

# Gotta Dance

## Pointe Program

Any student entering 5th–12th grades in the upcoming school year, interested in taking pointe for the first time, is invited to begin the required preparations this Spring and Summer.

The Gotta Dance Pointe Program has been a solid and successful feature for many years – our dancers are amazing. The art of Pointe requires dedication, determination and discipline. Regular attendance is very important – this beautiful and rewarding dance form is worth the extra effort, and enrollment into the program will assure your continued development as a dancer.

### **THESE ARE THE STEPS YOU MUST TAKE:**

INCOMING 6TH GRADERS (and older) who are interested in taking Pointe 1 next year (Fall, 2017) are required to take Demi-Pointe in 2016-17. This class will greatly benefit students in two important ways:

- *First, it includes the use of a special shoe designed to acclimate and condition students to the feel of a toe shoe (very similar to a toe shoe but slightly modified).*
- *Secondarily, Demi-Pointe increases strength and improves their confidence to dance in the Pointe style.*



INCOMING 5TH GRADERS will be offered a Pre-Pointe class which includes an additional hour of weekly training. This optional (but *highly recommended*) class is designed to increase strength, technique and conditioning, building the foundation that makes her overall Pointe experience more enjoyable and rewarding. A Pre-Pointe class for incoming 5th and 6th graders is being offered this year in our Summer Program. This short class is designed for any student considering Pre-Pointe or Demi-Pointe during the regular school year. It helps our dancers stay in shape and provides a preview of the Fall classes.

### **EVALUATIONS:**

Every student must have a Pointe evaluation at Wellington Orthopedic and must be completed before classes begin. The evaluation is helpful in determining what you need to do to get ready to be on Pointe. *Please note: this is not an evaluation of your dancing ability.* Rather, it tells you where you need improvement in strength and flexibility to dance on Pointe. Suggestions and Theraband exercises are given and an individual plan can be designed for you.

**Appointments are necessary and can be scheduled by calling Wellington at 513-381-4901**, please ask for Linda. Tell them that you are a student at Gotta Dance and let Mrs. Krumme know when you are scheduled. The cost is \$35 (paid to Wellington) – and a parent must be present during the appointment.