

BALLET & CONTEMPORARY DANCE CONSERVATORY (Grades 9-12)

*An entry into the lottery for this conservatory can only be added
if the applicant scores an average of 3 points or higher.*

Applicant Name _____ Applicant Number _____ Incoming Grade _____

Criteria	1	2	3	4	5
<u>Ballet</u> Alignment & Placement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Strong posture: use of core muscles for alignment and supported movement of head, shoulders and spine -Even weight distribution on feet (no pronation or supination) -Neutral pelvis with clear and sustainable use of turnout				
<u>Ballet</u> Clarity of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Shape, definition and coordination of Classical Ballet port de bras and lines -Articulation and shape of feet (both non-weight bearing and weight bearing)				
<u>Ballet</u> Quality of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Embodied movement with musicality and expressivity -Attention to the transitions between steps				
<u>Pointe</u> Ankle & Foot Strength	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Ankle alignment with line from ankle through toes lengthened and strong with weight centered over the platform (no sickling or excessive winging) -Strong relevés and controlled descents with clear articulation through demi-pointe to full pointe (single foot and two feet) -Shape and use of feet both weight bearing and non-weight bearing (if no pointe, foot and ankle strength will be assessed during Allegro)				
<u>Modern</u> Alignment & Placement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Neutral spine alignment that is adaptable to curves, flat backs, and spirals -Spine, pelvis, and limbs coordinated and supported in standing work/floor work and parallel/turned out positions -Tracking of the lower leg (knees over toes)				
<u>Modern</u>	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:

FEEDBACK RUBRIC

Clarity of Movement	-Intentional and precise execution of shapes, pathways and movement vocabulary				
<u>Modern</u> Quality of Movement	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Use of breath, weight and momentum -Expressivity through varied movement textures				
<u>Application</u>	Insufficient demonstration of:	Sporadic demonstration of:	Moderate demonstration of:	Elevated demonstration of:	Exemplary demonstration of:
	-Openness to new physical concepts -Engaged, focused and active participation -Responsive to feedback -Committed and sustained energy during exercises -Collaborative and respectful in the space				
NOTES:					TOTAL
					AVERAGE: