



## **DID YOU KNOW?**

Did you know most pointe shoes today are made from the same materials as 100 years ago, these being layers of paper, fabric, leather and glue? These materials don't last very long, especially when exposed to moisture. As our feet produce up to 250mls of perspiration during one hour of class, the shoes can break down very quickly. By following these tips provided by shoe makers Capezio, Sansha and Energetiks, you might increase the life of your shoes by 50 percent.

- As shoes can take up to 3 days to dry completely, never leave them damp in your dance bag or in plastic.
- Remove extra padding and hang shoes in a dry, warm spot.
- Try packing shoes with tissue paper to help keep their shape.
- Depending on frequency of use, try alternating several pairs between classes.
- Try rotating shoes between left and right feet to wear more evenly (this has to be done from day one of wearing them.)
- Try wearing pointe shoe covers to keep them clean.
- Satin toes may be darned or suede or crotchet caps may be glued or sewn in place to lengthen wear.



# **PREPARING FOR EXAMS**

It's normal to feel a bit nervous about exams. A few nerves are ok, they'll help you to perform well, but you'll get more nervous if you don't feel prepared.

## **BEFORE THE DAY:**

- Think of the exam as a performance from the moment you walk in until you leave, it is the culmination of your year's work and all the classes have been a rehearsal.
- Take care of yourself, eat well and get plenty of sleep.
- Know the theory and be able to demonstrate anything you might be questioned on.
- Make sure your uniform is clean and in good condition, including shoes. Make sure you have everything.

## **ON THE DAY:**

- Make sure you have eaten normally. Try not to go into the exam hungry, but don't eat just before.
- Arrive 30-45 minutes before the exam. Allow plenty of time to get there. Once there you need time to relax, focus and warm up.
- Be well groomed and neat and tidy, including your hair. Definitely no jewellery and nail polish.
- Take spare everything with you, such as hair supplies, uniform items.
- Show respect for the examiner. Try to remember their name and greet them appropriately.

## **WARM UP:**

- Slowly and gently warm up of every part of your body from head to feet, making sure you stretch all muscles slowly and gently.
- Do not exhaust yourself, the point of the warm up is to prepare yourself for your exam, making sure all parts of your body are warm.
- Breathe deeply through your entire warm up to control your nerves.

You have worked hard for this day, perform and enjoy yourself. **GOOD LUCK!**