

Pre-Pointe/Pointe: Seven Hills Dance

Pre-Pointe is a technique only class taken in regular ballet shoes that does not participate in the recital and is geared toward preparing students for pointe work. Students will be evaluated based on their performance throughout the year with more specific testing occurring toward the end of the year. They will be notified at the end of the year if they have received an invitation to be fitted for pointe shoes (fitting should occur in July) and enroll in pointe class for the following season. Regular pointe classes participate in recital.

Many factors go into a student's readiness for pointe. They must be ready physically and emotionally to handle the demands of pointe work. It can be dangerous if a child starts too early or if they do not have sufficient strength, core control, joint flexibility, technique, and maturity. It is important that their body is ready and has developed enough to protect the growing bones and growth plates in the feet to avoid injury or damage.

If we feel your student is not ready for pointe yet, they are welcome to inquire about re-evaluation next year. There are instances where some students are unable to do pointe based on individual development.

We appreciate your trust as we strive to make the safest decision for all involved!

Requirements for Pointe:

The requirements that should be met before a student is permitted to dance en pointe include the following:

- Students must have a Teacher's permission
- Students should be twelve years of age. Must be at least a minimum of eleven.
- Students must have at least three consecutive years of consistent ballet study.
- Student is a healthy dancer, in good physical condition.
- Students must have good turn-out, balance, and body alignment with a true understanding of their core.
- Students must have a strong abdomen & back with sufficient strength in their legs and feet.
- Students must have strong body awareness.
- Teachers may require students to obtain permission at the physicians' discretion.
- Students must have a strong understanding of ballet terminology.
- Students are mature, demonstrating ability to focus in class with appropriate ballet etiquette.

Areas of Assessment

- ✓ Ballet technique
- ✓ Stage of physical development and dance training
- ✓ Strength, flexibility and articulation in the feet and ankles
- ✓ Turnout & balance
- ✓ Core control and stability
- ✓ Hip, knee and body alignment
- ✓ Screen for past or current injuries that may interfere

Pointe Shoe Info

- **The average pointe shoe cost is \$75.00 - \$100.00. Students will be personally fitted for shoes at Carolina Connection when given permission to do so. Calling for an appointment in advance would be required at that time. Plan for a one hour fitting.**
- Students traditionally need new pointe shoes at the beginning of each dance year, but some may need more than one pair in a single dance year. Every student breaks in shoes at a different rate.
- Teachers may also advise students to purchase an additional pair of shoes if they see that they are not supporting a dancer correctly. Purchasing new shoes when encouraged is imperative for student safety.
- You will be provided with info to assist with sewing ribbons and elastics on shoes for proper use.