

VERY BASIC BALLET TERMINOLOGY AND SURVIVAL INFORMATION FOR NEW BALLET PARENTS

Please don't say Toe Shoes or On Toe ~ they are *pointe shoes* and girls/women dance *en pointe*

Technique shoes = ballet slippers

Leotard = the garment worn over the torso

Tights = the garment which covers legs and feet like stockings

Ballet Skills = Technique

Partnering = Pas de Deux ~ usually between a male and female (such as in the Snow Pas de Deux), but sometimes between dancers of the same gender, especially in modern choreography; in this case it is called *partnering* and not *pas de deux*.

Plateau = a leveling off place where it feels like you don't make any substantial progress for a while

Please never say *Break A Leg* to a dancer! Say it to an actor.



THINGS TO PRACTICE AT HOME

We often get the question, "What can my dancer practice at home?" This is tricky because without the instructor's watchful eye technique can be practiced incorrectly and correcting bad habits takes a long time. Though we admire your motivation, taking an extra class below your level each week (or more) will prove more technique-building. If your schedule does not allow for many extra classes and you want to do some extra work to get ahead or catch up, we recommend spending time doing stretches, abdominal crunches, alignment exercises (learned in Levels III and up), and cardiovascular exercises such as running, walking and swimming. Our final advice: **STAY OFF THE TRAMPOLINE!** We have seen more injuries and accidents that involve trampolines than any other activity. Seriously. Other activities that result in injury fairly often are skiing and snowboarding. Go snowshoeing or stay in the lodge and drink hot cocoa instead.

CLASS PREPARATION

If possible, students should be brought to The Studio several minutes prior to class start time so they can use the restroom, get changed and prepare for class. Please make sure Pre-Ballet students are fed; a hungry student has difficulty concentrating. We sell snack cards in the office for \$10 or \$20, which alleviates the need for young students to carry cash. As students advance through our program, they will learn how to prepare for class more thoroughly. Please pick up your child from class (and rehearsal) in a timely manner. The Studio does not provide supervision for students who are not in class.



Photos by James Schwartz