

## Pointe Policy

SJ Performing Arts Plymouth ensures the safety of our pupils is paramount.

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

We understand many students will be eager to dance En Pointe however we must first educate students, parents/guardians, and carers. Below list reasons why we must only allow a dancer En Pointe when we feel they are ready.

- Pointe work is a huge physical demand.
- Readiness is not determined by the number of years you have danced.
- The bones in the feet are not fully developed until early teens, so we have to ensure the dancers feet are strong enough to not inflict any long-term damage.
- We must apply safe dance practise to reduce the risk of injuries.

The decision to allow your child to enter the world of Pointe is not taken lightly. Our Head of Ballet, Amy or Principals Jodie and Sarah will invite you to our Preparation for Pointe classes. You must attend these classes to develop strength, technique and to ensure your safety En Pointe.

Indications or Assessment To If You Are Ready:

- Work Ethic
- Attendance
- Commitment
- Technique
- Strength In: Metatarsals, Ankles, Calves, Legs and Core.
- Flexibility in feet
- Posture
- Balance
- Previous Injuries

All students are individually assessed by our Head of Ballet Amy Colley. Principals Jodie and Sarah are informed of the outcome and will make contact with an invitation letter. 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.

Prior your first Pointe shoe fitting you should communicate with Amy. She will advise you were to book an appointment, and what brand may suit your foot. DO NOT buy Pointe Shoes without being fitted.

Under no circumstances is your child allowed to start Pointe Work without our consent.

Further Reading

The article below is a fantastic read to truly understand why safety En Pointe is vital. Gaynor Minden website: “When to start Pointe?” <http://dancer.com/ballet-info/in-the-studio/when-to-start-pointe>