



**ABOUT THE FCBE  
(Catalan Dance Sport Federation)**

**JULY 2008**



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## 1.- WHAT IS DANCE SPORT?

Dance Sport, also known as Dance Competition, is a dance evolution that has a specific technique and has its own sportive competitions.

Dance Sport, also known as Competitive Dance, comprises some forms of dance with a specific technique, and are object of sportive competitions.

Dance sport has some specific characteristics:

- In the couple practise, a 100% equality between men and women is proposed. Man and women compete at the same time and on the same dance floor. It is similar as ice skating, a winter sport with a great tradition and diffusion around the world.
- It is a healthy sport. A doping incident has never happened. The muscular development hasn't an important interest for the dance sport competitions.
- Dance sport has aesthetic characteristics, what explains the interest of the audience from all around the world.
- It requires low cost infrastructures. It is practised in sportive buildings that we can find in all our country, we do not need specific infrastructures.
- Dance Sport is practised in closed infrastructures and its practise is not conditioned by the weather.

The modality recognised as a sport has been Dance Sport Competition, where we can find different disciplines of dance: social or competitive dance, individually, in couples or in groups.

## **2.- Sportive and socio-educational interest of dance sport**

We have always heard that our body is the exterior reflection of our interior live. The human being has to aspire to keep his essential nature and natural state, which consist on the balance between the three spheres that form it:

- 1) Body
- 2) Psychology
- 3) Energy

The human being develops his activities in these three levels, corporal, psychological and energetic. At the same time, any benefit or lack which affects one of these three levels has repercussions on the other two, because they are intimately related. The psychology is a subjective state that we can not see neither touch physically, but the body can be, because it is something objective and tangible at being formed by material. We could affirm that the body is the objective reflection of the psychology. The energetic level would act as a link between the two levels, corporal and psychological.

During the childhood, the development of the personality is physical and psychological. The child builds his psychology from the feeling and physical stimulation, which arrive through the body or, maybe, they have their origin inside the own body.

**(Direction: Body→Mind)**

When we arrive to the adult state we are in possession of a “mind” which directs us, a “body” which answers, and “feelings” that register; the evolution of the personality inverts its sense and the person becomes first of all psychological and secondly corporal.

All the thoughts, feelings, ideas, wishes, emotions, mental procedures and psychological states influence definitively on the body.

In addition to these internal connections, the human being as an individual does not remain alone, he is a social being that interacts with the environment, using behaviour rules which will guide his conduct in a determined society. These interactions provide a cohesion between subjects, and to



be conscious about these process develops the sense of pertinence of the individuals in the social group, so an identity feeling.

By deduction of the preceding explanation, exists three sections where we can act to contribute to give benefits to the individual:

- A) Physical
- B) Psychological
- C) Social

The instrument used for achieve advantages will be our sportive modality, the **Sport dance**. The **Sport Dance** presents two fundamental components that combined from it's essence. On one hand, **physical activity** and, on the other hand, **music** with the psychological effects that can be derived.

### **A) Physic effects**

- **Cardiovascular and Respiratory System**
  - Dance, as all physic activities, makes that these systems work better, improving tissue perfusion, so, providing oxygen and nutrients to the tissues.
  - Regulates the arterial tension.
  
- **Endocrine system**
  - Evading the sedentariness, we prevent the excess weight and, in a superior level, the obesity (260-365 calories/hour).
  - Favours the mobility of the fat.
  - Grows the drainage of the liquids and eliminates the toxins (Transpiration).
  - Reduces the cholesterol levels in the blood (Cholesterolemia).
  
- **Musculoskeletal system**
  - It improves the physical appearance, by working with the posture of the body and with the corporal alignment.

- It works the balance, agility and coordination of movements. It improves the reflex.
- Muscular groups get stronger and improving of the elasticity of the ligaments and tendons. As a consequence the flexibility, the strength and resistance improve.
- The osseo replacement is stimulated, with a preventive effect in front of the articular pains and the osteoporosis. Improves the live quality.

### **B) Psychological effects**

- It produces a self-knowledge process that increases the autoesteem and the comprehension, acceptance and value of the body and the personality. The trust in oneself and the clearness of thoughts increase.
- It helps the creativity and the personality expression of every person.
- It contributes to achieve discipline and self-control.
- It develops the sensibility, corporal expression, coordination, visual memory, musical hearing and rhythm sense.
- With the symbolism of the body movement we can express emotions, affection and feelings.
- It stimulates the memory, the concentration and the capacity of physical answer to stimulus and brain orders.
- It canalises the adrenaline and allows to liberate tensions.
- Endorphins liberation produces a feeling of pleasure and well-being.
- We can achieve a relaxation state which will allow us to feel free.
- It strengthen the psychology of the human being, achieving moderate effects, but positive on the depressive states, anxiety and stress.
- Helps to fight the insomnia.
- Improves the seduction capacity.

### **C) Socio-educative effects**

- It allows to overcome the shyness and other sociability problems.
- It is developed in a context of social relations and this helps to fight the loneliness and to avoid the tendency of volunteer isolation (mostly when we are young).
- Possibility of sharing the same hobby with other persons.
- Exposition to new experiences.
- Knowing of the contrary sex and helps the relations.
- Musical cultural development.

- Utility as a pedagogical instrument in the development of determined aptitudes ( corporal expression, musical hearing...).

### **3.- DANCESPORT AND COMPETITION DISCIPLINES**

Nowadays, the disciplines that are perfectly structured in the FCBE are:

- **The Dance sport and Competition International Style.**- Formed for the group of the Ballroom dances (Slow Waltz, Tango, Viennese Waltz, Slow Fox and Quickstep) and for the group of Latin Dances (Samba, Cha cha cha, Rumba, Pasodoble and Jive). The dances can be executed in couples or in formation, that is a group of couples together, with a concrete music and their routine.



**Couples prepared for a competition in Latin dances International Style.**

- **Dance Sport and Competition Country.**- Country Dances, Anglo-Saxon origin which are executed in an individual way and in line (Lineal dance or Country Line), according with a concrete music and it's routine (rhythms of Slow waltz, Cha cha cha, Rumba, Funky, etc.) or in couple (Country Western), a rhythm of Slow Waltz, Two Step, West Coast Swing, Night Club, etc.

The FCBE has a Catalan Team of both modalities, representing Catalonia in an International level.



**Couple in a Country Western competition.**

#### **4.- HISTORY ABOUT DANCE SPORT IN OUR COUNTRY**

On 2002, in the Dance sport and Competition International Style area, there was a total of 15 Clubs registered in the Sportive Entities of the Catalan Council of the Sport of the Generalitat (Catalan government) of Catalonia. They constituted the Union of Clubs of Dance sport of Catalonia (UCBEC). UCBEC was created as a transition structure which was necessary before that the Administration recognized us as a Federation.

Dance sport was practiced before in our country in the middle of the thirties, being Barcelona the most important central office.

Then, there is a long break and in the 80's it is introduced again. Once again it starts in Barcelona and it is expanded on the rest of Catalonia. Next, is also expanded on the rest of autonomous communities by this order: Valencia, Aragón, Galicia, Madrid and Illes Balears.





In the beginning of the 90's first competitions are organized in a national level, valid for the ranking. In this competitions participated 50 or 70 partners, mostly from Catalonia. This number increased every year, arriving to 500 partners in some competitions.

In the 2001, the Country Dance is introduced, practiced in an individual way and in line. In Girona province, from where it is extended to the rest of Catalonia. In a popular social dance way.

In 2004 the specialities of Country Line and Country Western became integrated in UCBE, with the International Style.

## **5.- EVOLUTION OF DANCESPORT IN CATALONIA**

In Catalonia exist some references of the Dance sport practice in the 30's, when the 23rd May of 1935 was realized the First Official Championship of Catalonia and the First Grand Slam of the Generalitat, in the Grand Price of Barcelona (**Attachment 1**).

From then, Social Dance has been developing till today, which is known as Dance sport, where the teaching, practice and training are linked to rules and routines, as any sportive activity, being Catalonia the principal country of it's development because of the number of dancers as their level. An example of this leading is that of the 4000 dancers of all the State, more of the half are members of the Catalan Community, and another example is the international projection of our dancers. The most clear example is the partner formed by Miquel Alonso and Eva Angües who, with other titles achieved in their dance career, they have been six times World Champions in the Latin Senior modality.

Nowadays, Miquel and Eva are a symbol of effort and dedication in our country. They left competitions in Salou in 2005, after being world champions for six times. Now they teach new dancers.

Nowadays, the international results of our Catalan dancers can't be more hopeful.

2008.-

- Manuel Ramírez – Júlia López → Senior Latin World Champions
- Jordi Mayral – Eva Aguilera → World Senior Latin Second Place

2007.-

- Joel López – Rosa Carné → Junior 2 Latin World Champions

2006.-

- Fina Comas → Country Line World Champion



In order to go on in the process of official recognition of the dance sport as a sportive modality, the 11<sup>th</sup> November 1.999, V6 Club of dance sport was created in Barcelona, it was the first sport dance club recognised, the 18<sup>th</sup> May 2.000, by the *Consell Català de l'Esport de la Generalitat de Catalunya*.

After, fifteen clubs succeed it all around the Catalan geography ( Barcelona, Manresa, Girona, Quart, Arenys de Mar, Puigcerdà, Creixell, Tortosa, La Garriga, Sant Cugat del Vallès and Figueres).

As a consequence, in 2.002 a group of dancers of dance sport created in Barcelona the *Unió de Clubs de Ball Esportiu de Catalunya* (UCBEC), which was formed by sixteen clubs registered in the *Registre d'Entitats Esportives de la Generalitat*, with the purpose to group all the schools, clubs or groups, which practise this sport in Catalonia.



After ending the period of time as *Unió de Clubs*, last 13<sup>th</sup> September, the Federation was founded, with the participation of the representatives of all the clubs. From this moment Catalonia has the first Dance Sport Federation in Spain. This is a very satisfying fact for us.



***Board of directors and Presidents of the Founders Clubs, the 13<sup>th</sup> September in Palau Melcior Colet (Barcelona).***



UCBEC creation and the following transformation into the Catalan Dance Sport Federation, FCBE (*Federació Catalana de Ball Esportiu*), wouldn't have been possible without the institutional support of the *Consell Català de l'Esport de la Generalitat de Catalunya*, which has always defended the values of the Catalan sport, and has been the first one to recognise a Dance Sport Club.

The 14<sup>th</sup> March 2008, the General Secretary of Sport, Mrs. Anna Pruna, signed the recognition of the Catalan Dance Sport Federation, FCBE (*Federació Catalana de Ball Esportiu*). The FCBE is registered in the Register of Sportive Entities of the Generalitat de Catalunya with the number 13.484.

## **6.- NOWADAYS SITUATION OF DANCE SPORT IN CATALONIA**

Nowadays, the FCBE is processing the licenses for two thousand Catalan dancers who practise this sport in competitions; social dancers other dance disciplines can integrate in the federation.

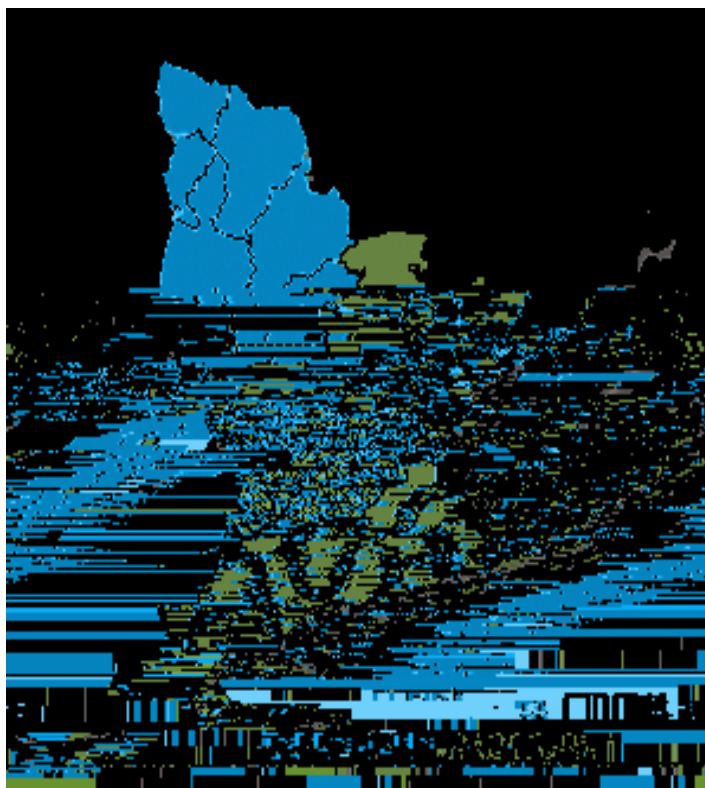
In March 2008, after the negotiations with the President of the Union Country Western Dance Council (UCWDC), and with the support of the General Secretary of Exterior Affairs and The Pro-National Team Catalan Platform, the Catalan Dance Sport Federation was in the Spring Meeting of the UCWDC in Chicago where it was presented by the President of the FCBE, and was voted as a member of the UCWDC. The suggestion was admitted, so the FCBE was accepted.

From this date, the FCBE is one of the 15 Catalan federations recognised internationally, and it can represent Catalonia, with all the other countries, in the international events organised by this entity.

## 7.- DISTRIBUTION OF THE DANCERS IN CATALONIA

### Previous considerations:

- In the province presentations we will order them alphabetically.
- The numbers are referred to the dancers of the sportive modality of Dance Sport, competitive (Federative Licenses) or social (Sportive Licenses).
- We have into account the dancers that belong to a Dance Sport Club and also the ones that are individually accredited.











## **8.- SPORTIVE COMPETITIONS IN CATALUNYA**

Competitions in Catalonia start at the end of September and finish at the beginnings of July. The summary of the seasons since 2004 to 2008 is:

### **Season 2004 – 2005.-**

- 37 valid competitions for the state ranking.
- 3 valid competitions for the IDSF International ranking.
- 12 competitions Open / Circuit.
- 1 Match Play for teams.
- 2 Memorials (Jaume Noguera and Mariona Cortés).
- 1 World Championship 2004 Youth Latin in Platja d'Aro.
- 1 Catalan Championship 2005 Latin in Barcelona.

### **Season 2005 – 2006.-**

- 31 valid competitions for the state ranking.
- 3 valid competitions for the IDSF International ranking.
- 3 competitions Open / Circuit.
- 1 Memorial ( Mariona Cortés).
- 1 World Championship 2005 Junior II Latin in Platja d'Aro.
- 1 World Championship 2005 Senior Latin in Salou.
- 2 Catalan Championship 2005 (Std – Granollers and 10 dances – La Garriga).
- 1 Spanish Championship 2006 Latin in La Seu d'Urgell.
- 1 World Championship 2006 Junior II Latin in Barcelona

### **Season 2006 – 2007.-**

- 31 valid competitions for the state ranking.
- 3 valid competitions for the IDSF International ranking.
- 1 World Championship 2006 Youth Ten Dances in Platja d'Aro.
- 2 Catalan Championships 2006 (Latin – S. Fruitós and 10 dances – Granollers).
- 1 Catalan Championship 2007 Standard in Barcelona.
- 1 Spanish Championship 2007 10 dances in Constantí.
- 1 World Championship 2007 Junior II Ten Dances in Barcelona.

### Season 2007 – 2008.-

- 27 valid competitions for the state ranking.
- 6 valid competitions for the IDSF International ranking.
- 1 Open competition.
- 1 Memorial (Mariona Cortés).
- 2 Catalan Championships 2007 (Latin – Constantí and 10 dances – Barcelona).
- 1 World Championship 2008 Senior Latin in Sant Cugat.
- 1 Spanish Championship 2008 Standard.





## **9.- DANCE SPORT SITUATION INTERNATIONALLY.**

In 1.995 dance sport was provisionally recognised by the International Olympic Committee (IOC). In 1997 the IOC recognised the International Dance Sport Federation (IDSF) as an institution dedicated to defend the interests of this sport.

The IDSF develops a great work plan with the objective to achieve the total recognition by the IOC. The majority of its members are recognised for their respective national sportive organizations. A total of 59 countries have been accepted as members of their own National Olympic Committees, but this objectives has not been achieved in our country yet, for this reason one of the firsts actions of the FCBE, once finalized it's constitution, has been to ask for the integration, as a sportive federation, in the Catalan Olympic Committee (COC).

The IDSF represents more than 4 million athletes, and more than hundred of thousands of social dancers as regular members of clubs who want to be competition dancers.

In 1.999, Mr. Joan Antoni Samaranch in his condition of President of IOC, presided for the first time the World Latin Championship organised by the IDSF that year. In 2.005 he was present in the World IDSF Senior Latin Championship in Salou (Tarragona), where he received a tribute by the IDSF in gratefulness to his support (**Attachment 2**).

Since the end of 2.001, a Spanish, Mr. Carles Freitag Muñoz, assumed the functions of General Secretary of the IDSF, and in 2.006 he became the President of this entity, establishing the headquarters of the Presidency of the IDSF in Sant Cugat del Vallés.



**Attachment 1**  
**First ballroom dance Championship in Catalonia**



**GRAN PRICE**

MAIG  
**23**  
10'30 nit  
1935.

**SENSACIONAL ACONTEIXEMENT**

Fastuós Ball de Gala Continu i Presentació del:  
**PRIMER CAMPIONAT OFICIAL PROFESSIONAL DE CATALUNYA DE BALLS DE SALÓ**  
«1935» amenitzat per les renomnades orchestrines «1935»

**PRICE Band**  
**Orchestra PROSS**  
(augmentada)

**Espectacle Meravellós**

A la una en punt de la matinada, presentació del dit campionat al estil de les grans capitals europeas, disputanse el

**PRIMER GRAN PREMI DE LA GENERALITAT DE CATALUNYA**  
e importantíssims premis cedits per les cases comercials de Barcelona, que s'adjudicaran en els següens balls:

«VALS BOSTON» «SLOW FOX» «TANGO» «PASDOBLE»

Prenent-hi part les millors parelles de més prestigi i reputació que es troben en l'actualitat a Barcelona

Assisteixin a admirar els colosos del ball en una competició apoteósica en el

**GRAN PRICE**

JURAT COMPETÍSSIM COMPOST PER ESCRIPTORES, ESCULTORS, PERIODISTES I ARTISTES DE LA PANTALLA.  
ASSESSORAT PER VARIAS PROFESSORS DE BALL

Organització i direcció a càrrec del conegut director artístic **EMILI BRULLET**

Entrades: 330. Senyoretas: gratis.



**Attachment 2**  
**Latin World Senior Championship 2005 Salou**



# top dance aebdc news

Nº 12 Octubre - Diciembre 2005



El Exmo. Sr. Juan Antonio Samaranch, Presidente Honorario del COI, da su pleno apoyo para que el Baile Deportivo sea reconocido deporte en el Consejo Superior de Deportes de Madrid.

From left to right, Mr. Carlos Freitag, Mr. Joan Antoni Samaranch and Mr. Rudolf Baumman, in the Latin World Senior Championship 2005 celebrated in Salou (Tarragona)