



**BALLET VIDEO EVALUATION TEMPLATE FOR INCOMING 5<sup>TH</sup>-7<sup>TH</sup> GRADE STUDENTS**

This evaluation tape should be no longer than 20 minutes maximum:

**Barre (Please show only 1 side for each exercise) *Combinations should be done with music***

- 1. Demi and Grand plies in first, second and fifth position with port de bras forward, side and back finishing with a balance in sus sous**
- 2. Battement tendu en croix**
- 3. Battement jete en croix**
- 4. Ronds de jambe a terre and en l'air ending with a balance in retire**
- 5. Fondu and developpe en croix**
- 6. Grand battement en croix**

**Center- *combinations should be done with music***

- 1. Adagio using developpe and promenade in arabesque**
- 2. Single pirouette en de hors from 5<sup>th</sup> position- show both sides**
- 3. Changement de pied from 5<sup>th</sup> position**
- 4. Assemble dessus from 5<sup>th</sup> position- show both sides**
- 5. Sissonne fermee de cote- show both sides**
- 6. Saute (in first arabesque) temps leve in retire derriere from the corner**



**BALLET VIDEO EVALUATION TEMPLATE FOR INCOMING 8<sup>TH</sup> - 10<sup>TH</sup> GRADE STUDENTS**

The video evaluation should be no longer than 20 minutes maximum.

*Ladies should wear pointe shoes for the audition.*

**Barre:** Please show only 1 side for each of the exercises. *Ladies please execute the balances on pointe. Please record/perform the exercise with music.*

1. Demi and grand plies in first, second, fourth & fifth with port de bras forward, side and back finishing with a balance in sous sus
2. Battement tendu en croix
3. Battement jete en croix
4. Rond de jambe a terre and en l'air finishing with a balance in retire
5. Battement fondu and developpe en croix (Ladies should execute this exercise on pointe)
6. Grand battement en croix- Ladies execute this exercise on pointe

**Center:** Please record/perform the exercises with music

1. Adagio including developpe and promenade in arabesque
2. Single or double pirouettes en de hors from 4<sup>th</sup> position using tombe pas de bourree from the corner (Ladies execute on pirouettes on pointe if possible)
3. (LADIES ONLY) Releve echappe to second and fourth positions on pointe
4. Changement de pied from 5<sup>th</sup> position
5. Glissade with assemble dessus and dessous from fifth position
6. Sissonne fermee and ouverte a la seconde and arabesque. (Ladies execute this exercise in arabesque fermee on pointe if possible)
7. Saut de chat from the corner using tombe pas de bourree.
8. (GENTLEMEN ONLY) Single or double tour en l'air from fifth position-please show both sides.



## **5th Grade Beginning Ballet Admission Information**

Thank you so much for your interest in the beginning ballet program at Arizona School for the Arts.

As you may know, ASA's Dance program consists of classical ballet training 3 days a week for all skill levels. Incoming 5th-grade students can enroll in the ASA Dance program without any previous ballet training. Students entering other grade levels complete an evaluation on campus to be placed in the correct skill level.

Due to the rigorous demands of ballet classes in the program, it is important to determine if your student has the physical capabilities to safely access the ballet curriculum. We need to ascertain whether your student's body has the appropriate structure/capacity to perform ballet movements (hip rotation, ankle/foot flexion, coordination, overall flexibility) without sustaining injuries. Moreover, we want to ensure your student can progress through the dance program throughout his/her tenure at ASA. It feels unfair for students to invest two years in ballet only to learn they will never be able to go on pointe or be safe executing Men's steps due to their particular body **type**-- something they cannot control. A 5th-grade beginning ballet student must attain the skill level to dance on pointe or begin the study of Men's work by the middle of 7th grade.

This assessment must be completed before your student can be enrolled in the ASA Dance program. Students will be asked to demonstrate coordination, muscle strength, and flexibility. We are conducting these early in order to create accurate arts schedules. **ASA's ballet faculty will conduct the assessment in April 2020. Parents and students will be notified by ASA Administration of dates and times of the assessment.**

We ask students to be dressed in the following:

- short sleeve t--shirt
- shorts
- hair off the face or in a ponytail
- no jewelry
- remove their shoes/socks for the assessment

Thanks for your support and cooperation in ensuring your student has a successful experience in the ASA Dance program.

Sincerely,

Laura Apperson  
ASA Arts Director



## **ASA BALLET PROGRAM EVALUATION INFORMATION FOR ENROLLMENT IN PROGRAM**

**Who needs to do an evaluation?** Any student applying for admission at ASA and has “dance” as their first or second choice on their arts course of study request.

**Where is the evaluation held?** On the ASA Campus. Students should meet ASA Ballet Student Ambassadors at the covered patio by ASA’s main office. Ambassadors will escort students to the changing areas, waiting areas, and dance studios where the evaluations are held. While there you will complete the *Ballet Evaluation Registration Form*. For the evaluation, you will receive a number, which you will wear on the front of your leotard (Ladies) or shirt (Gentlemen).

**When does the evaluation begin?** ASA’s ballet faculty will conduct the assessment in April 2020. Parents and students will be notified by ASA Administration of dates and times of the assessment. Evaluations will be ongoing according to how many students are present. Groups of students will receive their numbers and be shown into the dance studio. Parents may not attend. Once the instructor has gathered the appropriate amount of information to place the student in the program, the student will be excused. **Once you are excused, please change into street clothing and an ASA student ambassador will escort you back to the covered patio by the main office to meet your parents.**

**What should you wear to the evaluation?** *Ladies 6<sup>th</sup>-12<sup>th</sup> grade and 5<sup>th</sup> graders wanting a placement higher than beginning:* Black leotard with pink tights and pink ballet slippers. Long hair needs to be secured in a neat bun prior to arrival, as there is no time to do this before the evaluation. 7<sup>th</sup> through 12<sup>th</sup>-grade students should bring pointe shoes. If students have not studied pointe, just let the instructor know. All female students must be on pointe for enrollment into the Classical ballet program for 9-12 grade. If you have no pointe experience and are entering HS, you still must take a ballet placement assessment in ballet slippers. ASA has a Contemporary program that has a required ballet assessment component for enrollment.

*Gentlemen 6<sup>th</sup>-12<sup>th</sup> grade and 5<sup>th</sup> graders wanting a placement higher than beginning:* White short-sleeved close-fitted t-shirt with a dance belt, black tights, and black or white ballet slippers. Hair should be kept neat and out of the eyes.

**What if I am a beginner?** ASA only accepts beginners in the dance program in the 5<sup>th</sup> grade. Students requesting this placement must complete a ballet readiness assessment (held at the same time as the regular ballet evaluations) on their placement test day. Additional information regarding this required assessment can be found on the ASA website under “5<sup>th</sup> Grade Beginning Ballet Admission Information”.

***Please note that no food or drink (Other than bottled water) is allowed in the studios.***

**How do you find out your placement?** Ballet placement information will be emailed, within two weeks, after the last evaluation session is complete and the results are compiled. You can contact the ASA Arts Director, found on the school website if you need further information.