



CRITERIA TO DANCE EN POINTE

To participate in Pre-Pointe and Pointe classes, the dancer -

- Must be at least 11 years old, and have at least 3 years of consistent ballet training.
- Must be taking at least 2-3 ballet classes per week.
- Must have consistent attendance in all required ballet classes.
- Must have approval from pre-pointe and technique teachers.
- Must have ankle range of motion at least 90 degrees of plantar flexion/pointed foot.
- Must have the ability to hold a single leg balance for at least 30 seconds with eyes closed.
- Must have the ability to do 16 relevés and 16 sautés on one foot in the center without stopping.
- Must have the ability to hold correct turn out while rising from flat foot to demi pointe.
 - Correct turnout must be achieved from the hips and not the knees or feet. In a turned-out position, the foot is in line with the kneecap and the hip joint.
 - Correct turnout should be easily maintained in demi-pointe with weight centered over the second and third toe, heels forward to avoid sickling, and knees straight.
- Must have the ability to maintain a strong, straight trunk while dancing without any tilt in the pelvis.
 - A straight trunk is held by both the back muscles but more importantly by the lower abdominals. A weak trunk will throw the student off balance and put the dancer at risk for injury.
- Must be in good health both physically and mentally, and able to participate in the entire class.
 - If the student frequently needs to rest because of illness or injury, they are not strong enough for the extra demands that pointe work requires.
 - The dancer should be mentally prepared and invested in the challenges pointe can bring and demonstrate a good sense of maturity and responsibility.

Strength, balance, age, ankle range of motion, work ethic and ballet training are key components for successful pointe work.