

Friday, October 10th (Afternoon)



	Bronze 3	Bronze 4	Silver 1 Dance Studio (Premier A)	Silver 2 Dance Studio (Premier B)	Gold 1 Dance Studio (Pre-Premier)	Gold 2 Dance Studio
1:00-1:50		15th Edition of the SDTA Scottish National Dances Textbook Gregor Bowman & Jacqueline Smith	Open Highland Technique Jumpstart Eleanor Belton	Open Forum for BATD Members Joy Tolev & Diane Krugh	Reel Elevation Through Strength & Power Training Sandy Gribbin	Mindfulness for All: Meditation Session Alison MacGregor
2:00-2:50	Teaching New Beginners Kate DeGood	Injury Prevention & Recovery: The Role of Physiotherapy... Laura Donlan	Hebridean Laddie: A Scottish National Dance Jacqueline Smith	Her Heart Will Go On — A Tribute to Mrs. Jessie Stewart-Haggarty, MBE Christine Lacey MBE		Elements of Highland Choreography: Tradition and Creativity in Balance Sheryl Joyner
3:00-3:50	Behind the Score Sheet: Understanding Judging and RSOBHD Rules Deborah Wardrope	Highland Musicality: Mastering Rhythms and Phrasing Donald MacPhee & Deryck Mitchelson	Tribute to J.L. McKenzie: Honouring a Legend in Highland Dance Kelly Abrahamart	Sadie Simpson Honor Dance — A Tribute to Miss Sadie Simpson Christine Lacey MBE	Mastering the Basics: Open Scottish National Technique for Pre-Premier Dougie McFarland	
4:00-5:00	Examining Bodies Meet & Greet Sponsored by the BATD, SDTA & UKA Dance Bronze 2					
7:00-10:00	WHDC Welcome Reception Bronze 2					
7:00-10:00	Swiftie Welcome Dance Party Palace 3/4/5					

Saturday, October 11th (Morning)



	Bronze 3	Bronze 4	Silver 1 Dance Studio (Premier A)	Silver 2 Dance Studio (Premier B)	Gold 1 Dance Studio (Pre-Premier)	Gold 2 Dance Studio
7:30-8:30	Breakfast Platinum					
8:15-9:00		Open Forum for RSOBHD Judges: Navigating Challenges in Adjudication Christine Lacey MBE & Deryck Mitchelson	Yoga for Highland Dancers: Flexibility, Strength, and Focus Alison MacGregor			
9:00-10:10	Open Forum for Teachers: Enhancing Your Highland Dance Best Practices Jennifer Stephenson	Wired to Cope: Practical Tools for Managing Stress, Burnout, and Wellbeing Alison MacGregor	2026 Championship Steps: Sword Dance & Reel Premier A Sheryl Joyner	2026 Championship Steps: Sword Dance & Reel Premier B Delma Wilson	Mastering the Basics: Highland Technique for Pre-Premier Dancers (Fling/ST) Steven MacRae	
10:20-11:30	Inside the Exam Room: What the BATD Examiner is Looking For Diane MacPhee Krugh	Inside the Exam Room: What the SDTA Examiner is Looking For Gregor Bowman	2026 Championship Steps: Fling/Seann Triubhas Premier A Joy Tolev & Alison Plemmons	2026 Championship Steps: Fling/Seann Triubhas Premier B Jacqueline Smith	Mastering the Basics: Highland Technique for Pre-Premier Dancers (Sword/Reel) Sue Burgoyne	
11:40-12:30	RSOBHD Penalties: Correct Interpretation and Application for Adjudicators Shendl Russell BEM	Joining a Tattoo: Your Ultimate Guide Rachel McLagan	Open Highland Technique Masterclass Premier A Michele Yonge & Andrea Tronnes	Open Highland Technique Masterclass Premier B Ellen Cameron	Mastering the Basics: Open Highland Technique for Pre-Premier Dancers Linda Armstrong	
12:30-1:50	WHDC Luncheon honouring Sandra Bald Jones & Cathy Hynd Platinum Dancers Lunch Bronze 2					

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2:00-2:50	RSOBHD Scottish National Textbook: Professional Update on Amendments and Changes Rhona Lawrence	Dance Foundations: A Teacher's Toolkit for Functional Anatomy Deborah Wardrope	World Highland Dancing Conference Special Choreography Sherril Medd		Introduction to the Sailors' Hornpipe and Irish Jig for Pre-Premier Dancers Dougie McFarland	Basic Movements Technique Lab - Highland Fling Sheryl Joyner
3:00-3:50	The Power of Two: Maximizing Success Through Team Teaching Jennifer Miller & Alison Plemmons	RSOBHD 2026 Set Step Lecture (With Technical Committee Video) Christine Lacey MBE & Deryck Mitchelson	The Ultimate Masterclass David Wilton		Strong Starts: Building Turnout and Strength for Pre-Premier Dancers Sandy Gribbin	Highland Dance & the Body: Understanding Physiology for Performance Deborah Wardrope
4:00-4:50			Hebridean Weaving Lilt Shendl Russell BEM		Basic Movements Technique Lab - Seann Triubhas Joy Tolev & Diane MacPhee Krugh	Pilates for Highland Dance Deborah Ward
5:00-5:45		RSOBHD Future Christine Lacey MBE & Deryck Mitchelson				

Sunday, October 12th (Morning)



	Bronze 3	Bronze 4	Silver 1 Dance Studio (Premier A)	Silver 2 Dance Studio (Premier B)	Gold 1 Dance Studio (Pre-Premier)	Gold 2 Dance Studio
7:30-8:30	Breakfast Platinum					
8:00-8:50		RSOBHD Judges Meeting Christine Lacey MBE & Deryck Mitchelson	Stretch & Warm-Up: Preparing the Highland Dancer's Body Sandy Gribbin			
9:00-10:10	The Role of Amateur Exams in a Highland Dancer's Journey BATD, SDTA & UKA Dance	RSOBHD 2026 Set Step Lecture (With Technical Committee Video) Deryck Mitchelson	2026 Premiership Set Steps: Scottish National Dances & Technique Premier A Christine Lacey MBE	2026 Premiership Set Steps: Scottish National Dances & Technique Premier B Shendl Russell BEM	Mastering the Basics: Highland Technique for Pre-Premier Dancers (Lilt/Flora) Fiona Lee	
10:20-11:10			2026 Premiership Set Steps: Sailors' Hornpipe Gregor Bowman	2026 Premiership Set Steps: Sailors' Hornpipe Kate DeGood	Introduction to the Broadsword for Pre-Premier Jennifer Miller	
11:20-12:30		Fuel for Success: Understanding Nutrition for Dancers and Beyond Alison Fettig	Open Scottish National Technique Masterclass All Premier Jacqueline Smith	Open Irish Jig Technique Masterclass All Premier Steven MacRae	Basic Movements Technique Lab - Sword/Reels Rhona Lawrence	
12:30-1:00	Quick Snack Break Bronze 2					

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1:00-1:50		Highland Musicality: Mastering Rhythms and Phrasing Donald MacPhee & Deryck Mitchelson 	Open Scottish National Technique (Excluding Premiership Dances) Sherril Medd 	Wired to Cope: Practical Tools for Managing Stress, Burnout, and Wellbeing Alison MacGregor 	Mastering the Basics: Highland Technique for Pre-Premier Dancers (Barracks/Laddie) Carmen Munawych 	Irish Jig Technique for Males: Mastering the Shillelagh and More Bill Troock & David Wilton
2:00-2:50	History of Highland Dances Jennifer Stephenson 	Injury Prevention & Recovery: The Role of Physiotherapy in a Dancer's Journey Laura Donlan 	Unlocking Your Core Potential Sandy Gribbin 	Rediscovering the Old Steps: Tradition Preserved Rhona Lawrence 	Practice with Purpose: Building Strong Habits for Pre-Premier... Sherril Medd 	Highland Technique with David/Delma David Wilton & Delma Wilson
3:00-3:50		Unconscious Bias in Judging: Awareness, Impact, and Strategies for Fairness Alison MacGregor 	Reel Elevation Through Strength & Power Training Sandy Gribbin 		Highland Choreography with a Twist Eleanor Belton 	