong. Our President, David Corfield, narrowly missed out on becoming Vice-Chairman.

Ballroom icons

A new book, Ballroom Icons, by Brigitt Meyer will be launched at this year's Blackpool Festival. "A journey through the lives of dancers, doers and devotees of the ballroom world" Featuring 64 icons from 1900s to the present, a luxury limited edition of the book will be available for £105. See ballroom-icons.com

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ALLOCATION OF CHART RATED EVENTS

By Mary Corfield

This is the time of year when the EADA Secretary is very busy sending out the Chart form to all Promoters who have run NREs (National Ranking Events) the previous year. They are asked to return it fully completed by 30th June and a spreadsheet for the following year with all the requests from the promoters are sent to members of the EADA Chart Committee. Any promoter can apply for an NRE, some are quite specific with their requests. A meeting of the EADA chart committee is called for the third Saturday in July in order to decide the calendar for the following year.

In an effort to spread the NREs evenly, the Chart Committee divides England roughly into three; drawing an imaginary line above the M4 leaving Watford, Reading and Bristol in the South; another line above Birmingham and calling this the Midlands and then everything above it the North. The chart committee tries to place three events in each of these areas for each age group & discipline. The aim is so that most of our members will be able to reach 3 NREs in their grade within one hour of driving, 3 within 2 hours of driving and the other three will be farther away but they won't need to attend them for a ranking. We try to only put one NRE in an age group in a very isolated place. We also try and spread events in the same category throughout the year. However we have to ensure that different events which might attract the same people (such as Amateur and Youth Ballroom) are not on the same date and that the venues for the NREs we are allocating to the promoters are suitable for that age group and discipline. We also have to take into account any feedback sent in writing to the EADA Office prior to the meeting and also the results of our online competition feedback survey. I think as a general rule that 3 NREs (one from each chart) for a promoter at one event is enough. Hence deciding the chart is not an easy process - just when you think you have it, you realise something is clashing or a promoter can't

accommodate an event and it's back to square one. It takes most of the day to devise a provisional list.

Once provisional dates have been decided (and people have had time to go away and check that the calendar works) promoters are sent a letter with details of the NREs which they have been granted. They are also sent a copy of the EADA Chart Rules. The most important of these is that they must check EADA membership cards, that they have 7 adjudicators, (all of whom must have a BDC licence); they must start the NRE within 45 minutes of the time advertised and allow between 20 and 40 minutes inbetween rounds. Because many of our members have to travel we feel it is important that Junior events finish by 4pm and Youth events by 6pm. If the promoters are happy they contact the EADA Office and send in payment for their events. Once we have received payment from the promoters we are able to publish the calendar; this may be several months after the initial calendar was drafted.

CHILD PROTECTION

By Albert Heaney

These days it very important for EADA to be proactive in safeguarding our younger competitors (under 18). Our Child Protection Officer, Albert Heaney, has offered this advice:

Recently we have become aware of some concerns around parents seeking partners for children. Parents please be advised that not everyone is who they say they are on the Internet - online protection is a real issue. If you understand the Internet and understand the risks then there are a number of things you can do to keep children and young people safer online. A useful resource can be found by checking out <http://www.thinkuknow.co.uk/>

People may contact you or you may respond to an advert but play it safe. Some top tips:

- Do not provide direct contact details to your child (no mobile numbers, email address, social websites etc)
- Go through your dance teacher to make all appropriate arrangements - they will be more than willing to help

- Never allow your child to meet up or go to a try out alone
- You can be friendly and cautious at the same time - don't provide video / photo images of your child to a stranger
- If in doubt ask EADA for advice - we are here to help. Albert can be contacted on childprotection@eada.org.uk.

DEMOS

By Colin Hanson-New

The BDC requires that all Amateurs register any demonstrations they do (whether for a fee or not) with their Amateur Organisation. We would therefore ask all EADA members to register any demos they do by sending an e-mail to dems@eada.org.uk

"Demonstrations may be given, provided that permission is obtained in advance from the National Amateur Dancesport Association. If a fee or expenses are to be paid, the amount must be approved by the Association and must be paid to the Association and not to the individual dancers. Failure to obtain this permission will result in disciplinary action being taken by the appropriate National Amateur Dancesport Association. No Amateur may advertise themselves and if any advertising is undertaken by the Organiser, the word "Amateur" must be made clear to the Public."

The important factors are:

- That permission should be obtained from the Association (in this case EADA) in advance of any demonstration being undertaken whether there is a fee involved or not,
- Amateur couples cannot advertise themselves for demonstrations.
- The organiser should pay the fee directly to: Peter Jones, EADA Treasurer, 9 Proctor Close, Grace Park, Brislington, Bristol BS4 5HT.

This will usually be in the form of a cheque,

- Any advertising carried out by the organiser must include the word "Amateur". This can catch out a surprisingly large number of couples, so please check with the organiser if there will be any advertising - remember better safe, than sorry!
- You can get your expenses - train fare, parking, refreshments on the journey up and so on paid by the organiser to you on the night. Please note the rule talks of 'reasonable expenses' so £250 for parking fee is a bit over the top. (unless you live in London obviously).

10% of the fee is held back by EADA and paid into the Travel Fund under your name. You can then apply for this money for travel expenses when attending comps (usually overseas) or other such dance related activity. This money is for your use only so don't fear that your 10% will be used by your biggest rival.

We always recommend that you confirm the details of any demonstration with the organiser in writing. A specimen letter can be found on the EADA website. It would also be useful to send a copy to me as well.

Further information can be found on the new EADA website.

ROLL OF HONOUR 2008

World Championships

Junior II

Ballroom - Salou, Spain, May

Richie Putt & Clara Roy 51st

George Bowyer & Charlotte Sweeney 53rd

Latin - Kiev, March

Michael Foskett & Carla Garratt = 39th

George Bowyer & Charlotte Sweeney = 39th

10 Dance - Minsk, November

Sydney Chong & Danielle Toal = 23rd

Youth

Ballroom - Salou, Spain, December

Andrew Escolme & Amy Baker = 45th

Jonas Kazlauskas & Jasmine Chan = 45th

Latin - Marseille, March

Andrew Escolme & Amy Baker 37th

Kyle Taylor & Jourdan Stone 21st

Amateur

Ballroom - Vienna, November

Marco Cavallaro & Joanne Clifton 9th

Mark & Olga Elsbury 25th

Latin - Melbourne, Australia, December

Gregor Rebula & Lisa Darby 15th

Alejandro Hernandez & Kerri Ann Donaldson 19th

10 Dance - Berlin, November

Richard Still & Morgan Hemphill 28th

Senior I

Ballroom - Belgium, February

Phil Holding & Janet Clayton Cunningham 18th

John Townsend & Sabine Kuntz 28th

Latin - Spain, March

Martyn & Elaine Long 29th

Steve & Sue Witherington 26th

Senior II

Ballroom - Belgium, October

James & Rachel Barron 24th

Rob Hall & Jennie Dewar 25th

Formation Teams

Latin - Vienna, December

XS = 14th

Encore = 18th

European Championships

Youth

Ballroom - Latvia, December

Jonas Kazlauskas & Jasmine Chan = 29th

Ben & Becky Milan-Vega = 33rd

Latin - Russia, March

Andrew Escolme & Amy Baker 41st

Jonas Kazlauskas & Jasmine Chan 43rd

10 Dance - Austria, June

Ben & Becky Milan-Vega = 23rd

Amateur

Ballroom - Moscow, April

Mark & Olga Elsbury 22nd

Marco Cavallaro & Joanne Clifton 9th

Latin - Barcelona, May

Gregar Rebula & Lisa Darby = 13th

Alejandro Hernandez & Kerri Ann Donaldson = 36th

10 Dance - Moldova, April

Richard Still & Morgan Hemphill = 17th

Formation Teams

Latin - Germany, May

Fever Dance Company = 14th

GADA April 2009

GADA's year started with our biggest Team Guernsey so far going to Blackpool in January for Stars of Tomorrow. The team included our first junior couple to compete off island, Pearce Rogan and Lucy Ozard.

We have also been delighted to welcome Andrew Cuerden, Hanna Haarala and Gary Foster to teach here. They have kindly stepped in to replace James and Claire Taplin when they are unable to come over

For the last four months our leading dancers have been working with celebrity partners preparing for GADA's forth Dancefloor Challenge which was held on 25th April. Guernsey estate agent and auctioneers Martel Maides sponsored us for the



Chris Markham with GADA partner Kelly Baudains

third time and chose the charity Wigwam to receive half the proceeds of the evening. Wigwam supports families with special needs children. Tickets sold out within seven minutes of going on sale. This year eleven

couples took to the floor. The challenge was won by a Guernsey magazine director, Chris Markham with GADA partner Kelly Baudains dancing a Paso Doble and a waltz. They achieved maximum points for both dances.

The proceed of two raffles, one silent auction for a Stanley Gibbons print and one regular auction for some of the dancers dresses and Nebuchadnezzar of champagne, will have raised a considerable amount for Wigwam.

We are looking forward to welcoming Brian Fortuna and Kristina Rinanoff to give a demonstration at our Summer Gala in June.

GADA's second children's competition will be held on 5th July. We are hoping that a professional couple will come to judge and demonstrate. Three Guernsey schools now include Ballroom and Latin dance as an after school activity.

GADA is once again very fortunate to be sponsored by Yorkshire Guernsey Limited for the 2009 International Dancesport Festival which will be held on 17th & 18th October. Information for this event can be found on www.danceguernsey.co.uk

Lesley Le Tissier, GADA secretary

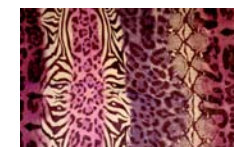
NEW CRYSTAL COLLECTION FROM CRYSTAL CLOVER

Crystal Clover are launching their new range of fabrics in their Crystal Collection at the May Dance Festival this year. Based in Cheam, Crystal Clover has everything for the dancer and their well stocked showroom is just a few minutes from Dance Options. A small selection of the new fabrics can be seen here.

For more information, visit Crystal Clovers web site at www.crystal-clover.com or call 0208 6448858.



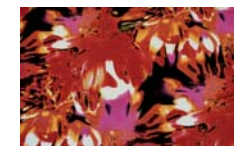
Crepe Chiffon - Maria



Crepe Chiffon - Python



Stretch Crepe - Amazon



Stretch Crepe - Carnival

EADA COUNCIL - WHO'S WHO

These are the volunteers working behind the scenes to help keep EADA running on a daily basis and to represent the interests of English Amateurs in the danceworld.

The Directors



**David Corfield -
The President**
president@eada.org.uk
When did you join the council?

I've been involved with the Council on and off for 30 years and have been President for 5 years.
What does your role involve?

As president my job is to keep on top of all the legislation and politics in the danceworld. I sit on numerous committees (including the BDC and IDSF) and make sure the interests of English Amateur dancers are represented. This involves lots of negotiation and lots of meetings: last year I attended about 60 meetings! Recently we have helped to establish the Personal Accident Cover and I am working with the council to improve our communications and ways in which we can offer more services to our members.

How long have you been dancing?

I have danced for 54 years and competed for 41 years.

Any memorable achievements?

Mary and I won the British Closed Senior 0/50 Championship three times and made the final eight times.

What are your other hobbies?

Politics, anything mechanical, arborology and spending too long working on our 10 acre Estate!

Mary Corfield - Company Secretary
secretary@eada.org.uk

When did you join the council?

I was first on the council of BADA from 1976-1983, I was then elected onto the EADA Council in 2002

What does your role involve?

I am responsible for the many and varied enquiries that come to the EADA Office. I send out invitations to the World & European Championships, liaise with chart promoters who wish to host NREs, liaise with the IDSF and attend their AGM and take minutes of Council meetings.

How long have you been dancing?

I have been a member of EADA for over 44 years. In my free time I compete in Senior III Ballroom with my husband David.

Any memorable achievements?

We have competed in the Blackpool Dance Festival forty times!

Whereabouts in the country are you based?

Hampshire

What are your other hobbies?

I am also a dog lover and try my hand at a bit of gardening when time permits!



**Peter Jones -
Finance Director**
treasurer@eada.org.uk

When did you join the council?

I was on the Council from 1980-1983 and then again from 1991. Previously on the council I have been membership secretary and Avon club rep.

What does your role involve?

I produce budgets for the year and financial forecasts and I'm in charge of all our dealings with the bank, auditors and tax man. I also administer the trust fund.

How long have you been dancing?

I have been competing for 30 years.

Any memorable achievements?

I was a British National Finalist in Senior Ballroom and was West of England Amateur Ballroom & Latin Champion. I also took part in celebrations for the Queen Mother's 100th birthday, the closing ceremony of the commonwealth games in 2002 and have had several TV & Film appearances

Whereabouts in the country are you based?

Bristol - I am still involved with the Avon club (and have been secretary for 33 years) and organise the Avon Amateurs dance competitions and other events.

Keith Hateley - Vice-President
coaching@eada.org.uk; training@eada.org.uk

When did you join the council?

I joined the Council in 2006

What does your role involve?

I have recently taken on the Amateur Coaching Scheme and EADA Training. I am in charge of booking venues and lecturers and producing the timetable of training days for the year. I am also in charge of disciplinary matters.

How long have you been dancing?

I've been competing for nine years and currently compete in Senior Ballroom & Latin.

Whereabouts in the country are you based?

We are based in the Midlands

What are your other hobbies?

The other hobby is dogs - we travel all over the world for dog shows and contests.



**Pat Fortin -
Membership Secretary**
membership@eada.org.uk

When did you join the council?

I joined the Council in 2006

What does your role involve?

I process all the membership forms and sends out all the membership cards, and I manage all queries relating to registration,

IDSF licences and maintain the membership database. I liaise with the BDC, DPA and promoters and also act as a freestyle representative.

How long have you been dancing?

I compete in Senior III Ballroom and Latin with Mike and have been competing for about 8 years

Any memorable achievements?

We've been over 50s Maltese Championships and Avon Counties Champions.

Rachelle Stretch - Press & Publicity Officer and Universities Liaison Officer



publicity@eada.org.uk
universities@eada.org.uk

When did you join the council?

I was elected onto the council in 2007

What does your role involve?

My aim is to raise the profile of Amateur dancing in this country and ensure our members have all the information and advice they need about competitive dancing. I produce E-Motion the quarterly e-newsletter, InMotion magazine and the monthly dancenews column as well as manage our Facebook group. I also promote EADA and the open circuit to university students.

How long have you been dancing?

I started ballroom and latin at school aged 16 and then started out with social dancing and medals and started competing on the university circuit. I first joined EADA in 2003.

Any memorable achievements?

I was also part of the XS Latin Formation Team and represented England at the World Championships

Whereabouts in the country are you based?

I'm based in Cambridge but seem to spend most of my time travelling across the country!

What are your other hobbies?

At the moment decorating my house!

EADA COUNCIL - WHO'S WHO

The Council



**Mike Fortin - Charts
Co-ordinator**

When did you join the council?

I joined the Council at the start of 2007

What does your role involve?

Last year I took over the administration of the charts: Once we have received the confirmed results from promoters my job is to allocate the points and make sure our online charts are kept up to date. I ensure all those taking part in NREs are EADA members and liaise with the EADA Office over selection of couples to represent England.



Colin Hanson-New - Travel & demos rep & MAD rep
dems@eada.org.uk,
travel@eada.org.uk

When did you join the council?

I joined the council in 2008 as representative for the MAD club.

What does your role involve?

This year I have taken on the role of travel rep and demos coordinator. As travel rep I advise on the travel options for couples selected to represent England in World & European Championships. Couples are also advised to contact me if they compete overseas so I can advise if they are entering a non-IDSF event.

How long have you been dancing?

I've been a member of EADA for about 6 years and compete in Senior II Ballroom.

Whereabouts in the country are you based?

The Midlands.

Ramen Sen - Webmaster:

When did you join the council?

I joined the council in 2008

What does your role involve?

My role is to revamp EADA's IT systems, design and build a new website with increased functionality. I am also the administrator of the Forum.

How long have you been dancing?

I have been dancing for about 12 years and currently compete in Senior I Ballroom & Latin with Fides.

Whereabouts in the country are you based?

Sheffield

Albert Heaney - Child Protection & Parent Rep
parent@eada.org.uk,
childprotection@eada.org.uk

When did you join the council?

I joined EADA this year.

What does your role involve?

I have a background in social services and child protection and I use this to advise EADA on child protection issues and to safeguard young EADA members. Currently I'm looking at the impact of the ISA legislation on the dancing world. I also represent any issues from parents of competitors and respond to any queries.

How long have you been dancing?

My son is the dancer rather than myself, but because of him, dancing has become a full time hobby.

Whereabouts in the country are you based?

I'm based in Wales.



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EADA COUNCIL - WHO'S WHO



Jack Gibson - Anti Doping & Avon rep

antidoping@eada.org.uk, avon@eada.org.uk

When did you join the council?

A few months ago.

What does your role involve?

My role as club rep is to

represent the interests of Avon Amateurs on the Council and to ensure the club is aware of everything affecting amateur dancers. I have taken on the role of anti-doping officer from Keith and will be helping with the administration involved in testing

How long have you been dancing?

I'm more of a social dancer than competitor but I have won some social comps.

Whereabouts in the country are you based?

I'm in Somerset.



Inna Vasilyeva - Assistant to membership Secretary

When did you join the council?

I joined the Council in 2006

What does your role involve?

I help with processing student memberships and the

registration of formation teams.

How long have you been dancing?

I compete in Senior I Ballroom & Latin although I am without a partner at the moment. I have been a member of EADA for 8 years. I am also a keen dress-maker and can make ballroom and latin dresses to order.

Whereabouts in the country are you based?

I'm from Devon, but originally from Russia.



Jamie Le Tissier - GADA rep

gada@eada.org.uk

When did you join the council?

I joined the council about 4 years ago.

What does your role involve?

I represent the interests of

the channel islands club at council meetings and report back to them on any developments in the dancing world.

How long have you been dancing?

I have been dancing for 11 years and currently compete in Senior I Ballroom & Latin.

Any memorable achievements?

I have been champion of the Channel Islands and many decades ago was a UK discodance and breakdancing champion. I help organise the Yorkshire-Guernsey festival each October and helped with the Strictly Dancefloor Challenge charity event.

Derek Wilman - Sequence rep

When did you join the council?

I'm one of the longstanding members of the council and have been involved with EADA since 1988.

What does your role involve?

I act as an advisor for Old Time & Sequence on the Council

How long have you been dancing?

I have been competing in Ballroom, Latin and Sequence for sixteen years

Any memorable achievements?

I was Over 50 British Old Time Champion and also was a successful racing cyclist!

Whereabouts in the country are you based?

I'm another one of the council's northerners and am based in Lancashire.

Fides Matzdorf - Norwest Rep

norwest@eada.org.uk

When did you join the council?

Summer 2008

What does your role involve?

I represent the interests of the 'Northerners' on the Council

How long have you been dancing?

I have been dancing for fifteen years, about 10 years competitively and I now compete in Senior I Ballroom & Latin with Ramen.

Whereabouts in the country are you based?

Sheffield, People's Republic of South Yorkshire

What are your other hobbies?

I used to do lots of Middle Eastern (belly) dancing and still love it -but no time now.



Terri Bowyer - Equity & merchandise

merchandise@eada.org.uk

When did you join the council?

About three years ago, and I started off as parent rep.

What does your role involve?

I ensure we have an up to date equity policy and I am also involved in the order of merchandise and ensuring couples representing England have their jackets.

How long have you been dancing?

I have been dancing for 35 years on and off, but for 11 years as an adult

Any memorable achievements?

When I was dancing with Glenn, we won the Hong Kong senior latin in 2005, we also won Stars in Ballroom and Latin at both intermediate and pre champ in successive years.

Whereabouts in the country are you based?

I'm in Surrey.

What are your other hobbies?

I am studying part time for a science degree and I'm a mum to a very active 11 year old so spend plenty of time on the touch line of hockey pitches, football pitches, netball courts, lacrosse pitches and at the side of the swimming pool!!!!!!



Martin Bird - Sequence

sequence@eada.org.uk

When did you join the council?

I joined at the end of last year 2008

What does your role involve?

I answer any queries that EADA sequence members have and I'm trying to start up some EADA training days for sequence.

How long have you been dancing?

Around 20 years and I currently compete in Sequence and Amateur Ballroom.

Any memorable achievements?

Former winner of the British Amateur Sequence Championship and the Inter Varsity Ballroom competition.

Whereabouts in the country are you based?

Oxford/Swindon

What are your other hobbies?

Teaching is taking up most of my time at the moment, but I also enjoy playing pool, chess and running.

We need your photographs!
Tell us your dance news and get yourself in print!

If you have any news, stories or photographs you would like to see published in the next edition of InMotion, then please send them to Rachele on publicity@eada.org.uk