



Dear Families,

Elevation Dance Studio is excited to be starting a beginning pointe class this January! This class will be for all new pointe students who have been evaluated and approved by the Elevation Staff to safely dance in pointe shoes.

Dancing en pointe is an exciting time for a dancer but also a time to understand the commitment level needed to achieve dancing on pointe safely. Dancing on pointe requires a lot of hard work, dedication, mental strength and discipline. And there is an additional financial component with adding classes and the purchase of pointe shoes which need to be replaced when the shoe wears out. Depending on the shoe and your dancers' feet, shoes need to be replaced anywhere from 1 - 6 months.

Because of the high level of technique and strength a dancer needs to take pointe we will hold an evaluation for students December of 2019 (date and time TBA) to determine if they are ready. Without the proper ballet technique and strength students are in danger of injury. Our students' safety and health are of the highest priority to the Elevation Staff. If pointe is a goal for your dancer, I recommend they prepare by taking the all ballet classes for their level, (at least 2 classes per week for levels 6 & under and 3 classes for level 7 and up,) plus Pre-pointe, and any PBT classes we have available. Also, please understand that even if dancers are taking the recommended classes they are not guaranteed to be approved for the beginning pointe class starting in January.

In order to be considered, please read below:

- The student must be 11 years or older to ensure safety and prevent damage of the growth plates.
- The student must have at least 3 years of ballet training.
- The student must be attending attend all the classes offered for their level consistently. NO exceptions.
- The strength of the small muscles in the feet and ankles must be strong and flexible in the ankle and foot to stand on pointe.
- The student must pay attention in class and work hard. Going en pointe is a big step and requires commitment on the part of the student.

If your student is approved and ready to dance en pointe they will be required to sign a year contract with Elevation that commits them to taking 2.5 - 3 hours of ballet a week in addition to the beginning pointe class on Fridays and continued ballet training throughout the summer. The contract will also outline an absence policy and seasonal training schedule. Pointe work takes continuous training to build and maintain technique and strength. Training may also include summer intensives or classes at other studios by written request for approval from Elevation. If the pointe student is unable to fulfil the requirements after being approved to dance on pointe, Elevation will not allow them to be back into our pointe classes without another evaluation to make sure they can meet the physical demands.

Please feel free to reach out with any questions or concerns. We look forward to another amazing dance season with your family at Elevation!

Thank you,

Stephanie Rabbitt
Elevation Dance Studio