

## POINTE REQUIREMENTS FOR SBA

- Minimum age of 12
- Doctors okay (This is a normal physical, general overall health, are you where you should be for your age, height, weight, etc. Any concerns or limitations you may have.)
- Parent's okay
- Strength test with Miss Earlet
- Minimum of 2 years sound basic training
- Attend min. of 2 classes per week (this includes being on time so that you are properly warmed up. Also to make sure you have time to put pointe shoes on correctly!)

### Cost

Cost is anywhere from \$75 – 100 for the first pair. Cost depends on type of toepad and shoe that is chosen.

Miss. Earlet will go with you to fit the first pair. It is recommended that your instructor sees your 2<sup>nd</sup> & 3<sup>rd</sup> pair on your feet BEFORE you sew anything on them!

You will need to keep needle, thread, small pair of scissors, tape, moleskin, and a pair of nail clippers in your dance bag. Moms please let your daughters do as much on their own in preparing and taking care of their shoes.

### Preparation for Your First Pointe Class

The sewing of ribbons and elastic on your shoes needs to be exact! Please DO NOT sew ribbon and elastic on until you have been shown by your instructor. Do not cut ribbon until first day of pointe class when the instructor has seen you tie your shoes correctly. DO NOT practice at home in the first 12 weeks. Bad habits can be made quickly with out an instructor to watch you. Walking around on the FLAT is okay to help break in the shoe, but do not go up on pointe in them. DO strength and flexibility exercises with out shoes on. Make sure you pay close attention to the alignment of your foot to ankle, to knee, to hip when you are doing any exercise.

### FOOT CARE

The health of your feet is very important. Make sure feet are clean and the nails trimmed. It is better to cut nails a day or two before your pointe class, not the day of. Wear your tights and socks for the first 12 weeks of pointe conditioning. The first 12 weeks is vital. This is the window in which your body will be adjusting to this new and exciting part of your dancing. Please be on time and don't miss. If for some reason you are unable to attend, contact your teacher and make arrangements for a make up class. If you start missing too many classes and not coming to make up classes you will have to start your 12 weeks over. This 12 week rule of thumb is based on Wolf's Law, which basically states that it takes that amount of time before the body makes certain movements (muscle memory) become a habit, or natural part of your movement.

## POINTE WORK IN GENERAL

Pointe work is a very individual thing. Just as everyone's feet are different. In the first 12 weeks you may feel discouraged, or you may be so excited that you can't think of anything else. Everyone is different. Make sure you communicate with your instructor. AS an instructor, we are not your FEET. There will be some tingling and maybe a little discomfort as your toes are being woken up, but if you are standing correctly, your feet will adjust and learn the correct muscle use, which will minimize injuries, fatigue, etc. This is an exciting time as you learn to extend and enrich your ballet art. Don't get in a big rush to do it all. It takes time, effort and dedication. So stay focused, be on time, really listen to your instructor, and try to internalize the corrections and help he/she may give you. And last, but not least – have fun and smile.