



POINTE POLICY

The ultimate question asked by every aspiring young ballerina: *“When can I start pointe?”*

At YRAD we welcome this question because it provides us with an opportunity to educate our dancers and parents. Dancing en pointe maybe the dream, but there are a few factors to be considered first...

— Pointe work is not an automatic right and is not necessarily for everyone. The physical demands of Pointe are huge and should not be taken lightly. The number one priority at YRAD is safe dance training and injury prevention. If we decide that your daughter is not ready or that Pointe is inappropriate for her, it is because we deem this an unsafe option.

— Readiness for Pointe is determined by the following:

1. Your age - research shows that 11yrs is an appropriate age to start due to bone growth
2. Your work ethic (pointe may look easy... but it is hard work !)
3. Your attendance in ballet class and how many classes you attend on a weekly basis
4. Do you have good posture and alignment?
5. How flexible are your feet? ...How high is your demi-pointe?
6. How strong are your feet?
7. How strong are your calves?
8. How well can you use your metatarsals?
9. Do you engage your turnout muscles correctly?
10. How good is your balance?
11. Do you have strong technique?
12. Do you have any injuries?

— All students are individually assessed before progressing onto pointe and some of the above can be improved upon by starting Pre-pointe exercises.

FURTHER READING

Lisa Howell - physiotherapist specialising in the education and treatment of dancers:

— www.theperfectpointebook.com & www.theballetblog.com

— <http://allaboutpointe.weebly.com/uploads/4/7/0/3/470325/perfectpointeparentsmanual.pdf>

— International Association for Dance Medicine and Science: “When can I start Pointe Work ?” Resource Paper: www.iadms.org/page/185

— Gaynor Minden website: “When to start Pointe ?” <http://dancer.com/ballet-info/in-the-studio/when-to-start-pointe>