



# Is Pointe Right For Me?

Ballet dancers need to master a certain set of skills and meet certain requirements to be ready for pointe. Good ballet teachers have strict requirements in regards to beginning pointe work. Please talk with our ballet teacher to monitor your dancer's readiness and success in ballet.

## You are 11+ years old

The proper age is controversial, however young dancers are still growing. Damage to the feet is more likely if a dancer is younger on pointe shoes.

## You Have Secure Ballet Technique

A dancer must have had time to achieve proper form, strength, and alignment needed to make a successful transition into pointe work. This technique is required to be able to properly rise over the box of the shoe without risk of injury.

## You Are Physically Ready

All dancers must be evaluated by their ballet teacher to determine if they are physically ready to meet the demands of pointe work. The teacher will then check for correct body position, alignment, sufficient turnout, strength, balance, and mastery of the basics of ballet