

## Point Shoes

Pointe work is a detailed and demanding art form. As a result, there are specific technical abilities and physical requirements that must be met before girls should be allowed to begin this advanced level of training. To begin pointe work before these criteria are met can result in serious, long-term injuries. Keeping in mind that your child's long-term health is of primary concern, the following must be met.

1. Girls must be a minimum of 11 years old and showing signs of puberty. This is to ensure that bones are beginning to harden appropriately. This will not happen for all girls at the same age. Be patient with your body!
2. Students should have completed several years of ballet training in preparation for pointe work
3. Students must be currently enrolled in, and regularly attending, a minimum of 3 ballet technique classes per week at The Dance Pointe
4. Students must be able to demonstrate proper skeletal alignment specific to ballet and be able to control this alignment throughout the various exercises given in class.
5. Students must demonstrate musical acuity and be able to accurately reproduce movement sequences presented in ballet technique class.
6. Students must demonstrate a working knowledge of level appropriate ballet terminology.

Students approved by Ms Farry for pointe shoes will be fitted by her and presented with their own copy of The Dance Pointe Book, an excellent introductory guide to pointe work and shoe care.

Once approved to begin pointe work, all pointe students must:

1. Be currently enrolled in, and regularly attending, a minimum of 3 ballet technique classes per week at The Dance Pointe
2. Take a minimum of 5 weeks of summer ballet classes at The Dance Pointe or other approved summer workshop opportunities
3. Replace worn shoes in a timely manner. This can be as often as monthly for a very active and strong-footed ballet student. Please plan accordingly, as these shoes are expensive and require proper preparation and break-in before they can deliver top performance.
4. New students who have previously studied pointe will be evaluated by Ms Farry before allowed to continue.
5. Students who have had an extended absence or injury, or who have not worked in their pointe shoes for more than 2 months, will be required to achieve an acceptable level of strength before continuing on pointe. This will be determined by Ms Farry