



Going En Pointe

5 Classes per Week Required at an approved school

Black Leotard, Pink Tights, Red Ballet Belt, Pink Ballet Slippers

Student must be taking 3-5 classes per week for two years prior to being considered for pointe work

The student must be at least 12 years of age. This is a general guideline. Not all students are ready at age 12.

Student must exemplify strong understanding of foot work, the use of demi pointe, have a deep demi plie and a high relevé

The arch of the foot must extend forward on relevé for ankle and calf safety

The student must be able to keep get the top box of the show on the floor in tendu without bending the knee for lower back and knee safety

The hip flexors must be elongated for lower back and knee safety

The foot must be full, or nearly full grown. This should be discussed with a doctor.

Student must turn in a hand-written essay on common injuries associated with pointe work

Once the student is advised that they are ready for pointe, they are required to take 8 weeks of pointe class as pre-pointe (without pointe shoes). During this time they will turn in their essay on common injuries. They will then consult with their teacher on the type of pointe shoe that is appropriate for their foot and the required accessories including toe pads, elastics, ribbons, etc. They will be advised how to sew the shoes at that time. Dancers must sew their own shoes and keep a sewing kit in their bag at all times. Dancers will begin with no more than ten minutes of pointe work per week for several months. Pointe shoes should be left at the studio.