

A guide to Pointe work AT LDA



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About pointe work:

Pointe work is an exciting and rewarding milestone in a dancers ballet training. Whilst not everyone wants to persue a career in dance, it's still a nice way to progress your training and take up on the opportunity working on building resilience, determination and strength as a dancer and person



QUOTE

"The road to success comes through hard work, determination and sacrifice."

What we need from you:

It's important to note that pointe work within the early stages can for some feel difficult and uncomfortable. The key to progression within pointe, is ensuring your **committed** to both your weekly ballet class and pointe class, being **focused** within class and staying **motivated** in order to get the best out of your training. All of this will allow your journey to become super special and exciting! We also require dancers to get a **Theraband** (medium-hard) which is going to help aid their strength and flexibility. Although not required in class, another good piece of equipment is a wobble board & trigger ball which is a fun tool to be used to support progress at home.

What to expect in class



1. Within the first half term, all students will be participating either bare foot or in ballet shoes. The first 6 weeks of class will be pre - pointe. We will be working on identifying foot types, learning a series of preperation exercises and understanding correct technique.
 2. During the october half term, those who are ready witihin the class, will be asked to go and purchase their pointe shoes and ideally have them ready for the second half of the term. These students will do a mixture of the class in pointe shoes and without to build them up gradually.
 3. For those who still need a bit more time to focus on building up their strength in order to be safe, will continue the class as they were previsouly in either bare feet or ballet shoes.
 4. By christmas, the aim will be that everyone within the class is now ready and the remainder of students will be asked to purchase their shoes ready for January.
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Progression exercises + PBT

1. Rises – parallel, turnout, single leg, bent leg, small ball inbetween ankles
2. Aeroplane test (x5 by end of the 6 weeks)
3. One-leg balance (eyes closed)
4. Foot exercises – doming, piano toes, rock-paper-scissors , big toe up/down
5. Rolling foot with hard ball
6. Passive ankle stretch
7. Theraband exercises (ankle isolated from toes)
8. SEBT – modified star excursion balance test
9. Achieve 1- leg rises in turnout x16
10. Temps levé in coup de pied with alignment x16

Within the students class, as well as preparing and working on pointe work, their classes are also going to consist of some PBT. This stands for Progressing Ballet Technique and is what we believe needs to go hand in hand with pointe work to get the students ready and strong enough for Pointe. Here are some exercises the students can do to aid their progression!

Purchasing your pointe shoes

Previously at LDA, we have gotten a pointe shoe fitter to come in to the school to fit the students shoes all at once. However with their being a varied timeline in students being ready to get their shoes and often sizes and styles not being in stock, we feel going forward it will be more beneficial students sourcing their own shoes at a time and place convenient to them. With that being said, pointe shoes can be a costly expense and one that we want you to get done correctly.

Therefore a place we would recommend you going is called **'Let's Dance'** which is a pointe shoe fitting shop based in Welwyn Garden City. You would just need to make an appointment or they also do group bookings of 4 people after 5pm. This is not compulsory to get your shoes fitted here but it's imperative that you go to a shop and get them fitted in person by somewhere that's got good reviews or been recommended to you!

Cost of pointe shoes

While the cost of pointe shoes may vary, we want to inform you with a rough estimate of what to expect so you can be prepared before joining the class. As well as shoes, you will need to purchase the ribbons that come separately that get sewn onto the shoes. Commonly dancers also purchase a pointe shoe bag and toe pads which are used as a cushioning that can be placed inside the shoe to make them more comfortable to wear. All of this together can cost roughly around £95 and is something to just be aware of before committing!

Pointe shoes also are a shoe that can get worn out quicker than most and when become worn, then become soft and dangerous. This means that often repurchasing a new pair throughout the year or each year is something to consider also.

Conclusion and Next Steps

We hope the information above is clear and can help you decide whether now is the right time to begin your Pointe work journey here at LDA!

We look forward to hearing back from you about your decision!

Thank you!
