

Alumni-Newsletter Special Edition



Hello,

I am pleased to share a special edition of the Alumni Newsletter with you today! As 2021 draws to a close, we look back with gratitude on special experiences that have enriched our life on campus in the recent months – despite the ongoing pandemic.

Memories of the first **“Palucca Sommerbühne”** on our campus come to mind. With an unspeakable effort in the rain and in hot summer temperatures, staff and students of the university as well as guests of the Semperoper Ballet made the realization of this first-time event format possible. With a very creative repertoire of contemporary and classical pieces, the dancers once again demonstrated their artistic talent on the open-air stage. Impressions of the „Palucca Sommerbühne“ were captured in a limited edition of a **photo book**. Looking back on 2021, we are very pleased about a **placement rate of our graduates of the Bachelor Dance Program of 100%**. After they presented their final projects on the „Palucca Sommerbühne“ with the premiere of their own online dance film „SYMBIOSIS“, we had the pleasure of saying our goodbyes to the newly graduated alumni as they start their careers as professional dancers in Germany as well as abroad. Likewise, our **graduates of the Master Dance Teacher Programme**, many of whom will continue to be associated with the university in the future as part of the **Palucca Alumni Network**.

A diverse artistic program was also implemented for this year’s **dance week on the Island of Sylt**. The dance week took place under the artistic direction of Prof. Dr. Jenny Coogan and in cooperation with the Nordseeheim Klappholtal. With a total of eight students from the Bachelor Dance Programme as well as the three musicians Tilo Augsten, Frank Liebscher and Kay Kalytta, this year’s dance week once again offered a unique dance event uniting nature and art. With their work **MOMENTO, MA Choreography alumni** Maria Chiara de’Nobili and Alexander Miller made it to the 22 participants of *choreography* 35 this year! The international competition is Europe’s most important platform for aspiring choreographers and was held in Hannover, Germany. More than 400 applications were registered, so as a university we are very happy about the special success of these alumni!

Last but not least, we are grateful that a total of two of the public **Palucca Tanz Studio** performances were able to take place this year within the framework of the Corona Regulation appointed at that time. Together with the audience, our dancers enjoyed two expressive and successful evenings in the Grüner Saal of our university. Now we look into the year 2022. Planned events such as the **Online Master Info Days in January** and **Stunde des Tanzes in March** give us hope to maintain our connection with prospective students, guests and partners in the new year.

I wish you, dear readers, an equally hopeful look into the year 2022. Maintain your creativity and courage despite the current time of uncertainties. I would like to thank you for your constant commitment to Palucca University of Dance Dresden and wish you a joyous Advent and Christmas season and a good start to the New Year.

With this special issue you receive the last contribution of our health series with Eva-Maria Kraft. I would like to thank Ms. Kraft for her extensive input on the topic of „Nutrition for Dancers“ this year and hope that you, too, were able to benefit from her expertise and experience.

Warm wishes,

Shalene Schmidt

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Health Article

How much should dancers eat?

by Eva-Maria Kraft



To round up this series of articles about "Nutrition for Dancers" I would like to address another question, one that is often quite important: How much should dancers actually eat?

In spite of the Body Positivity Movement finding its way slowly into the world of dance, the subject of slimness and a well-proportioned figure is still a necessary issue in some areas?

The genetic predisposition, metabolism, age, and also eating habits, training workload and lifestyle have a fundamental influence on our size, figure and weight. Training with a mirror, the often tightly fitting uniform dancewear, the comparison to others and the comments from colleagues, teachers, or choreographers make it sometimes difficult to remember that to be slim does not equate to being better. And so, for some dancers, it is often a continual nutritional balancing act of staying slim or the wish to become slimmer while still having enough energy, strength, and endurance for training, rehearsals and performances.

Regarding the amount of kilo calories (kcal) which are burned in trainings: there is not a great increase because while dancing, short intensive demands are often interrupted by short breaks for corrections, clarifying steps or because other dancers have their turn. A practical and simple rule of thumb is: dancers should eat one extra meal a day. This can either be spread out over the day, adding a bit at breakfast, lunch, dinner and in the form of snacks or literally in the form of a doubled portion or an extra fourth meal. When and how these extra calories are accommodated depends on one's own preferences and daily routines - some prefer to eat in small portions but more often, others prefer fewer but larger meals.

(See also article no. 1 "Scheduling your meals around your dancing - timing is the key")

Many people are affected by weight fluctuations. This can have numerous causes and is not always an indication that a corrective action or "optimisation" of one's nutrition should be undertaken. For example, stress, lack of sleep, a change in dance training or puberty can strongly influence weight. Menstruation alone can cause a fluctuation of weight in women of up to two kilograms a month. Changes in life such as a change of location, the start of school or training, or the pace in a new company also need time. It can take several months until our metabolism has adapted itself to the new situation and this can lead to changes in weight.

During longer training breaks, such as a vacation or performance-free periods, it is also not unusual to experience changes in weight because there is a discontinuation of regular and intensive training, the daily and nutritional routines are often different and there is a let up of stress. In the case, where the breaks are several weeks long, one should consider adjusting one's nutrition. During short one or two-week breaks, this is not necessary.

During phases of being injured one must maintain a completely different balance: On the one hand, during a necessitated break, the overall need for energy is decreased. On the other hand however, it is this moment when the body specifically needs important nutrients for regeneration and healing - in particular protein and antioxidants. (See also article no. 2 "Nutrition and its influence on injuries") It is also important to consider that, as we grow older, we need increasingly less and less food because our basal metabolic rate sinks naturally with age, even if the amount of physical activity remains the same.

For those who want to know precisely, one's personal kcal-intake can be calculated in the Key Takeaway. At the same time, I would warn you not to take these figures too literally! Nourishment should basically involve enjoyment, intuition and happiness. Regularly counting calories is only necessary when one's weight must be changed for reasons of health and should never be practiced single-handedly but rather only undertaken in consultation with an expert in order to interpret these figures correctly. Normally, we do many things right by ourselves!

Key Takeaway: Calculation of kcal-intake for dancers:

Calculation of kcal-intake for dancers

1. Basal Metabolism

The amount of energy needed by the body to maintain its basic functions in a resting state. For a final result, one needs the second step toward reaching the total metabolic rate.

Women:

$$655 + (9.5 \times \text{weight in kg}) \\ + (1.8 \times \text{height in cm}) \\ - (4.7 \times \text{age}) = \text{kcal}$$

Men:

$$66 + (13.7 \times \text{weight in kg}) \\ + (5 \times \text{height in cm}) \\ - (6.8 \times \text{age}) = \text{kcal}$$

2. Total Metabolic Rate

The necessary total metabolic rate is made up of the basal metabolic rate and the daily physical activity level (PAL-value).

- Training exposure PAL-value
- Without training exposure 1.4
- With light training exposure (approx. 5 h / week) 1.6
- With medium training exposure (approx. 10 h / week) 1.8
- With high training exposure (> 15 h / week) 2.0

$$\text{Basal metabolic rate} \times \text{PAL-value} = \text{kcal}$$

This is the daily amount of kcal. needed to stay permanently healthy and fit!

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Connect with us!

