

IDSF FONDAZIONE HERITAGE

THE CHARTER OF EXCELLENCE

The vision and the 10 pillars of holistic education



FONDAZIONE HERITAGE

THE HERITAGE OF EXCELLENCE, THE VISION OF THE FUTURE

A modern perspective for couple dancesport

THE VISION

Dancesport organisations are experiencing a period of growing transformation, in which the limitations of traditional organisational models are emerging with ever greater clarity.

Great tradition, institutional recognition, international presence and solid structures represent fundamental values, but today they are no longer sufficient, on their own, to build the future.

A modern sports organisation must know how to communicate, engage, build loyalty, innovate and, above all, transform people's talent and interest into participation, growth and value.

It is precisely from this perspective that the **IDSF Heritage** model was born and continues to develop.

A model founded on the awareness that the heritage of couple dancesport must not simply be preserved, but must be enhanced, studied, passed on and projected into the future.

The objective is to unite the excellence of the great tradition of couple dancesport with a modern managerial, communicative, scientific and international vision.

Not a choice between tradition and innovation.

But the conviction that **tradition must become the foundation of innovation.**

FROM EXCELLENCE TO COMMUNITY

A modern organisation cannot limit itself to registering athletes, organising competitions and administering structures.

It must create a community.

It must know how to listen, communicate, engage and build an authentic sense of belonging.

The athlete, the couple, the professional, the technical expert and the school must not simply be elements of an organisational system, but protagonists of an international community founded on the culture of dance, quality and growth.

From this perspective, the comparative analysis conducted among major international benchmark organisations in dancesport, across five strategic dimensions — institutional recognition, network reach, interaction, loyalty

and the effectiveness of educational conversion — gives the IDSF Heritage model an overall average of **7.8/10**, the highest value in the comparison.

The most significant finding, however, is not merely the final score.

It is the combination of the elements.

The values attributed to interaction, loyalty and educational conversion highlight a clear direction:

to build an organisation in which the relationship with people becomes the driving force of growth.

Because a strong community is not born solely from the size of a network.

It is born from the quality of the relationships it is able to create.

MANAGEMENT AT THE SERVICE OF ART

Speaking of modern management does not mean transforming dance into a business.

It means applying to dance the tools that enable contemporary organisations to grow:

strategy, communication, education, research, analysis, technology, brand building, relationships with the community and the ability to design the future.

Technology and management must not replace art.

They must enable art to express its full potential.

Modernity, therefore, is not the overcoming of tradition.

It is the ability to use new tools to protect and develop the most precious things that tradition has built.

Because a great discipline does not need only to be preserved.

It needs to be understood, enhanced, studied and carried into the future.

THE ATHLETE AT THE CENTRE

At the heart of the IDSF Heritage vision lies a fundamental conviction:
the most important heritage of a discipline is the people who live it, represent it and enable it to evolve.

For this reason, the athlete is not regarded solely as a performer or competitor.

They are a person in continuous evolution.

They are an athlete.

They are an artist.

They are part of a couple.

They are an interpreter.

They are a professional in training.

And, above all, they are the protagonist of a journey.

Excellence in couple dancesport is not born from talent alone.

It is born from the quality of the journey, knowledge, discipline, awareness and the integration of different skills.

The **IDSF Heritage Educational Pathway** was born from this idea.

THE HOLISTIC EDUCATION OF EXCELLENCE

IDSF Heritage proposes a holistic, scientific and multidisciplinary educational model in which the athlete is supported in their entirety.

Technique.

Body.

Mind.

Art.

Science.

The couple relationship.

Values.

The objective is not simply to train athletes to execute a movement more effectively.

It is to develop people who are able to understand their own bodies, fulfil their potential, express their personality and transform technique into a higher form of artistic performance.

Excellence thus becomes the result of a structured and conscious journey.

From this vision comes the model of the **10 Pillars of IDSF Heritage Holistic Education**.

THE 10 PILLARS OF HOLISTIC EDUCATION

1. TECHNICAL EDUCATION

The pursuit of perfection in movement

Technique represents the foundation of excellence.

Through an in-depth study of the Standard and Latin American disciplines, the athlete develops knowledge of the fundamental principles of movement, body control, balance, coordination, posture and connection.

The pathway aims to develop:

- precision and efficiency of movement;
- postural quality;
- body control;
- balance and coordination;
- quality of connection;
- elegance of execution;
- the ability to transform technique into expression.

Technique is not merely a skill.

It is the language through which the art of dance takes shape.

2. SCIENTIFIC RESEARCH AND INNOVATION

Knowledge at the service of performance

The tradition of the great teachers meets the most advanced methodologies.

IDSF Heritage considers scientific research a fundamental tool for understanding and developing the performance of the modern athlete.

Biomechanics of movement

Analysis of posture, balance, weight transfer and the bodily dynamics of the couple, with the aim of achieving maximum efficiency in technical movement.

Performance science

Study of the factors that determine high-level performance and the relationship between technique, physical abilities and artistic expression.

Neuroscience and motor learning

Study of the cognitive processes connected to movement, perception, coordination and motor memory, in order to optimise learning processes.

Technology and data analysis

Use of video analysis and digital tools to monitor performance, identify areas for improvement and build increasingly personalised pathways.

Science does not replace experience.

It makes it more conscious.

3. ELITE ATHLETIC PREPARATION

Building the athlete's body

The body is the instrument through which technique and art become performance.

The pathway includes the development of:

- strength;
- endurance;
- mobility;
- balance;
- neuromuscular control;
- physical abilities specific to dancesport;
- management of training loads;
- injury-prevention strategies.

An athlete of excellence requires a body prepared to sustain the highest expression of technique and art.

4. TESTING, ASSESSMENT AND MONITORING

Measurable growth

Excellence requires awareness and continuous evolution.

For this reason, IDSF Fondazione Heritage develops assessment systems designed to understand the athlete and support their growth.

The pathway may include:

- physical and functional tests;
- technical performance analysis, match analysis;
- monitoring individual and couple progress, audition;
- assessment of workloads;
- recovery analysis;
- workshops
- personalised improvement programmes.

Measurement is not an end in itself.

It is a tool for understanding the athlete more fully and guiding the development pathway.

5. HEALTH, PREVENTION AND SPORTING LONGEVITY

Caring for the athlete over time

The development of a high-level athlete must be accompanied by care for the person.

The objective is not merely to achieve peak performance.

It is to build a solid, sustainable and enduring career.

The pathway focuses on:

- injury prevention;
- analysis of bodily imbalances;
- recovery strategies;
- education in caring for the body;
- conscious management of training loads;
- collaboration with specialised professionals.

Excellence is not measured solely by results.

It is also measured by the ability to endure over time.

6. MENTAL COACHING

Developing the strength of the mind

Peak performance is born from the union of physical and mental preparation.

The athlete is supported in developing:

- concentration;
- awareness;
- management of competitive pressure;
- confidence in their own abilities;
- resilience;
- mental discipline;
- the mindset of an elite athlete.

The mind represents a fundamental component in transforming potential into results.

7. ART, CULTURE AND INTERPRETATION

Beyond technique

Couple dancesport is both a technical discipline and an art form.

For this reason, education cannot stop at execution.

It must develop the ability to interpret, communicate and move an audience.

The pathway includes:

- musicality;
- interpretation;
- expressiveness;
- culture of movement;
- artistic sensitivity;
- development of personal style.

Technique makes it possible to execute a movement.

Art makes it possible to leave an emotion.

8. THE COUPLE

A new identity beyond the individual athlete

Dancesport is born from the relationship between two people.

A couple of excellence is not simply composed of two high-level athletes.

It is a new identity.

For this reason, IDSF Heritage develops skills related to:

- connection between partners;
- effective communication within the couple;
- mutual trust;
- mutual listening and understanding;
- balance between individuality and unity;
- building the couple's technical identity;
- building the couple's artistic identity.
- building a strong identity as a couple;

A great couple is not simply the sum of two athletes.

It is a new form of expression.

9. CULTURE, VALUES AND THE ATHLETE'S GROWTH

The person beyond the performer

An athlete of excellence is first and foremost a person.

The IDSF Fondazione Heritage pathway promotes:

- discipline;
- responsibility;
- respect;
- a culture of quality;
- awareness;
- sporting ethics;
- the continuous pursuit of improvement.
- **Integrity and the athlete's lifestyle**

Education is not concerned solely with what an athlete knows how to do.
It also concerns what they represent.

Because the true heritage of a discipline is not composed solely of its champions.

It is composed of the values that those champions are capable of passing on to future generations.

10. LEADERSHIP, PROFESSIONALISM AND LEGACY

Becoming protagonists in the future of the discipline

An athlete of excellence must not only be prepared to compete.

They must be prepared to represent the discipline, assume responsibility, pass on knowledge and, over time, become an active part of its development.

The pathway aims to develop:

- personal leadership;
- communication skills;
- professionalism;
- awareness of one's role;
- the ability to represent the values of the discipline;
- a culture of knowledge transmission;
- responsibility towards future generations;
- the ability to leave a legacy.

The final objective is not merely to develop a champion.

It is to develop a person capable of becoming part of the discipline's heritage and contributing to its future.

AN INTEGRATED MODEL

The ten pillars do not represent separate pathways.

They are parts of a single system.

Together they build a pathway in which every dimension contributes to the athlete's development.

Technique enters into dialogue with science.

Physical preparation supports performance.

The mind governs pressure.

Art transforms movement into expression.

The couple transforms two individuals into a new identity.

Values give meaning to the journey.

Leadership transforms individual experience into responsibility towards the discipline.

This integration is the heart of IDSF Fondazione Heritage holistic education.

A VISION THAT BECOMES THE FUTURE

IDSF Fondazione Heritage was born from the encounter between **tradition and evolution, sport and art, science and innovation, the individual and the community.**

The heritage of couple dancesport is not simply preserved.

It is **studied, enhanced, passed on and developed.**

The athlete remains at the centre: person, sportsperson, artist, part of a couple and future guardian of the discipline.

The ten pillars represent the pathway through which this vision becomes tangible.

From heritage to knowledge.

From knowledge to education.

From education to excellence.

From excellence to the future.

IDSF HERITAGE

THE HERITAGE OF EXCELLENCE.

THE VISION OF THE FUTURE.