

Pointe Shoe Information

Starting the 2007-2008 Season there will be set aside 3 “informational pre-pointe” Saturday classes:

1—in August following the Company Audition Workshop TBA @ 10:00 am

2—in January after dancers come back after the holidays TBA @ 10:00 am

3—in May after Spring Showcase TBA @ 10:00 am

(dates will be posted on the website www.andalusiaballet.com and available from Mrs. Bass mid- summer)

All interested dancers ages 9 and up & their parents are invited to attend. They will be evaluated to determine their readiness for pointe class. During these classes we will cover the evaluation process step by step.

A major portion of this class is addressed to the parents. Parents are *required* to attend the classes with their dancer. The time will be used to educate and inform both parents and dancers about pointe work. ***Pointe shoe evaluations are to be viewed as an informative session and are used to judge a student’s Readiness for pointe work they are not a pass/fail test.*** A brief written evaluation will be given to all dancers following the pre-pointe meetings.

Topics to be discussed include:

Children of the same age group vary enormously in their skeletal development, mental maturity and muscular strength. For a dancer to be successful with pointe work it is crucial that the dancer be prepared for the physical and emotional demands of the training. The first dancers to get their pointe shoes do not necessarily become the best dancers.

What it means to be “ready” (bones, growth, maturity, commitment, responsibility, etc.)

An explanation of what the dance teacher is looking for in the student and demonstrations of specific exercises the dancer can practice to help strengthen their technique and especially their feet and ankles.

Instruction on the care, fitting and purchasing pointe shoes.

All of the following steps and positions must be easily& consistently performed without the barre and with correct placement.

~~✂~~ Student must be able to balance on demi-pointe in 1st position for 16 counts

~~✂~~ Student must be able to balance in retire’ devant on demi-pointe for 8 counts

~~✂~~ Student must be able to perform the following combination of releves:

* 4 in 1st position

* 4 on the right foot with the left foot in coup de pied derriere

* 4 on the left foot with the right foot in coup de pied derriere

~~✂~~ Student must be able to developpe’ en croix, showing the ability to maintain the extension properly placed at 90 degrees

~~✂~~ Student must be able to temps leve on each foot 8 times holding the other foot properly placed in coup de pied derriere