

VOICE STUDY CENTRE

Online SYMPOSIUM

NOVEMBER 2025



The Athletic Artist:

Physical and Vocal Demands in Musical Theatre

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WELCOME

Welcome Voice Study Centre's online symposium,
The Athletic Artist: Physical and Vocal Demands in Musical Theatre.

This event brings together researchers, educators, and performers to explore the unique challenges and opportunities within our field.

Musical theatre requires a level of physical and vocal demand unlike almost any other art form. Our goal for this symposium is to provide a platform for new research, practical strategies, and interdisciplinary conversations that will help shape the future of musical theatre training and performance.

In this event, you'll hear from leading experts in vocal pedagogy, voice science, and performance coaching. You'll gain new insights into preventing injury, managing mental health, and developing sustainable, long-term careers.

We hope you will leave feeling inspired and with ideas on how we can safeguard the long-term well-being of our performers.

Thank you for being part of this vital conversation. We hope you enjoy the symposium!



PRACTICAL INFORMATION

ONLINE STREAMING LINKS

Upon purchase, you will be emailed the Zoom Access link. Use this link to enter the symposium waiting room, where a host will let you in.

REGISTRATION

Registration will open at 4:50PM (GMT) on Wednesday 26th November 2025. You will be let into the event and will be greeted by Debbie.

Formal registration will be open from 4:50-5:00PM (GMT). After this, the introductions will begin.

If you join after 5:00PM (GMT), as not to disrupt our speakers, make sure that your microphone is muted.



PRACTICAL INFORMATION

INFORMATION FOR PRESENTERS AND PARTICIPANTS

We politely ask all presenters to keep to time, and our team will give you a signal with five and two minutes to run. In order to keep on schedule, we ask you to follow these queues.

Participants are encouraged to use the Q+A features available, which are moderated by our team. Depending on the volume of participants, we cannot guarantee that all questions will be answered by our presenters. However, our aim is to address all questions.

At 5:00PM (GMT), we ask all our audience members to mute their microphones. We encourage cameras to be on, in order to create an engaged atmosphere.

RECORDING AND PHOTOGRAPHY DURING THE EVENT

In order to respect the intellectual property of our presenters, participants are not permitted to record the event in any capacity. Photographs must not be taken of any slides or materials used by the presenters.

The recording sent out to you after the event, must not be shared with anyone else. Any violation of these rules, may result in removal from the event.



PROGRAMME

5:00 PM **Welcome and Introductions**

5:05 PM **Keynote Speaker:** [Dr. Amanda Flynn](#)

5:55 PM **Simultaneous Singing and Dancing:** A Cross-Disciplinary Review with [Debbie Winter](#)

6:05 PM **The Additional Demands on the Musical Theatre Performer and Potential Links to Increased Laryngeal Tension:** A Rapid Review with [Dr Claire Thomas](#)

6:20 PM **Interactive Workshop:** Excavating Emotionally Engaged Performance. What is the physical and mental toll for Musical Theatre singers? With [Louisa Morgan](#)



PROGRAMME

PRACTITIONER RESEARCHERS PRESENTATIONS

6:50 PM **The Vocal Athlete:** A Literature Review of Physiological Resilience to Performance Adrenaline in Professional Singers with [Dan Cassin](#)

7: 00 PM **Cross Training and Conditioning for Musical Theatre Performers:** A Theoretical Framework with [Jennifer Myers](#)

7:10 PM **Psychological and emotional well-being of undergraduate theatre artists in Nigerian HEIs** with [Abimbola Adetola Stephen-Adesina](#)

7:20 PM **Singing as a triple threat:** A qualitative study of professional, semi-professional, and vocational trainee performers' experiences of singing while simultaneously performing the three musical theatre disciplines of singing, acting, and dancing with [Christine Descher](#)

7:30 PM **Integrating acting through song and extreme singing techniques for sustainable performance** with [Kaya Herstad-Carney](#)

7:40 PM **Finding Wonderland:** A case study of the teacher as coach in supporting undergraduate musical theatre students in an industry-facing production of Wildhorn's Wonderland with [Racheal Owens](#) and [Frances Williams](#)



PROGRAMME

7:50 PM **Vocal Health Practice for Musical Theatre Singers** with [Catherine Kimmance](#)

8:00 PM **Voice as Gesture and Experience:** Two Performative Paradigms in Contemporary Musical Theatre with [Anca Markos](#)

8:10 PM **Technique You Can See** with [Jeremy Ryan Mossman](#)

8:20 PM **And All That Jazz:** How professional musical theatre performers experience and manage vocal challenges when executing Fosse choreography, and how these insights inform more integrated and sustainable voice and movement pedagogy in training institutions: A Practice-led investigation with [Cathrine Hopkins](#)

ROUND TABLE DISCUSSION

8:30 PM – 9:00 PM **Expert Panel:** [Mary Saunders Barton](#), [Besfort Williams](#) and [Scott Harrison](#).





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